

The background of the page is a faded, grayscale photograph of an outdoor Taijiquan exercise structure. At the top, a large bell hangs from a metal frame. Below it, several horizontal rings are attached to vertical poles. In the lower part of the image, two people are visible, one in a white shirt and dark vest, and another in a dark jacket, standing near the structure. The overall scene is outdoors with trees in the background.

簡易讀經太極拳

Simplified Recitation Taijiquan

http://texanalovestories.mathisacommonlanguage.com/PDFFiles_/taijiquan.pdf

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簡易中台英對照讀經太極拳拳譜 (中文 Mandarin)	簡易中台英對照讀經太極拳拳譜 (臺語 Taiwanese)	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 English)
	Gam1 7yie5 diong5 dai5 yie1 dui4 jiao6 7ta6 gieng1 tai4 7gie1gun3 gun5 po4	
1 · 預備	預備 7Yio1 bi5	Preparation
兩腳併攏	兩脚作夥 Neng6 ka1 ze4 hui4	Feet together
膝蓋併攏	腳頭窩作夥 Ka5 tao5 wu1 ze4 hui4	Knees together
大腿併攏	大腿作夥 Dua6 tui4 ze4 hui4	Thighs together
臀部收縮	脚穿夾緊 Ka5 ceng1 7jia6 an3	Buttocks tight
腹部收縮	腹肚收緊 7Bha1 do4 siu5 an3	Stomach tight
胸部微挺	胸部微挺 Siong5 bo5 wui5 tieng3	Chest slightly raised
肩膀自然	肩胛頭自然 Gieng5 ga4 tao3 zu6 jien3	Shoulders natural
雙手自然	雙手自然 Siang5 ciu4 zu6 jien3	Hands natural
喉嚨自然	咽喉自然 Na5 ao3 zu6 jien3	Throat natural
下巴水平	下骸水平 E6 hai3 zui1 bieng3	Chin horizontal
2 · 起勢	起勢 Ki1 7sie5	Start Position
重心右移	重心右移 Diong6 sim1 you4 yi3	Shift weight to right
膝蓋彎曲	腳頭窩彎曲 Ka5 tao5 wu1 wan5 7kie5	Bend your knees
左腳左移	倒腳倒移 De4 ka1 de4 yi3	Left foot to left
重心中間	重心中央 Diong6 sim1 diong5 eng1	Center weight
身臂提起	身臂提起 Sin5bi5 te6ki4	Raise upper arms and body

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落成馬步	落成馬步 7Lo6 sieng3 bhe1 bo5	Lower into horse stance
3 · 野馬分鬃左	野馬分鬃左 Ya1 bhe4 fun5 jiang1 ze4	Wild Horse Parts Mane -- Left
重心右移	重心右移 Diong6 sim1 you4 yi3	Shift weight to right
轉身向左	轉身向左 Deng1 sin1 hiong4 ze4	Turn body to left
兩掌相對	兩掌相對 Neng6 jiong4 siong5 dui6	Palms face each other
左腳前踏	倒腳前踏 De4 ka1 jieng5 ta6	Left foot steps forward
重心前移	重心前移 Diong6 sim1 jieng5 yi3	Shift weight forward
左掌斜上	倒掌斜上 De4 jiong4 hia6 siong5	Left palm diagonally up
右掌斜下	右掌斜下 You4 jiong4 hia6 ha5	Right palm diagonally down
正對前方	正對前方 8Jia4 dui6 jieng5 hong1	Face squarely forward
4 · 野馬分鬃右	野馬分鬃右 Ya1 bhe4 fun5 jiang1 you5	Wild Horse Parts Mane -- Right
重心后移	重心後移 Diong6 sim1 ao6 yi3	Shift weight backward
重心前移	重心前移 Diong6 sim1 jieng5 yi3	Shift weight forward
兩掌相對	兩掌相對 Neng6 jiong4 siong5 dui6	Palms face each other
右腳前踏	右腳前踏 You4 ka1 jieng5 ta6	Right foot steps forward
重心前移	重心前移 Diong6 sim1 jieng5 yi3	Shift weight forward
右掌斜上	右掌斜上 You4 jiong4 hia6 siong5	Right palm diagonally up
左掌斜下	倒掌斜下 De4 jiong4 hia6 ha5	Left palm diagonally down
正對前方	正對前方	Face squarely forward

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	8Jia4 dui6 jieng5 hong1	
5 · 野馬分鬃左	野馬分鬃左	Wild Horse Parts Mane -- Left
	Ya1 bhe4 fun5 jiang1 ze4	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
左腳前踏	倒腳前踏	Left foot steps forward
	De4 ka1 jieng5 ta6	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
左掌斜上	倒掌斜上	Left palm diagonally up
	De4 jiong4 hia6 siong5	
右掌斜下	右掌斜下	Right palm diagonally down
	You4 jiong4 hia6 ha5	
正對前方	正對前方	Face squarely forward
	8Jia4 dui6 jieng5 hong1	
6 · 提手上勢	提手上勢	Raise Hand
	Te6 ciu4 siong6 se6	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
右腳跟上	右腳跟上	Right foot steps up
	You4 ka1 gin5 siong5	
右臂前擺	右臂前甩	Right arm swings forward
	You4 bi6 jieng5 8hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4 ji4 zui1 bieng3	
右肘直立	右肘直立	Right elbow vertically up
	You4 jiu6 7di6 li17	
轉身向右	轉身向右	Turn to the right
	Deng1 sin1 hiong4 you5	
轉身向前	轉身向前	Turn back to the front
	Deng1 sin1 hiong4 jieng3	
7 · 摟膝拗步左	摟膝拗步左	Brush Knee -- Left

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	Lou6 si1 ao4 bo5 ze4	
左腳前踏	倒腳前踏 De4 ka1 jieng5 ta6	Left foot steps forward
重心前移	重心前移 Diong6 sim1 jieng5 yi3	Shift weight forward
左掌左擺	倒掌倒甩 De4 jiong4 de4 8hai6	Left palm swings to left
保護膝蓋	保護腳頭窩 Be1 ho6 ka5 tao5 wu1	To protect the knee
右掌胸前	右掌胸前 You4 jiong4 hiong5 jieng3	Right palm in front of chest
保護胸膛	保護胸膛 Be1 ho6 hiong5 dang3	To protect the chest
8 · 摟膝拗步右	摟膝拗步右 Lou6si1 ao4bo5 you5	Brush Knee -- Right
重心后移	重心後移 Diong6 sim1 ao6 yi3	Shift weight backward
重心前移	重心前移 Diong6 sim1 jieng5 yi3	Shift weight forward
右腳前踏	右腳前踏 You4 ka1 jieng5 ta6	Right foot steps forward
重心前移	重心前移 Diong6 sim1 jieng5 yi3	Shift weight forward
右掌右擺	右掌右甩 You4 jiong4 you4 8hai6	Right palm swings to right
保護膝蓋	保護腳頭窩 Be1 ho6 ka5 tao5 wu1	To protect the knee
左掌胸前	倒掌胸前 De4 jiong4 hiong5 jieng3	Left palm in front of chest
保護胸膛	保護胸膛 Be1 ho6 hiong5 dang3	To protect the chest
9 · 摟膝拗步左	摟膝拗步左 Lou6 si1 ao4 bo5 ze4	Brush Knee -- Left
重心后移	重心後移 Diong6 sim1 ao6 yi3	Shift weight backward
重心前移	重心前移 Diong6 sim1 jieng5 yi3	Shift weight forward

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左腳前踏	倒腳前踏 De4 ka1 jieng5 ta6	Left foot steps forward
重心前移	重心前移 Diong6 sim1 jieng5 yi3	Shift weight forward
左掌左擺	倒掌倒甩 De4 jiong4 de4 8hai6	Left palm swings to left
保護膝蓋	保護腳頭窩 Be1 ho6 ka5 tao5 wu1	To protect the knee
右掌胸前	右掌胸前 You4 jiong4 hiong5 jieng3	Right palm in front of chest
保護胸膛	保護胸膛 Be1 ho6 hiong5 dang3	To protect the chest
10 · 肘底看槌	肘底看槌 Jiu1 de4 8kua4 tui3	Fist Under Elbow
重心前移	重心前移 Diong6 sim1 jieng5 yi3	Shift weight forward
右腳跟上	右腳跟上 You4 ka1 gin5 siong5	Right foot steps up
兩肘水平	兩肘水平 Neng6 jiu6 zui1 bieng3	Elbows horizontal
兩拳相對	兩拳相對 Neng6 gun3 siong5 dui6	Fists confront each other
兩肘下沉	兩肘下沉 Neng6 jiu6 ha6 dim3	Elbows sink down
左肘直立	倒肘直立 D34 jiu6 7di6 7li1	Left elbow vertically up
右拳在下	右拳在下 You4 gun3 zai6 ha5	Right fist underneath
左跟點地	倒跟點地 De4 gin1 diam5 de5	Left heel touches the ground
11 · 倒撇猴右	倒撇猴右 De4 pia4 gao3 you5	Backward Monkey -- Right
右臂后擺	右臂後甩 You4 bi6 ao6 8hai6	Right arm swings backward
左臂前擺	倒臂前甩 De4 bi6 jieng5 8hai6	Left arm swings forward
擺至水平	甩至水平	Until horizontal

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	8Hai4 ji4 sui1 bieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
眼睛后看	目睛後看	Eyes look backward
	Bha6 jiu1 ao6 8kua6	
轉身向前	轉身向前	Turn back to the front
	Deng1 sin1 hiong4 jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
12 · 倒撇猴左	倒撇猴左	Backward Monkey -- Left
	De4 pia4 gao6 ze4	
左臂后擺	倒臂後甩	Left arm swings backward
	De4 bi6 ao6h 8ai6	
右臂前擺	右臂前甩	Right arm swings forward
	You4 bi6 jieng5 8hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4 ji4 zui1 bieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
眼睛后看	目睛後看	Eyes look backward
	Bha6 jiu1 ao6 8kua6	
轉身向前	轉身向前	Turn back to the front
	Deng1 sin1 hiong4 jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
13 · 倒撇猴右	倒撇猴右	Backward Monkey -- Right
	De4 pia4 gao3 you5	
右臂后擺	右臂後甩	Right arm swings backward
	You4 bi6 ao6 8hai8	
左臂前擺	倒臂前甩	Left arm swings forward
	De4 bi6 jieng5 8hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4 ji4 aui1 bieng3	

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兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
眼睛后看	目睛後看	Eyes look backward
	Bha6 jiu1 ao6 8kua6	
轉身向前	轉身向前	Turn back to the front
	Deng1 sin1 hiong4 jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
14 · 倒撇猴左	倒撇猴左	Backward Monkey -- Left
	De4 pia4 gao3 ze4	
左臂后擺	倒臂後甩	Left arm swings backward
	De4 bi6 ao6 8hai6	
右臂前擺	右臂前甩	Right arm swings forward
	You4 bi6 jieng5 8hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4 ji4 zui1 bieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
眼睛后看	目睛後看	Eyes look backward
	Bha6 jiu1 ao6 8kua6	
轉身向前	轉身向前	Turn back to the front
	Deng1 sin1 hiong4 jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
15 · 倒撇猴右	倒撇猴右	Backward Monkey -- Right
	De4 pia4 gao3 you5	
右臂后擺	右臂後甩	Right arm swings backward
	You4 bi6 ao6 8hai6	
左臂前擺	倒臂前甩	Left arm swings forward
	De4 bi6 jieng5 8hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4 ji4 zui1 bieng3	
兩掌相對	兩掌相對	Palms face each other

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	Neng6 jiong4 siong5 dui6	
眼睛后看	目睛後看	Eyes look backward
	Bha6 jiu1 ao6 8kua6	
轉身向前	轉身向前	Turn back to the front
	Deng1 sin1 hiong4 jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
16 · 攪雀尾棚捋擠按左	攪雀尾棚捋擠按左	Grab Sparrow's Tail -- Spread, Pull, Squeeze, and Push -- Left
	Lam1 7cio1 bhuei4 beng5 lu4 ci4 an6 ze4	
左腳前踏	倒腳前踏	Left foot steps forward
	De4 ka1 jieng5 ta6	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
左掌斜上	倒掌斜上	Left palm diagonally up
	De4 jiong4 hia6 siong5	
右掌斜下	右掌斜下	Right palm diagonally down
	You4 jiong4 hia6 ha5	
兩掌平行	兩掌平行	Palms parallel
	Neng6 jion4 bieng5 hieng3	
重心后移	重心後移	Shift weight backward as if pulling
	Diong6 sim1 ao6 yi3	
轉身向後	轉身向後	Turn to face backward
	Deng1 sin1 hiong4 ao5	
右掌下擺	右掌下甩	Right palm swings low
	You4 jion4 hia6 8hai6	
左掌聽脈	倒掌聽脈	Left palm listens to pulse
	De4 jiong4 8tia5 bhe5	
轉身向前	轉身向前	Turn back to the front
	Deng1 sin1 hiong4 jieng3	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
兩掌前擠	兩掌前擠	Squeeze forward with two palms
	Neng6 jiong4 jieng5 ci4	
兩掌平行	兩掌平行	Palms parallel
	Neng6 jion4 bieng5 hieng3	

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重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
兩掌前按	兩掌前按	Push forward with two palms
	Neng6 jiong4 jieng5 an6	
17 · 轉身向后	轉身向後	Turn Body Around
	Deng1 sin1 hiong4 ao5	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
轉身向後	轉身向後	Turn to face backward
	Deng1 sin1 hiong4 ao5	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
18 · 攬雀尾棚捋擠按右	攬雀尾棚捋擠按右	Grab Sparrow's Tail -- Spread, Pull, Squeeze, and Push -- Right
	Lam1 7cio1 bhei4 beng5 lu4 ci4 an6 you5	
右腳前踏	右腳前踏	Right foot steps forward
	De4 ka1 jieng5 ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右掌斜上	右掌斜上	Right palm diagonally up
	You4 jiong4 hia6 siong5	
左掌斜下	倒掌斜下	Left palm diagonally down
	De4 jiong4 hia6 ha5	
兩掌平行	兩掌平行	Palms parallel
	Neng6 jion4 bieng5 hieng3	
重心后移	重心後移	Shift weight backward as if pulling
	Diong6 sim1 ao6 yi3	
轉身向後	轉身向後	Turn to face backward
	Deng1 sin1 hiong4 ao5	
左掌下擺	倒掌下甩	Left palm swings low
	De4 jiong4 hia6 8hai6	
右掌聽脈	右掌聽脈	Right palm listens to pulse
	You4 jiong4 8tia5 bhe5	
轉身向前	轉身向前	Turn to the front
	Deng1 sin1 hiong4 jieng3	

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重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
兩掌前擠	兩掌前擠	Squeeze forward with two palms
	Neng6 jiong4 jieng5 ci4	
兩掌平行	兩掌平行	Palms parallel
	Neng6 jiong4 bieng5 hieng3	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
兩掌前按	兩掌前按	Push forward with two palms
	Neng6 jiong4 jieng5 an6	
19 · 單鞭	單鞭	Single Whip
	Dan5 ben1	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
轉身向后	轉身向後	Turn to face backward
	Deng1 sim1 hiong4 ao5	
重心右移	重心右移	Shift weight to right
	Diong6 sim1 you4 yi3	
右手螳螂	右手草猴	Right hand into praying mantis sickle
	You4 ciu4 cao1 gao3	
左掌在下	倒掌在下	Left palm underneath it
	De4 jiong4 zai6 ha5	
轉身向左	轉身向左	Turn body to left
	Deng1 sin1 hiong4 ze4	
左腳前踏	倒腳前踏	Left foot steps forward
	De4 ka1 jieng5 ta6	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
左掌斜上	倒掌斜上	Left palm diagonally up
	De4 jiong4 hia6 siong5	
掌心向下	掌心向下	Palm faces down
	Jiong1 sim1 hiong4 ha5	
20 · 雲手右	雲手右	Cloud Hands -- Right
	Hun5 ciu4 you5	
重心后移	重心後移	Shift weight backward

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	Diong6 sim1 ao6 yi3	
轉身向後	轉身向後	Turn to face backward
	Deng1 sin1 hiong4 ao5	
右掌在上	右掌在上	Right palm up
	You4 jiong4 zai6 siong5	
左掌在下	倒掌在下	Left palm down
	De4 jiong4 zai6 ha5	
兩掌相對	兩掌相對	Palms face each other
	Neng6 jiong4 siong5 dui6	
左掌上浮	倒掌上浮	Left palm floats up
	De4 jiong4 siong6 pu3	
右掌下沉	右掌下沉	Right palm sinks down
	You4 jiong4 ha6 dim3	
左腳左移	倒腳倒移	Left foot to left
	De4 ka1 de4 yi3	
21 · 雲手左	雲手左	Cloud Hands -- Left
	Hun5 ciu4 ze4	
兩掌側立	兩掌站立	Palms stand on edge
	Neng6 jiong4 kia6 7li1	
轉身向前	轉身向前	Turn to the front
	Deng1 sin1 hiong4 jieng3	
重心左移	重心左移	Shift weight to left
	Diong6 sim1 ze1 yi3	
轉身向左	轉身向左	Turn to left
	Deng1 sin1 hiong4 ze4	
兩掌相對	兩掌相對	Palms turn to face each other
	Neng6 jiong4 siong5 dui6	
右掌上浮	右掌上浮	Right palm floats up
	You4 jiong4 siong6 pu3	
左掌下沉	倒掌下沉	Left palm sinks down
	De4 jiong4 ha6 dim3	
右腳左移	右腳倒移	Right foot to left
	You4 ka1 de4 yi3	
22 · 雲手右	雲手右	Cloud Hands -- Right
	Hun5 ciu4 you5	
兩掌側立	兩掌起立	Palms stand on edge

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	Neng6 jiong4 kia6 7li1	
轉身向前	轉身向前	Turn to the front
	Deng1 sin1 hiong4 jieng3	
重心右移	重心右移	Shift weight to right
	Diong6 sim1 you4 yi3	
轉身向右	轉身向右	Turn to right
	Deng1 sin1 hiong4 you5	
兩掌相對	兩掌相對	Palms turn to face each other
	Neng6 jiong4 siong5 dui6	
左掌上浮	倒掌上浮	Left palm floats up
	De4 jiong4 siong6 pu3	
右掌下沉	右掌下沉	Right palm sinks down
	You4 jiong4 ha6 dim3	
左腳左移	倒腳倒移	Left foot to left
	De4 ka1 de4 yi3	
23 · 雲手左	雲手左	Cloud Hands -- Left
	Hun5 ciu4 ze4	
兩掌側立	兩掌起立	Palms stand on edge
	Neng6 jiong4 kia6 7li1	
轉身向前	轉身向前	Turn to the front
	Deng1 sin1 hiong4 jieng3	
重心左移	重心左移	Shift weight to left
	Diong6 sim1 ze1 yi3	
轉身向左	轉身向左	Turn to left
	Deng1 sin1 hiong4 ze4	
兩掌相對	兩掌相對	Palms turn to face each other
	Neng6jiong4 siong5dui6	
右掌上浮	右掌上浮	Right palm floats up
	You4 jiong4 siong6 pu3	
左掌下沉	倒掌下沉	Left palm sinks down
	De4 jiong4 ha6 dim3	
右腳左移	右腳倒移	Right foot to left
	You4 ka1 de4 yi3	
24 · 雲手右	雲手右	Cloud Hands -- Right
	Hun5 ciu4 you5	
兩掌側立	兩掌起立	Palms stand on edge
	Neng6 jiong4 kia6 7li1	

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轉身向前	轉身向前	Turn to the front
	Deng1 sin1 hiong4 jieng3	
重心右移	重心右移	Shift weight to right
	Diong6 sim1 you4 yi3	
轉身向右	轉身向右	Turn to right
	Deng1 sin1 hiong4 you5	
兩掌相對	兩掌相對	Palms turn to face each other
	Neng6 jiong4 siong5 dui6	
左掌上浮	倒掌上浮	Left palm floats up
	De4 jiong4 siong6 pu3	
右掌下沉	右掌下沉	Right palm sinks down
	You4 jiong4 ha6 dim3	
左腳左移	倒腳倒移	Left foot to left
	De4 ka1 de4 yi3	
25 · 雲手左	雲手左	Cloud Hands -- Left
	Hun5 ciu4 ze4	
兩掌側立	兩掌起立	Palms stand on edge
	Neng6 jiong4 kia6 7li1	
轉身向前	轉身向前	Turn to the front
	Deng1 sin1 hiong4 jieng3	
重心左移	重心左移	Shift weight to left
	Diong6 sim1 ze1 yi3	
轉身向左	轉身向左	Turn to left
	Deng1 sin1 hiong4 ze4	
兩掌相對	兩掌相對	Palms turn face each other
	Neng6 jiong4 siong5 dui6	
右掌上浮	右掌上浮	Right palm floats up
	You4 jiong4 siong6 pu3	
左掌下沉	倒掌下沉	Left palm sinks down
	De4 jiong4 ha6 dim3	
右腳前踏	右腳前踏	Right foot steps forward
	You4 ka1 jieng5 ta6	
26 · 單鞭	單鞭	Single Whip
	Dan5 ben1	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
右手螳螂	右手草猴	Right hand into praying mantis sickle

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	You4 ciu4 cao1 gao3	
左掌在下	倒掌在下	Left palm underneath it
	De4 jiong4 zai6 ha5	
轉身向左	轉身向左	Turn to left
	Deng1 sin1 hiong4 ze4	
左腳前踏	倒腳前踏	Left foot steps forward
	De4 ka1 jieng5 ta6	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
左掌斜上	倒掌斜上	Left palm diagonally up
	De4 jiong4 hia6 siong5	
掌心向下	掌心向下	Palm faces down
	Jiong1 sim1 hiong4 ha5	
27 · 高探馬	高探馬	High Pat Horse
	Ge5 tan4 bhe4	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
右腳跟上	右腳跟上	Right foot steps up
	You4 ka1 gin5 siong5	
兩臂張開	兩臂伸開	Spread arms side ways
	Neng6 bi6 sin5 kui1	
兩掌向上	兩掌向上	Palms face upward
	Neng6 jiong4 hiong6 siong5	
右掌前拍	右掌前拍	Right palm pats forward
	You4 jiong4 jieng5 pa5	
左掌腰際	倒掌腰際	Left palm next to waist
	De4 jiong4 yo5 je6	
命中!	命中!	Target!
	Mieng6 diong6	
28 · 轉身右蹬腳	轉身右蹬腳	Turn And Kick With Right Heel
	Deng1 sin1 you4 deng6 ka1	
左腳前踏	倒腳前踏	Left foot steps forward
	De4 ka1 jieng5 ta6	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
轉身向左	轉身向左	Turn body to left
	Deng1 sin1 hiong4 ze4	

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兩掌交叉	兩掌交叉	Cross palms
	Neng6 jiong4 gao5 ca1	
放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
提起右腳	提起右腳	Raise right foot
	Te6 ki1 you4 ka1	
腳跟踢出	腳跟踢出	Kick with heel
	Ka5 gin1 7ta1 7cu5	
兩臂張開	兩臂伸開	Spread arms
	Neng6 bi6 sin5 kui1	
命中!	命中!	Target!
	Mieng6 diong6	
收回右腳	收回右腳	Retrieve right foot
	Siu5 hui3 you4 ka1	
兩掌交叉	兩掌交叉	Cross palms
	Neng6 jiong4 gao5 ca1	
放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
29 · 雙峰攢耳	雙峰攢耳	Attack The Ears
	Siang5 hong1 guan4 ni5	
轉身向右	轉身向右	Turn to right
	Deng1 sin1 hiong4 you5	
放下右腳	放落右腳	Put right foot down
	He6 le6 you4 ka1	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
兩臂下擺	兩臂下甩	Arms swing low
	Neng6 bi6 hia6 8hai6	
兩掌成拳	兩掌成拳	Palms into fists
	Neng6 jiong4 sieng5 gun3	
攻擊耳朵	攻擊耳朵	Steering wheel the opponent's ears
	Gong5 gie17 8hi5 8ya4	
30 · 轉身左蹬腳	轉身倒蹬腳	Turn And Kick With Left Heel
	Deng1 sin1 de4 deng6 ka1	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
轉身向左	轉身向左	Turn body to left

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	Deng1 sin1 hiong4 ze4	
重心右移	重心右移	Shift weight to right
	Diong6 sim1 you4 yi3	
兩掌交叉	兩掌交叉	Cross palms
	Neng6 jiong4 gao5 ca1	
放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
提起左腳	提起倒腳	Raise left foot
	Te6 ki1 de4 ka1	
腳跟踢出	腳跟踢出	Kick with heel
	Ka5 gin1 7ta1 7cu5	
兩臂張開	兩臂伸開	Spread arms
	Neng6 bi6 sin5 kui1	
命中!	命中!	Target!
	Mieng6 diong6	
收回左腳	收回倒腳	Retrieve left foot
	Siu5 hui3 de4 ka1	
兩掌交叉	兩掌交叉	Cross palms
	Neng6 jiong4 gao5 ca1	
放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
31 · 蛇身下勢左	蛇身下勢左	Snake Lies Low -- Left
	Zua5 sin1 ha6 se6	
右手螳螂	右手草猴	Right hand into praying mantis sickle
	You4 ciu4 cao1 gao3	
左掌護肘	左掌護肘	Left palm protects the elbow
	De4 jiong4 huo6 jiu6	
重心下移	重心下移	Lower weight
	Diong6 sim1 ha6 yi3	
左腳左踏	倒腳倒踏	Left foot to left
	De4 ka1 de4 ta6	
轉身向左	轉身向左	Turn to left
	Deng1 sin1 hiong4 ze4	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
32 · 金雞獨立右	金雞獨立右	Golden Cock Stands On One Leg -- Right

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	Gim5 ge1 7do6 7li1 you5	
身體站起	身體站起	Stand up
	Sin5 te4 ka6 ki4	
右膝提起	右膝提起	Right knee raised
	You4 si1 te6 ki4	
右肘直立	右肘直立	Right elbow vertical up
	You4 jiu6 7di6 7li1	
放下右腳	放落右腳	Put right foot down
	He6 le6 you4 ka1	
轉身向左	轉身向左	Turn to left
	Deng1 sin1 hiong4 ze4	
33 · 蛇身下勢右	蛇身下勢右	Snake Lies Low -- Right
	Zua5 sin1 ha6 se6 you5	
左手螳螂	倒手草猴	Left hand into praying mantis sickle
	De4 ciu4 cao1 gao3	
右掌護肘	右掌護肘	Right palm protects the elbow
	You4 jiong4 ho6 jiu6	
重心下移	重心下移	Lower weight
	Diong6 sim1 ha6 yi3	
右腳右踏	右腳右踏	Right foot to right
	You4 ka1 you4 ta6	
轉身向右	轉身向右	Turn to right
	Deng1 sin1 hiong4 you5	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
34 · 金雞獨立左	金雞獨立左	Golden Cock Stands On One Leg -- Left
	Gim5 ge1 7do6 7li1 ze4	
身體站起	身體站起	Stand up
	Sin5 te4 ka6 ki4	
左膝提起	倒膝提起	Left knee raised
	De4 si1 te6 ki4	
左肘直立	倒肘直立	Left elbow vertical up
	De4 jiu6 7di6 7li1	
放下左腳	放下倒腳	Put left foot down
	He6 le6 de4 ka1	

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35 · 玉女穿梭左	玉女穿梭左	Weaving Girl Throws The Shuttle -- Left
	7Ghio6 lu4 cuan5 se1 ze4	
右腳前踏	右腳前踏	Right foot steps forward
	You4 ka1 jieng5 ta6	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
右肘水平	右肘水平	Right elbow horizontal
	You4 jiu6 zui1 bieng3	
左掌攻擊	倒掌攻擊	Attack with left palm
	De4 jiong4 gong5 7gie5	
36 · 玉女穿梭右	玉女穿梭右	Weaving Girl Throws The Shuttle -- Right
	7Ghio6 lu4 cuan5 se1 you5	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
左肘水平	倒肘水平	Left elbow horizontal
	De4 jiu6 zui1 bieng3	
右掌攻擊	右掌攻擊	Attack with right palm
	You4 jiong4 gong5 7gie5	
37 · 海底撈針	海底撈針	Needle At Bottom Of The Sea
	Hai1 de4 la6 jiam1	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
右腳跟上	右腳跟上	Right foot steps up
	You4 ka1 gien5 siong5	
提起右手	提起右手	Raise right hand
	Te6 ki1 you4 ciu4	
重心下移	重心下移	Lower weight
	Diong6 sim1 ha6 yi3	
右指點地	右指點地	Right fingers touches the ground
	You4 ji4 diam1 de5	
身體站起	身體站起	Stand up
	Sin5 te4 kia6 ki4	

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38 · 扇通臂	扇通臂	Fan The Arms
	Sen4 tong5 bi6	
左腳前踏	倒腳前踏	Left foot steps forward
	De4 ka1 jieng5 ta6	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
右拳在上	右拳在上	Right fist up
	You4 gun3 zai6 siong5	
左拳在下	倒拳在下	Left fist down
	De4 gun3 zai6 ha5	
拳眼相對	拳眼相對	Fist eyes look into each other
	Gun5 ghan4 siong5 dui6	
側面攻擊	側面攻擊	Attack to the side
	Cia4 bhin6 gong5 7gie5	
39 · 翻身撇身捶	翻身撇身捶	Turn Around Side Punch
	Fan5 sin1 pia4 sin5 tui3	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
轉身向後	轉身向後	Turn body backward
	Deng1 sin1 hiong4 ao5	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
右腳順時	右腳順時	Right foot clockwise
	You4 ka1 sun6 si3	
兩拳順時	兩拳順時	Two fists clockwise
	Neng6 gun3 sun6 si3	
放下右腳	放落右腳	Put right foot down
	He6 le6 you4 ka1	
40 · 進步搬攔捶	進步搬攔捶	Step Forward, Pull, Block, Punch
	Jin4 bo6 ben5 lan5 tui3	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
左腳前踏	左腳前踏	Left foot steps forward
	De4 ka1 jieng5 ta6	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
右手搬回	右手搬回	Pull back with right hand

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	You4 ciu4 ben5 hui3	
左肘攔阻	倒肘攔阻	Block with left elbow
	De4 jiu6 lan5 zo4	
左肘水平	倒肘水平	Left elbow horizontal
	De4 jiu6 zui1 bieng3	
右拳攻擊	右拳攻擊	Attack with right fist
	You4 gun3 gong5 7gie5	
41 · 如封似閉	如封似閉	Fence Off
	Ru5hong1 su6bi5	
右拳成掌	右拳成掌	Right fist into palm
	You4 gun3 sieng5 jiong4	
掃向左方	掃向倒方	Sweep to left
	Sao5 siong6 de4 hong1	
左肘直立	倒肘直立	Left elbow vertically up
	De4 jiu6 7di6 7li1	
兩掌平行	兩掌平行	Palms parallel
	Neng6 iong4 bieng5 hieng3	
重心后移	重心後移	Shift weight backward
	Diong6 sim1 ao6 yi3	
重心前移	重心前移	Shift weight forward
	Diong6 sim1 jieng5 yi3	
兩掌前按	兩掌前按	Push forward with two palms
	Neng6 jiong4 jieng5 an6	
42 · 十字手	十字手	Cross Hands
	Si5 ji6 ciu4	
重心后移	重心後移	Shift weight backward
	Dion6 sim1 ao6 yi3	
轉身向右	轉身向右	Turn to right
	Deng1 sin1 hiong4 you5	
重心左移	重心左移	Shift weight to left
	Diong6 sim1 ze1 yi3	
收回右腳	收回右腳	Retrieve right foot
	Siu5 hui6 you4 ka1	
重心中間	重心中央	Center weight
	Diong6 sim1 dieng5 eng1	
兩手交叉	兩手交叉	Cross palms
	Neng6 ciu4 gao5 ca1	

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放在胸前	放在胸前	In front of the chest
	He6 di6 hiong5 jieng3	
43 · 合太極	合太極	Taiji Conclusion
	Ha67 tai4 7ji5	
深呼吸數次	深呼吸數遍	Take several deep breaths
	Qim5 hu5 7si5 so4ben6	
深吸氣，徐徐呼氣	深吸氣；慢慢吐氣	Breathe in; slowly breathe out
	Qim5 su4 ki6; man6 man5 to1 ki6	
身體站起	身體站起	Stand up
	Sin5 te4 kia6 ki4	
放下雙手	放落雙手	Lower hands
	He6 le6 siang5 qiu4	

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