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## 四十二式太极拳竞赛套路 42 Movements Taiji Quan Competition Routine

第一段 Section 1		
1. 起势	qǐ shì	Commencing form
2. 右揽雀尾	yòu lǎn què wěi	Right grasp the sparrow's tail
3. 左单鞭	zuǒ dān biān	Left single whip
4. 提手	tí shǒu	Lift hands
5. 白鹤亮翅	bái hè liàng chì	White crane spreads wings
6. 搂膝拗步 (二)	lōu xī ào bù (èr)	Brush knee and twist step (2)
7. 撇身捶	piē shēn chuí	Parry and strike with fist
8. 捋挤势 (二)	lǚ jǐ shì (èr)	Deflect and push (2)
9. 进步搬拦捶	jìn bù bān lán chuí	Advance, parry and punch
10. 如封似闭	rú fēng sì bì	Apparent close up
第二段 Section 2		
11. 开合手	kāi hé shǒu	Open and close hands
12. 右单鞭	yòu dān biān	Right single whip
13. 肘底捶	zhǒu dǐ chuí	Fist under elbow
14. 转身推掌 (二)	zhuǎn shēn tuī zhǎng (èr)	Turn body and push palm (2)
15. 玉女穿梭 (二)	yù nǚ chuān suō (èr)	Jade maiden working with shuttle (2)
16. 右左蹬脚	yòu zuǒ dēng jiǎo	Right, left heel-kick
17. 掩手肱捶	yǎn shǒu gōng chuí	Conceal and punch
18. 野马分鬃 (二)	yě mǎ fēn zōng (èr)	Part the wild horse's mane (2)
第三段 Section 3		
19. 云手 (三)	yún shǒu (sān)	Wave hands like moving clouds (3)
20. 独立打虎	dú lì dǎ hǔ	Beat tiger on one leg
21. 右分脚	yòu fēn jiǎo	Right toe-kick
22. 双峰贯耳	shuāng fēng guàn ěr	Strike opponent's ears with both fist
23. 左分脚	zuǒ fēn jiǎo	Left toe-kick
24. 转身拍脚	zhuǎn shēn pāi jiǎo	Turn body and slap foot
25. 进步栽捶	jìn bù zāi chuí	Advance and punch downward
26. 斜飞势	xié fēi shì	Oblique flying
27. 单鞭下势	dān biān xià shì	Single whip and push down
28. 金鸡独立 (二)	jīn jī dú lì (èr)	Golden rooster stands on one leg (2)
29. 退步穿掌	tuì bù chuān zhǎng	Step backward and thrust palm
第四段 Section 4		
30. 虚步压掌	xū bù yā zhǎng	Press palm in empty stance
31. 独立托掌	dú lì tuō zhǎng	Stand on one leg and hold palm up
32. 马步靠	mǎ bù kào	Lean with body in horse stance
33. 转身大捋	zhuǎn shēn dà lǚ	Turn body and deflect
34. 歇步擒打	xiē bù qín dǎ	Hold and punch in resting stance
35. 穿掌下势	chuān zhǎng xià shì	Thread palm and push down
36. 上步七星	shàng bù qī xīng	Step forward with seven stars
37. 退步跨虎	tuì bù kuà hǔ	Step backward and straddle the tiger
38. 转身摆莲	zhuǎn shēn bǎi lián	Turn body and lotus kick
39. 弯弓射虎	wān gōng shè hǔ	Bend bow to shoot tiger
40. 左揽雀尾	zuǒ lǎn què wěi	Left grasp the sparrow's tail
41. 十字手	shí zì shǒu	Cross hands
42. 收势	shōu shì	Closing form