

### 陈式太极拳传统套路(一路)English name

- 1、预备式: Preparing form
- 2、金刚捣碓: Buddha's warrior Attendant pounds mortar
- 3、懒扎衣: Lazily helting clothes
- 4、六封四闭: Six sealing and four closing
- 5、单鞭: Single whip
- 6、金刚捣碓: Buddha's warrior Attendant pounds mortar
- 7、白鹤亮翅: White crane spreads its wings
- 8、斜行: Walk obliquely
- 9、初收: First closing
- 10、前螳螂步: Wade forward and wrist step
- 11、第二斜行: Second Walk obliquely
- 12、再收: Second closing
- 13、前螳螂步: Wade forward and wrist step
- 14、掩手肱锤: First of covering hand
- 15、十字手: Cross hands
- 16、金刚捣碓: Buddha's warrior Attendant pounds mortar
- 17、庇身锤 (含背折靠): First of defence
- 18、青龙出水: Blue dragon goes out of water
- 19、双推掌: Push both hands
- 20、三换掌: Change palms three times
- 21、肘底锤: First under elbow
- 22、倒卷肱: Step back and whirlarmson both sides
- 23、退步压肘: Step back and pressdlow
- 24、中盘: Middle winding
- 25、白鹤亮翅: White crane spreads its wings
- 26、斜行拗步: Walk obliquely and wrist step
- 27、闪通背: Depect through back
- 28、掩手肱锤: First of covering hand
- 29、大六封四闭: Great six sealings and four dosings
- 30、单鞭: Single whip
- 31、运手: Wave hands
- 32、高探马: Pat high on the horse
- 33、右擦脚: foot right
- 34、左擦脚: foot left
- 35、转身左蹬脚: Turn round and kick with left feet
- 36、前螳螂步: Wade forward and wrist step
- 37、击地锤: Pound ground with fist
- 38、翻身二起脚: turn body and double raise feet
- 39、护心锤 (兽头式): Protect heart with fists pose
- 40、旋风脚: Tornado foot
- 41、右蹬脚: Kick with right foot
- 42、海底翻花: Turn flowers out from the bottom of the sea
- 43、掩手肱锤: First of covering hand
- 44、小擒打: Small catching and hitting
- 45、抱头推山: cover head and push mountain
- 46、三换掌: Change palms three times
- 47、六封四闭: Six sealing and four closing
- 48、单鞭: Single whip
- 49、前招、后招: Forward tick and backward trick
- 50、野马分鬃: Parting the wild horse's mane
- 51、大六封四闭: Great six sealings and four dosings
- 52、单鞭: Single whip
- 53、双震脚: Stamp both feet
- 54、玉女穿梭: Fair lady works at shuttees
- 55、懒扎衣: Lazily helting clothes
- 56、六封四闭: Six sealing and four closing
- 57、单鞭: Single whip
- 58、运手: Wave hands
- 59、双摆莲: Wave lotus beat foot with both hands
- 60、跌叉: fall down
- 61、左右金鸡独立: Golden cock stands on one leg on both side
- 62----71、重复动作 (省)
- 72、高探马: Pat high on the horse
- 73、十字单摆莲: Waving lotus eross kick
- 74、指裆锤: Strike groin with fist
- 75、白猿献果: White ape presents fruit
- 76、六封四闭: Six sealing and four closing
- 77、单鞭: Single whip
- 78、雀地龙 (铺地锦): Dragon dives to the ground
- 79、上步七星: Step forward with seven stars
- 80、退步跨虎: Step backward and straddle the tiger
- 81、转身双摆莲: Turn body with lotus kick
- 82、当头炮: Strike head like cannon
- 83、金刚捣碓: Buddha's warrior Attendant pounds mortar
- 84、收式: closing form