

48 Posture Combined Form

四十八式太極拳	(in Pin Yin)	48 Posture
起式	Qi(3) Shi(4)	Commencing Form
第一段	Di(4) Yi(1) Duan(4)	Section 1
1. 白鶴亮翅	Bai(2) He(4) Liang(4) Chi(4)	1. The White Crane Flashes Its Wings
2. 左摟膝拗步	Zuo(3) Lou(1) Xi(1) Ao(4) Bu(4)	2. Brush Knee and Twist Step on Left
3. 左單鞭	Zuo(3) Dan(1) Bian(1)	3. Single Whip -- Left Style
4. 左琵琶勢	Zuo(3) Pi(2) Pa Shi(4)	4. Hand Strums the Lute -- Left Style
5. 捋擠勢	Lv(3) Ji(3) Shi(4)	5. Stroke and Push
6. 左搬攔錘	Zuo(3) Ban(1) Lan(2) Chui(2)	6. Turn to Strike, Parry and Punch -- Left Style
7. 左棚捋擠按	Zuo(3) Peng(2) Lv(3) Ji(3) An(4)	7. Ward Off, Roll back, Push and Press - Left Style
第二段	Di(4) Er(4) Duan(4)	Section 2
8. 斜身靠	Xie(2) Shen(1) Kao(4)	8. Lean Obliquely
9. 肘底錘	Zhou(3) Di(3) Chui(2)	9. Punch Under Elbow
10. 倒卷肱	Dao(4) Juan(3) Gong(1)	10. Step Back and Whirl Arms on Both Sides
11. 轉身推掌	Zhuan(3) Shen(1) Tui(1) Zhang(3)	11. Turn and Push Palms
12. 右琵琶勢	You(4) Pi(2) Pa Shi(4)	12. Hand Strums the Lute -- Right Style
13. 摟膝栽錘	Lou(1) Xi(1) Zai(1) Chui(2)	13. Brush Knee and Punch Downward
第三段	Di(4) San(1) Duan(4)	Section 3

14. 白蛇吐信	Bai(2) She(2) Tu(3) Xin(4)	14. The White Snake Puts Out Its Tongue
15. 拍腳伏虎	Pai(1) Jiao(3) Fu(2) Hu(3)	15. Pat Foot to Subdue the Tiger
16. 左撇身錘	Zuo(3) Pie(3) Shen(1) Chui(2)	16. Turn to Left to Strike
17. 穿拳下勢	Chuan(1) Quan(2) Xia(4) Shi(4)	17. Thread Fists on Crouch Step
18. 獨立撐掌	Du(2) Li(4) Cheng(1) Zhang(3)	18. Fend Off on One Leg
19. 右單鞭	You(4) Dan(1) Bian(1)	19. Single Whip -- Right Style
第四段	Di(4) Si(4) Duan(4)	Section 4
20. 右雲手	You(4) Yun(2) Shou(3)	20. Wave Hands Like Clouds -- Right Style
21. 左右分鬃	Zuo(3) You(4) Fen(1) Zong(1)	21. Part the Horse's Mand on Both Sides
22. 高探馬	Gao(1) Tan(4) Ma(3)	22. High Pat on Horse
23. 右蹬腳	You(4) Deng(1) Jiao(3)	23. Kick with Right Heel
24. 雙峰貫耳	Shuang(1) Feng(1) Guan(4) Er(3)	24. Strike Opponent's Ears with Both Fists
25. 左蹬腳	Zuo(3) Deng(1) Jiao(3)	25. Kick with Left Heel
26. 掩手撩拳	Yan(3) Shou(3) Liao(1) Chui(2)	26. Strike with Hidden Fist
27. 海底針	Hai(3) Di(3) Zhen(1)	27. Needle at Sea Bottom
28. 閃通背	Shan(3) Tong(1) Bei(4)	28. Flash the Arm
第五段	Di(4) Wu(3) Duan(4)	Section 5
29. 左右分腳	Zuo(3) You(4) Fen(1) Jiao(3)	29. Kick with Right and Left Feet
30. 擻膝拗步	Lou(1) Xi(1) Ao(4) Bu(4)	30. Brush Knee on Left and Right Bow Steps

31. 上步擒打	Shang(4) Bu(4) Qin(2) Da(3)	31. Step Forward to Strike
32. 如封似閉	Ru(2) Feng(1) Si(4) Bi(4)	32. Apparent Close-Up
33. 左雲手	Zuo(3) Yun(2) Shou(3)	33. Wave Hands Like Clouds -- Left Style
34. 右撇身錘	You(4) Pie(3) Shen(1) Chui(2)	34. Turn to the Right to Strike
35. 左右穿梭	Zuo(3) You(4) Chuan(3) Suo(1)	35. Work at Shuttles on Both Sides
36. 退步穿掌	Tui(4) Bu(4) Chuan(1) Zhang(3)	36. Step Back and Insert Palm
第六段	Di(4) Liu(4) Duan(4)	Section 6
37. 虛步壓掌	Xu(1) Bu(4) Ya(1) Zhang(3)	37. Press Down Palms on Empty Step
38. 獨立托掌	Du(2) Li(4) Tuo(1) Zhang(3)	38. Stand on One Leg and Hold Out Palm
39. 馬步靠	Ma(3) Bu(4) Kao(4)	39. Push Forearm on Horse-riding Step
40. 轉身大捋	Zhuan(3) Shen(1) Da(4) Lv(4)	40. Turn Body with Big Strokes
41. 撩掌下勢	Liao(1) Zhang(3) Xia(4) Shi(4)	41. Swing Palm on Crouch Step
42. 上步七星	Shang(4) Bu(4) Qi(1) Xing(1)	42. Step Forward to Cross Fists
43. 獨立跨虎	Du(2) Li(4) Kua(4) Hu(3)	43. Stand on One Leg to Mount the Tiger
44. 轉身擺蓮	Zhuan(3) Shen(1) Bai(3) Lian(2)	44. Turn Body for a Lotus Leg Swing
45. 彎弓射虎	Wan(1) Gong(1) She(4) Hu(3)	45. Draw a Bow to Shoot the Tiger
46. 右搬攔錘	You(4) Ban(1) Lan(2) Chui(2)	46. Turn to Strike, Parry and Punch -- Right Style
47. 右棚捋擠按	You(4) Peng(2) Lv(3) Ji(3) An(4)	47. Ward Off, Roll back, Push and Press -- Right Style
48. 十字手	Shi(2) Zi(4) Shou(3)	48. Cross Hands

收勢	Shou(1) Shi(4)	Closing Form
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