

August 2011

Lesson	Posture	Name	Chinese Pinyin*
1	1	Opening Form (x3)	起式 qǐ shì
	2	Rock the Boat Left & Right (x3)	左右蕩舟 zuǒ yòu dàng zhōu
	3	Fishman Casting Net (x2)	漁夫撒網 yú fū sā wǎng
2	4	Rainbow Across the Sky (x2)	彩虹當空 cǎi hóng dāng kōng
	5	Brush Knee Left & Right (x2)	摟膝拗步 lōu xī ào bù
3	6	Go with the Flow (x3)	順水推舟 shùn shuǐ tuī zhōu
	7	Place Incense Upright	一柱香 yī zhù xiāng
	8	Repulse Monkey (x3)	倒撐猴 dǎo chēng hóu
4	9	Golden Rooster on One Foot - Left & Right	金雞獨立 jīn jī dú lì
	10	Strike Gong	撞鐘式 zhuàng zhōng shì
	11	Dragon's Tail Stirring Water (x3)	黃龍三攪水 Huáng lóng sān jiǎo shuǐ
5	12	Dragon Displaying Talon	青龍現爪 qīng lóng xiàn zhuǎ
	13	Tiger Pouncing on Prey	猛虎撲食 měng hǔ pū shí
	14	Twist & Turn Left & Right (x3 + x2)	左右轉向 zuǒ yòu zhuǎn xiàng
6	15	Kayaking	八仙過海 bā xiān guò hǎi
	16	spiraling	當頭炮 dāng tóu pào
	17	Guarding the Heart	護心錘 hù xīn chuí
7	18	Coiling & Spiraling the Wrists	金絲纏腕 jīn sī chán wǎn
	19	Play Flute in Horseback Riding Stance	坐馬橫笛 zuò mǎ héng dí
8	20	Flying Flute	飛笛閉門 fēi dí bì mén
	21	Single Whip	單鞭 dān biān
	22	Holding the Pagoda	天王托塔 tiān wáng tuō tǎ
9	23	Taming Tiger Left & Right	左右打虎式 zuǒ yòu dá hǔ shì
	24	Scoop up the Moon from Bottom of the Sea	海底撈月 hǎi dǐ lāo yuè
	25	Flash Arm	扇通背 shān tōng bèi
	26	Cutting across White Snake	腰斬白蛇 yāo zhǎn bái shé
	27	Suqin Carries Sword on the Back	蘇秦背劍 Sū Qín bèi jiàn
10	28	Yecha Searching the Ocean	夜叉探海 yè chā tàn hǎi
	29	Black Bear Turning Around (x2)	黑熊翻背 hēi xióng fān bèi
	30	Riding on Tiger	獨立跨虎 dú lì kuà hǔ
11	31	White Snake Spits out Tongue	白蛇吐信 bái shé tǔ xìn
	32	Linked Cannon Strikes (x2+1)	三連炮 sān lián pào
	33	Parry & Strike Low	井欄直入 jǐng lán zhí rù
	34	Wind Scatters Plum Blossom	風散梅花 fēng sǎn méi huā
	35	Warrior Pounds Mortar	金剛搗碓 jīn gāng dǎo duì
	36	Closing Form (x3)	收式 shōu shì

For a free on-line lesson or buying the instructional DVD of this routine, please visit:
www.taichihealthways.com

*Source of Pinyin: <http://www.purpleculture.net/chinese-pinyin-converter/>