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陈式太极拳·养生二十四式

Chen Style Taiji Quan • Yangsheng 24 Movements

第一段 Section 1

1. 起势 qǐ shì Commencing form
2. 金刚捣碓 jīn gāng dǎo duì Buddha's warrior attendant pounds the mortar
3. 揽扎衣 lǎn zhā yī Tuck in robes
4. 六封四闭 liù fēng sì bì Seal off and shut out
5. 单鞭 dān biān Single whip
6. 白鹤亮翅 bái hè liàng chì White crane spreads wings

第二段 Section 2

7. 斜行 xié xíng Walk obliquely
8. 搂膝拗步 lōu xī ào bù Brush knee and twist step
9. 掩手肱捶 yǎn shǒu gōng chuí Conceal and punch
10. 摆莲跌叉 bǎi lián diē chà Lotus kick and drop into the splits
11. 金鸡独立 jīn jī dú lì Golden rooster stands on one leg
12. 翻花舞袖 fān huā wǔ xiù Turn over flowers and brandish sleeves

第三段 Section 3

13. 海底翻花 hǎi dǐ fān huā Overturn the ocean waves
14. 二起脚 èr qǐ jiǎo Double jump feet
15. 玉女穿梭 yù nǚ chuān suō Jade maiden working with shuttle
16. 顺鸾肘 shùn luán zhǒu Normal elbow strikes
17. 裹鞭炮 guǒ biān pào Wrapping fire crackers
18. 护心捶 hù xīn chuí Heart protecting fists

第四段 Section 4

19. 穿心肘 chuān xīn zhǒu Elbow through the heart
20. 揽扎衣 lǎn zhā yī Tuck in robes
21. 云手 yún shǒu Wave hands like moving clouds
22. 当头炮 dāng tóu pào Punch to the head
23. 金刚捣碓 jīn gāng dǎo duì Buddha's warrior attendant pounds the mortar
24. 收势 shōu shì Closing form