

四十二式太極拳	(in Pin Yin)	42 Posture (International Competition Form)
第一段	Di (4) Yi (1) Duan(4)	Section 1
1. 起式	Qi (3) Shi (4)	1. Commencing Form
2. 右攬雀尾	You(4) Lan(3) Que(4) Wei (3)	2. Right grasp Sparrow's tail
3. 左單鞭	Zuo(3) Dan(1) Bi an(1)	3. Single Whip -- Left Style
4. 提手	Ti (2) Shou(3)	4. Lift hands
5. 白鶴亮翅	Bai (2) He(4) Li ang(4) Chi (4)	5. White Crane Flashes Wings
6. 摟膝拗步(二)	Lou(1) Xi (1) Ao(4) Bu(4) (Er(4))	6. Brush Knee and Step Forward (2)
7. 撇身錘	Pi e(3) Shen(1) Chui (2)	7. Sidle and Punch
8. 捋擠勢	Lv(3) Ji (3) Shi (4)	8. Roll-back and Press Posture
9. 進步搬攔錘	Ji n(4) Bu(4) Ban(1) Lan(2) Chui (2)	9. Step Forward, Deflect Downward, Intercept and Punch
10. 如封似閉	Ru(2) Feng(1) Si (4) Bi (4)	10. Withdraw and Push
第二段	Di (4) Er(4) Duan(4)	Section 2
11. 開合手	Kai (1) He(2) Shou(3)	11. Open and close hands
12. 右單鞭	You(4) Dan(1) Bi an(1)	12. Single Whip -- Right Style
13. 肘底錘	Zhou(3) Di (3) Chui (2)	13. Fist Under Elbow
14. 轉身推掌(二)	Zhuan(3) Shen(1) Tui (1) Zhang(3) (Er(4))	14. Turn body and push palm (2)
15. 玉女穿梭(二)	Yu(4) Nv(3) Chuan(1) Suo(1)	15. Fair Lady Works at Shuttles (2)
16. 左右蹬腳	Zuo(3) You(4) Deng(1) Ji ao(3)	16. Right and Left Heel kicks
17. 掩手肱錘	Yan(3) Shou(3) Gong(1) Chui (2)	17. Hidden Hand Upper Arm Rolls Punch
18. 野馬分鬃(二)	Ye(4) Ma(4) Fen(1) Zong(1)	18. Mustang Ruffles Its Mane (2)
第三段	Di (4) San(1) Duan(4)	Section 3
19. 雲手	Yun(2) Shou(3)	19. Cloud Hands (3)
20. 獨立打虎	Du(2) Li (4) Da(3) Hu(3)	20. Stand Up and Hit Tiger

21. 右分腳	You(4) Fen(1) Ji ao(3)	21. Separate Right Foot
22. 雙峰貫耳	Shuang(1) Feng(1) Guan(4) Er(3)	22. Strike Ears with Both Hands
23. 左分腳	Zuo(3) Fen(1) Ji ao(3)	23. Separate Left Foot
24. 轉身拍腳	Zhuan(3) Shen(1) Pai (1) Ji ao(4)	24. Turn Around and Tap Right Foot
25. 進步栽錘	Ji n(4) Bu(4) Zai (1) Chui (2)	25. Step Up and Punch Downward
26. 斜飛式	Xi e(2) Fei (1) Shi (4)	26. Diagonal Flying Posture
27. 單鞭下勢	Dan(1) Bi an(1) Xi a(4) Shi (4)	27. Single Whip Downward Posture
28. 金雞獨立(二)	Ji n(1) Ji (1) Du(2) Li (4)	28. Golden Pheasant Stands with One Leg (2)
29. 退步穿掌	Tui (4) Bu(4) Chuan(1) Zhang(3)	29. Withdraw Step and Thrust Left Palm
第四段	Di (4) Si (4) Duan(4)	Section 4
30. 虛步壓掌	Xu(1) Bu(4) Ya(1) Zhang(3)	30. Empty Step and Pressing Palm
31. 獨立托掌	Du(2) Li (4) Tuo(1) Zhang(3)	31. Lift Right Leg and Right Palm Up
32. 馬步靠	Ma(3) Bu(4) Kao(4)	32. Left Shoulder Strike with Horse Stance
33. 轉身大捋	Zhuan(3) Shen(1) Da(4) Lv(4)	33. Turn Body and Strike with Hand
34. 歇步擒打	Xi e(1) Bu(4) Qi n(2) Da(3)	34. Capture and Punch in an Empty Step
35. 穿掌下勢	Chuan(1) Zhang(3) Xi a(4) Shi (4)	35. Thrust Palm and Sweep Down
36. 上步七星	Shang(4) Bu(4) Qi (1) Xi ng(1)	36. Step Up to Form the Seven Stars of the Dipper
37. 退步跨虎	Tui (4) Bu(4) Kua(4) Hu(3)	37. Step Back to Ride the Tiger
38. 轉身擺蓮	Zhuan(3) Shen(1) Bai (3) Li an(2)	37. Turn Around and Sweep Lotus with One Leg
39. 彎弓射虎	Wan(1) Gong(1) She(4) Hu(3)	39. Shoot Tiger with Bow
40. 左攬雀尾	Zuo(3) Lan(3) Que(4) Wei (3)	40. Left Grasp Sparrow's Tail
41. 十字手	Shi (2) Zi (4) Shou(3)	41. Cross Hands
42. 收勢	Shou(1) Shi (4)	42. Conclusion of the Form