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基本步法 BASIC STANCES & STEPS

CHINESE		ENGLISH
1 并步站立	bìng bù zhàn lì (无极 Wuji State)	Stand with Feet Together
2 开步站立	kāi bù zhàn lì (太极 Taiji State)	Stand with Feet Apart
3 弓步	gōng bù 左 zuǒ 右 yòu	Bow Stance Left Bow Right Bow
4 横裆步	héng dāng bù	Side Bow Stance
5 马步	mǎ bù	Horse Stance
6 半马步	bàn mǎ bù	Half Horse Stance
7 盖步	gài bù	Cross Over Step
8 插步	chā bù	Cross Behind Step
9 歇步	xiē bù	Cross (Resting) Stance - sitting on ankle
10 盘根步	pán gēn bù	Crossed Leg Stance - buttocks between legs
11 仆步	pū bù	Crouch / Drop Stance
12 虚步	xū bù 脚尖点地 脚跟点地	Empty Stance Toes touching ground Heel touching ground
13 丁步	dīng bù	T stance
14 独立	dú lì	Stand on one leg
15 蹬脚	dēng jiǎo	Heel Kick
16 分脚	fēn jiǎo	Toe Kick
17 (外)摆莲腿/脚	(wài) bǎi lián tuǐ / jiǎo	Lotus (Outwards Crescent) Kick
18 里合腿	lǐ hé tuǐ	Inwards Crescent Kick
19 跟步	gēn bù	Follow Step
20 撤/退步	chè / tuì bù	Retreat - Step backwards
21 外摆	wài bǎi	Turn foot to point toes outwards
22 内扣	nèi kòu	Turn foot to point toes inwards

