

世界陳小旺太極拳總會香港分會

陈氏太极拳老架一路套路名称(中英文版)

Chen Style Tai Chi - Old Frame, First Routine, Lao Jia Yi Lu)

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| 1. 起式(Tai Ji Qi Shi) | Begin Posture of Taijiquan |
| 2. 金刚捣碓(Jin Gang Dao Dui) | Buddha's Warrior Attendant Pounds Mortar |
| 3. 揽扎衣(Lan Zha Yi) | Lazily Tying One' s Coat |
| 4. 六封四闭(Liu Feng Si Bi) | Sealing Six Avenues and Closing Four |
| 5. 单鞭(Dan Bian) | Single Whip |
| 6. 金刚捣碓(Jin Gang Dao Dui) | Buddha's Warrior Attendant Pounds Mortar |
| 7. 白鹤亮翅(Bai He Liang Chi) | White Crane Spreading It' s Wings |
| 8. 斜行(Xie Xing) | Diagonal Posture |
| 9. 搂膝(Lou Xi) | Holding Up the Knee |
| 10. 拗步(Ao Bu) | Stepping To Both Sides |
| 11. 斜行(Xie Xing) | Diagonal Posture |
| 12. 搂膝(Lou Xi) | Holding Up the Knee |
| 13. 拗步(Ao Bu) | Stepping To Both Sides |
| 14. 掩手肱拳(Yan Shou Gong Quan) | Cover Fist and Punch |
| 15. 金刚捣碓(Jin Gang Dao Dui) | Buddha's Warrior Attendant Pounds Mortar |
| 16. 撇身拳(Pie Shen Quan) | Hit and Drape Fist Over Body |
| 17. 青龙出水(Qin Long Chu Shui) | Green Dragon Flying Out of the Water |
| 18. 双推手(Shuang Tui Shou) | Double Pushing Hands |
| 19. 肘底看拳(Zhou Di Kan Quan) | Striking with Fist Under Elbow |
| 20. 倒卷肱(Dao Juan Hong) | Stepping Back and Wrapping Upper Arms |
| 21. 白鹤亮翅(Bai He Liang Chi) | White Crane Spreads Wings |
| 22. 斜行(Xie Xing) | Diagonal Posture |
| 23. 闪通背(Shan Tong Bei) | Turning Back With Arms Twining |
| 24. 掩手肱拳(Yan Shou Gong Quan) | Cover Fist and Punch |
| 25. 六封四闭(Liu Feng Si Bi) | Sealing Six Avenues and Closing Four |
| 26. 单鞭(Dan Bian) | Single Whip |
| 27. 云手(Yun Shou) | Rolling Hands Through Clouds |
| 28. 高探马(Gao Tan Ma) | Patting the Horse' s Back |

29. 右擦脚(You Ca Jiao) Slapping the Right Foot
30. 左擦脚(Zuo Ca Jiao) Slapping the Left Foot
31. 左蹬一跟(Zuo Deng Yi Gen) Kicking With the Left Heel
32. 拗步(Ao Bu) Walking Forward By Stepping To Both Sides
33. 击地捶(Ji Di Chui) Punching Toward the Ground
34. 翻身二起脚(Fan Shen Er Qi Jiao) Turning and Kicking Twice in the Air
35. 护心拳(Hu Xing Quan) Protect the Heart with the Fist
36. 旋风脚(Xuan Feng Jiao) Whirling Kick
37. 右蹬一跟(You Deng Yi Gen) Kicking with the Right Heel
38. 掩手肱拳(Yan Shou Gong Quan) Cover Fist and Punch
39. 小擒打(Xiao Qin Da) Small Capturing and Hitting
40. 抱头推山(Bao Tou Tui Shan) Protecting the Head and Pushing Mountain
41. 六封四闭(Liu Feng Si Bi) Sealing Six Avenues and Closing Four
42. 单鞭(Dan Bian) Single Whip
43. 前招(Qian Zhao) Forward Technique
44. 后招(Hou Zhao) Backward Technique
45. 野马分鬃(Ye Ma Fen Zong) Parting the Wild Horse's Mane
46. 六封四闭(Liu Feng Si Bi) Sealing Six Avenues and Closing Four
47. 单鞭(Dan Bian) Single Whip
48. 玉女穿梭(Yu Nu Chuan Suo) Jade Maiden Working Her Loon
49. 揽扎衣(Lan Zha Yi) Lazily Tying Coat
50. 六封四闭(Liu Feng Si Bi) Sealing Six Avenues and Closing Four
51. 单鞭(Dan Bian) Single Whip
52. 云手(Yun Shou) Cloud Hands
53. 摆脚跌叉(Bai Jiao Die Cha) Swing the Foot and Drop Down
54. 金鸡独立(Jin Ji Du Li) Golden Rooster Stands on One Leg
55. 倒卷肱(Dao Juan Hong) Stepping Back and Whirling the Arms
56. 白鹤亮翅(Bai He Liang Chi) White Crane Spreads Wings
57. 斜行(Xie Xing) Diagonal Posture
58. 闪通背(Shan Tong Bei) Turning Back With Arms Twining
59. 掩手肱拳(Yan Shou Gong Quan) Cover Fist and Punch
60. 六封四闭(Liu Feng Si Bi) Sealing Six Avenues and Closing Four
61. 单鞭(Dan Bian) Single Whip
62. 云手(Yun Shou) Rolling Hands Through Clouds

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| 63. 高探马(Gao Tan Ma) | Patting the Horse's Back |
| 64. 十字脚(Shi Zi Jiao) | Reverse Sweep With Right Leg Crossing |
| 65. 指裆捶(Zhi Dang Chui) | Punch the Groin |
| 66. 白猿献果(Bai Yuan Xian Guo) | White Ape Dedicate Fruit |
| 67. 单鞭(Dan Bian) | Single Whip |
| 68. 雀地龙 (Que Di Long) | Dragon Rolling Downward |
| 69. 上步七星(Shang Bu Qi Xing) | Stepping Forward to Form the Seven Stars |
| 70. 下步跨虎(Xia Bu Kua Hu) | Stepping Back to Ride the Tiger |
| 71. 转身双摆莲 (Zhuan Shen Shuang Bai Lian) | Turn Back Around and Sweeping With Both Legs |
| 72. 当头炮(Dang Tou Pao) | Cannon Right Over Head |
| 73. 金刚捣碓(Jing Gang Dao Dui) | Buddha's Warrior Attendant Pounds Mortar |
| 74. 太极收势(Tai Ji Shou Shi) | Closing Posture of Taijiquan Form |