

T'ai Chi Ch'uan Names

Mr. Lee was always reluctant to talk about the names of the movements of the exercise. His answer to questions about the names was always “*name not important, to do important*”. It was a refusal.

On only one occasion at an advanced student Sunday boxing class, he handed out the names of the exercise movements in his calligraphy and translated them in his English language; and that was it.

This arrangement and translation of the names of the movements was done by Mr. Sun Li and commissioned by my student Pierre Bouchard.

杨 yáng 家 jiā 太 tài 极 jí 拳 quán 动 dòng 作 zuò 名 míng 称 chēng Postures of TaiChi Style Yang

(第 dì 一 yī 节 jié) (First part)

- | | |
|-------------|---|
| 一 yī
1. | 太 tài 极 jí 起 qǐ 式 shì
Start of Tai Chi |
| 二 èr
2. | 揽 lǎn 雀 què 尾 wěi
Grasp Bird's Tail |
| 三 sān
3. | 单 dān 鞭 biān
Single Whip |
| 四 sì
4. | 提 tí 手 shǒu
Step Up and Raise Hands |
| 五 wǔ
5. | 白 bái 鹤 hè 亮 liàng 翅 chì
White Crane Spreads its Wings |

- 六liù 搂lǒu膝xī拗ǎo步bù
6. Left brush Knee, Twist Step
- 七qī 手shǒu挥huī琶pá
7. Play the Lute
- 八bā 搂lǒu膝xī拗ǎo步bù
8. Left brush Knee, Twist Step
- 九jiǔ 右yòu搂lǒu膝xī拗ǎo步bù
9. Right brush Knee, Twist Step
- 十shí 左zuǒ搂lǒu膝xī拗ǎo步bù
10. Left brush Knee, Twist Step
- 十shí一yī 手shǒu挥huī琶pá
11. Play the Lute
- 十shí二èr 上shàng步bù搬bān拦lán捶chuí
12. Step forward; deflect downward and punch
- 十shí三sān 如rú封fēng似sì闭bì
13. Sealed as if closed
- 十shí四sì 十shí字zì手shǒu
14. Cross Hands

(第dì二èr节jié)
(Second part)

- 十shí五wǔ 抱bào虎hǔ归guī山shān
15. Embrace Tiger and return to
 Mountain
- 十shí六liù 肘zhǒu底dǐ看kàn捶chuí
16. Punch under the elbow
- 十shí七qī 倒dào撵niǎn猴hóu
17. Repulse the monkey
- 十shí八bā 斜xié飞fēi式shì
18. Slanting Flying
- 十shí九jiǔ 提tí手shǒu
19. Step Up and Raise Hands
- 二èr十shí 白bái鹤hè亮liàng翅chì
20. White crane Spreads its Wings
- 二èr一yī 左zuǒ搂lǒu膝xī拗ǎo 步bù
21. Left brush Knee, twist Step
- 二èr二èr 海hǎi底dǐ针zhēn
22. Pick a needle from the
 bottom of the Sea
- 二èr三sàn 肩jiān通tōng臂bì
23. Fan going through back

- 二èr四sì 撇piě身shēn捶chuí
24. Turn and strike with fist
- 二èr五wǔ 上shàng步bù搬bān拦lán捶chuí
25. Step forward; deflect downward
 and punch
- 二èr六liù 揽lǎn雀què尾wěi
26. Grasp bird's Tail
- 二èr七qì 单dān鞭biàn
27. Single Whip
- 二èr八bā 云yú手shǒu
28. Wave Hands like Clouds
- 二èr九jiǔ 单dān鞭biàn
29. Single Whip
- 三sàn十shí 高gāo探tàn马mǎ
30. Stand high search for horse
- 三sàn一yī 左zuǒ右yòu分fēn脚jiǎo
31. Separate the legs
- 三sàn二èr 转zhuǎn身shēn左zuǒ
 蹬dēng脚jiǎo
32. Turn around and kick
 with the left heel
- 三sàn三sàn 左zuǒ捋lǚ膝xī拗ǎo步bù
33. Left brush Knee, twist Step

- 三sàn四sì 右yòu 搂lōu 膝xī 拗ǎo 步bù
34. Right brush Knee, twist Step
- 三sàn五wǔ 上shàng 步bù 栽zāi 捶chuí
35. Turn and Strike With Fist
- 三sàn六liù 翻fān 身shēn 白bái 蛇shé
吐tǔ 信xìn
36. Turn around and white snake
spits venom
- 三sàn七qì 上shàng 步bù 搬bān 拦lán 捶chuí
37. Step forward; deflect downward
and punch
- 三sàn八bā 右yòu 蹬dēng 脚jiǎo
38. Right Heel Kick
- 三sàn九jiǔ 左zuǒ 披pī 身shēn 服fú 虎hǔ
39. Strike Tiger left
- 四sì十shí 右yòu 披pī 身shēn 服fú 虎hǔ
40. Strike Tiger right
- 四sì一yī 回huí 身shēn 右yòu 蹬dēng 脚jiǎo
41. Return and right heel Kick
- 四sì二èr 双shuāng 风fēng 贯guàn 耳ěr
42. Strike the ears with both fists
- 四sì三sàn 左zuǒ 蹬dēng 脚jiǎo
43. Left heel kick

- 四sì四sì 转zhuǎn身shēn右yòu
 蹬dēng脚jiǎo
44. Turn around and kick
 with the right heel
- 四sì五wǔ 上shàng步bù搬bān拦lán捶chuí
45. Step forward; deflect downward
 and punch
- 四sì六liù 如rú封fēng似sì闭bì
46. Sealed as if closed
- 四sì七qì 十shí字zì手shǒu
47. Cross Hands

(第dì三sàn节jié)
(Third part)

- 四sì八bā 抱bào虎hǔ归guī山shang1
48. Embrace Tiger and
 return to Mountain
- 四sì九jiǔ 斜xié单dān鞭biàn
49. Slanting Single Whip
- 五wǔ十shí 野yie3马mǎ分fēn鬃zong1
50. Separate the wild horse's mane
- 五wǔ一yī 上shàng步bù揽lǎn雀què尾wěi
51. Step forward grasp bird's tail
- 五wǔ二èr 单dān鞭biàn
52. Single Whip
- 五wǔ三sàn 玉yù女nǚ穿chuān梭suō
53. Jade lady threads shuttle
- 五wǔ四sì 上shàng步bù揽lǎn雀què尾wěi
54. Steps forward grasp bird's tail
- 五wǔ五wǔ 单dān鞭biàn
55. Single Whip
- 五wǔ六liù 云yú手shǒu
56. Wave Hands like Clouds

五wǔ七qī 57.	单dān鞭biàn Single Whip
五wǔ八bā 58.	下xià势shì Snake creep
五wǔ九jiǔ 59.	金jīn鸡jī独dú立lì Golden rooster stands on one leg
六liù十shí 60.	倒dào撵niǎn猴hóu Repulse the monkey
六liù一yī 61.	斜xié飞fēi势shì Diagonal flying
六liù二èr 62.	提tí手shǒu Step up and raise hands
六liù三sān 63.	白bái鹤hè亮liàng翅chì White crane Spreads its Wings
六liù四sì 64.	左zuǒ搦nòu膝xī拗ǎo步bù Left brush Knee, twist Step
六liù五wǔ 65.	海hǎi底dǐ针zhēn Pick a needle from bottom of the Sea
六liù六liù 66.	肩jiān通tōng臂bì Fan going through back

- 六liù七qì 67. 撇piě身shēn锤chuí
Turn and strike with fist
- 六liù八bā 68. 上shàng步bù搬bān拦lán捶chuí
Step forward; deflect downward
and punch
- 六liù九jiǔ 69. 上shàng步bù揽lǎn雀què尾wěi
Step forward grasp bird's tail
- 七qì十shí 70. 单dān鞭biàn
Single Whip
- 七qì一yī 71. 云yú手shǒu(三sàn次cì)
Wave Hands like Clouds
(3 times)
- 七qì二èr 72. 单dān鞭biàn
Single Whip
- 七qì三sàn 73. 高gāo探tàn马mǎ
Stand high search for horse
- 七qì四sì 74. 十shí字zì腿tuǐ
Grapple and kick
- 七qì五wǔ 75. 上shàng步bù搂lōu膝xī指zhǐ3裆dāng捶chuí
Step forward, brush knee
and punch to abdomen
- 七qì六liù 76. 上shàng步bù揽lǎn雀què尾wěi
Step forward grasp bird's tail

七qì七qì 77.	单dān鞭biàn Single Whip
七qì八bā 78.	下xià势shì Snake creep
七qì九jiǔ 79.	上shàng步bù 七qì 星xing1 锤chuí Step forward to 7 stars
八bā十shí 80.	退tuì步bù跨kuà虎hǔ式shì Step back and ride the tiger
八bā一yī 81.	转zhuǎn身shēn摆bǎi莲lián腿tuǐ Turn body and sweep lotus with right leg
八bā二èr 82.	弯wān弓gōng射shè虎hǔ Bend the bow to shoot the tiger
八bā三sān 83.	上shàng步bù搬bān拦lán捶chuí Step forward; deflect downward and punch
八bā四sì 84.	如rú封fēng似sì闭bì Sealed as if closed
八bā五wǔ 85.	十shí字zì手shǒu Cross Hands
八bā六liù 86.	合hé太tài极jí Complete Tai Chi

注zhù意yì

Attention

学xué练liàn太tài极jí

learn tai-chi

要yào有yǒu恒héng心xīn

patience and endurance is indispensable

始shǐ得dé其qí益yì

When you feel healthy, swift and wiser

亦yì通tōng其qí技jì

You will understand the essence of the martial art.