

簡易讀經太極拳 Simple Recitation Taijiquan

(一) 預備 (1) Preparation:

兩脚并攏	Feet together
膝蓋并攏	Knees together
大腿并攏	Tighes together
臀部收縮	Buttocks tight
腹部收縮	Stomach tight
胸部稍挺	Chest slightly raised
肩膀自然	Shoulders natural
雙臂自然	Arms naturally hang down on the sides
喉嚨自然	Throat naturally relaxed
下巴水平	Chin horizontal

(二) 起勢 (2) Start Position:

重心右移	Shift weight to right
膝蓋彎曲	Bend your knees
左脚左移	Left foot to left
重心中間	Center weight
身臂提起	Raise upper arms and body
落成馬步	Lower into horse-riding stance

(三) 野馬分鬃 (左) (3) Wild Horse Parts Mane (left):

重心右移	Shift weight to right
轉身向左	Turn body to left
左脚前踏	Left foot steps forward
兩掌相對	Palms face each other
放在右方	On the right side
重心前移	Shift weight forward
左掌斜上	Left hand slides to upper left
右掌斜下	Right hand slides to lower right
正對前方	Body faces straight forward

(四) 野馬分鬃 (右) (4) Wild Horse Parts Mane (right):

重心後移	Shift weight backward
重心前移	Shift weight forward
右脚前踏	Right foot steps forward
兩掌相對	Palms face each other
放在左方	On the left side
重心前移	Shift weight forward
右掌斜上	Right hand slides to upper right
左掌斜下	Left hand slides to lower left

正對前方 Body faces straight forward

(五) 野馬分鬃 (左) (5) Wild Horse Parts Mane (left):

重心後移 Shift weight backward

重心前移 Shift weight forward

左脚前踏 Left foot steps forward

兩掌相對 Palms face each other

放在右方 On the right side

重心前移 Shift weight forward

左掌斜上 Left hand slides to upper left

右掌斜下 Right hand slides to lower right

正對前方 Body faces straight forward

(六) 提手上勢 (6) Raise Hand:

重心後移 Shift weight backward

重心前移 Shift weight forward

右腳跟上 Right foot steps up

右臂前擺 Right arm swings forward

右肘直立 Right elbow vertically upright

轉身向右 Turn body to the right

轉身 向前 Turn body back to the front

(七) 搜膝拗步 (左) (7) Brush Knee Monkey Step (left):

左脚前踏 Left foot steps forward

重心前移 Shift weight forward

左掌左擺 Left palm swings to left

保護膝蓋 To protect the knee

右掌胸前 Right palm in front of chest

保護胸膛 To protect the chest