

太极行功心法
(Taiji Gongfu Basics)
MOVING POLE

第一节 (Section One)

- 一, 气贯长虹
(Qi Rising Penetrate the Rainbow)
- 二, 凤凰回头
(Phoenix Turn Head)
- 三, 怀抱八卦
(Embracing the Ba-Gua (the eight diagrams of Taoism))
- 四, 狮子摇头
(Lion Shaking Its Head)
- 五, 翻江倒海
(Stirring the River and Flipping the Ocean).
- 六, 金鸡独立
(Golden Rooster Standing on One Leg)

第二节, 太极桩功

(Section Two, Taiji Pole Practice)

- 一, 按 (AN(4), Press)
- 二, 搂膝拗步 (Brush Knee and Twist Step)
- 三, 玉女穿梭 (Fair Lady Works with Shuttles)
- 四, 挤 (Ji(3), Squeeze)
- 五, 棚 (Peng(4), Ward-off)
- 六, 野马分鬃 (Part the wild horse's Mane)
- 七, 斜飞式 (Diagonal Flying Posture)
- 八, 单鞭 (Single Whip)
- 九, 扇通背 (Fan through back/Flashing back)
- 十, 双峰贯耳 (Double Peaks Strike the Ears)
- 十一, 打虎势 (Hit the Tiger)
- 十二, 穿抹掌 (Inserting and Grinding Palm)
- 十三, 弯弓射虎 (Draw a Bow to Shoot the Tiger)

左, 右弓步各做一遍

(Practice once each on the left and the right side).