

武当三丰太极拳谱

一路

- 1 预备势 get ready
- 2 起式 beginning
- 3 退步崩式 step back warding
- 4 揽雀尾 grasp the peacock' s tail
- 5 正单鞭 straight single whip
- 6 提手上式 lift hands and step up punch
- 7 白鹤亮翅 white crane spreads its wings
- 8 左搂膝拗步 left brush knee and twist step
- 9 手挥琵琶 play the lute
- 10 白鹤亮翅 white crane spreads its wings
- 11 左搂膝拗步 left brush knee and twist step
- 12 右搂膝拗步 right brush knee and twist step
- 13 左搂膝拗步 left brush knee and twist step
- 14 手挥琵琶 play the lute
- 15 上步搬拦捶 step up to diflect parry and punch
- 16 如封似闭 apparent sealing and closing
- 17 十字手 cross hands
- 18 抱虎归山 hold tiger and return to mountain

二路

- 19 倒撵猴 drive away the monkey
- 20 ~~右搂膝拗步 right brush knee and twist step~~
- 21 斜穿掌 obliqule piercing palm
- 22 揽雀尾 grasp the peacock' s tail
- 23 斜单鞭 obliqule single whip
- 24 肘底捶 punch under elbow punch
- 25 右搂膝拗步 right brush knee and twist step
- 26 倒卷肱 whirl arms on both sides
- 27 斜飞式 flving oblique
- 28 虚步推掌 push hands on empty step
- 29 提手上式 lift hands and step up
- 30 白鹤亮翅 white crane spreads its wings
- 31 左搂膝拗步 left brush knee and twist step
- 32 海底针 needle at the bottom of the sea
- 33 闪通背 deflect with arm
- 34 上步搬拦捶 step up to diflect parry and punch
- 35 揽雀尾 grasp the peacock' s tail
- 36 正单鞭 straight single whip
- 37 云手 wave hands like clouds
- 38 正单鞭 straight single whip

三路

- 39 高探马 pat high on the horse
- 40 狮子右蹬脚 kick with right heel like lion
- 41 狮子左蹬脚 kick with left heel like lion
- 42 转身左搂膝拗步 turn body left brush knee and twist step
- 43 右搂膝拗步 right brush knee and twist step
- 44 上步伏虎捶 step up tame the tiger
- 45 闪通背 deflect with arm
- 46 上步搬拦捶 step up to diflect parry and punch
- 47 小擒拿手 catch and hold
- 48 右踢腿 right kick leg
- 49 左打虎式 left beat the tiger
- 50 右打虎式 right beat the tiger
- 51 右弹腿 right snap kick
- 52 双插掌 insert both palms
- 53 双风贯耳 strike opponent' s ears with both fists
- 54 十字手 cross hands
- 55 跨虎式 mount the tiger
- 56 独立式 stand on one leg
- 57 上步搬拦捶 step up to diflect parry and punch
- 58 如封似闭 apparent sealing and closing
- 59 十字手 cross hands
- 60 抱虎归山 hold tiger and return to mountain

四路

- 61 倒撵猴 drive away the monkey
- 62 双插掌 insert both palms
- 65 斜单鞭 obliqule single whip
- 66 野马分鬃 part (the) wild horse' s mane

63 斜穿掌 oblique piercing palm
64 揽雀尾 grasp the peacock' s tail

67 揽雀尾 grasp the peacock' s tail
68 正单鞭 straight single whip

五路

69 玉女穿梭 jade girl works at shuttles
70 揽雀尾 grasp the peacock' s tail

71 正单鞭 straight single whip

六路

72 云手 wave hands like clouds
73 正单鞭 straight single whip
74 单鞭左下式 left push down
75 单鞭右下式 right push down
76 独立锁喉捶 punch and lock the throat
on one leg
77 倒卷肱 whirl arms on both sides whirl
punch
arms on both sides
78 斜飞式 flying oblique
79 虚步推掌 push hands on empty step

80 提手上式 lift hands and step up
81 白鹤亮翅 white crane spreads its wings
82 左搂膝拗步 left brush knee and twist step
83 海底针 needle at the bottom of the sea
84 闪通背 deflect with arm
85 迎面捶 head on punch
86 上步搬拦捶 step up to deflect parry and

87 揽雀尾 grasp the peacock' s tail
88 正单鞭 straight single whip

七路

89 云手 wave hands like clouds
90 高探马 pat high on the horse
91 斜穿掌 oblique piercing palm
92 右斜插脚 right back cross step
93 左搂膝拗步 left brush knee and
twist step

94 狮子右蹬脚 kick with right heel like lion
95 右搂膝拗步 right brush knee and twist step
96 白鹤亮翅 white crane spreads its wings
97 指裆捶 punch and point at the abdomen
98 揽雀尾 grasp the peacock' s tail
99 正单鞭 straight single whip

八路

100 单鞭左下式 left push down
101 上步七星 step forward with seven stars
102 退步跨虎 step backward and mount
the tiger
103 双摆莲 waving lotus kick
104 弯弓射虎 curved bow shoots tiger

105 上步搬拦捶 step up to deflect parry
and punch
106 如封似闭 apparent sealing and closing
107 十字手 cross hands
108 抱虎归山 hold tiger and return
to mountain