

TAIJI SINGLE FAN FORM

Names of the Postures

	Pin Yin	Chinese	English
1.	Wu ji shi	无极势	Wuji pose
2.	You xie fei shi	右斜飞势	Diagonal flying posture (right)
3.	Bai he liang chi	白鹤亮翅	White Crane spreading wings
4.	Huang feng ru dong	黄蜂入洞	Wasp entering nest
5.	Ne zha tan hai	哪吒探海	Ne Zha searching the sea
6.	Jin ji du li	金鸡独立	Golden rooster standing on one leg
7.	Li pi Hua Shan	力劈华山	Splitting Hua Shan (mountain)
8.	Zhi dian jiang shan	指点江山	Pointing to rivers and mountains
9.	Ling mao bu die	灵猫捕蝶	Swift cat catching butterfly
10.	Heng sao qian jun	横扫千军	Sweeping away millions of enemy
11.	Bai hu chu shan	白虎出山	White tiger leaping from the mountain
12.	Shun shui tui zhou	顺水推舟	Pushing the boat following the stream
13.	Zhan qian gu hou	瞻前顾后	Looking ahead and back
14.	Dan xiang pao	单响炮	Single bang cannon
15.	Ying feng liao yi	迎风撩衣	Lifting up dress against wind
16.	Jiao long ru shui	蛟龙入水	Flood dragon plunging into water
17.	Zuo ma guan hua	坐马观花	Browsing flowers on horseback
18.	Xian nu yan mian	仙女掩面	Fairy covering her face
19.	Shou zhuan qian kun	收转乾坤	Retrieving & turning heaven and earth
20.	Yan zi chao shui	燕子抄水	Swallow shaving water
21.	Hou zi zhai tao	猴子摘桃	Monkey picking peach
22.	Liu xing gan yue	流星赶月	Comet chasing the moon
23.	Shen long fan shou	神龙反首	Magic dragon looking back
24.	Feng juan he ye	风卷荷叶	Wind sweeping over lotus leaves
25.	Jin tong tuo yin	金童托印	Golden boy holding seal
26.	Wu long bai wei	乌龙摆尾	Black dragon swinging its tail
27.	Yao zi fan shen	鹞子翻身	Sparrow hawk rolling over
28.	Shang bu da hu	上步打虎	Stepping forward to strike the tiger
29.	Shen long fan shou	神龙反首	Magic dragon looking back
30.	Ye di cai lian	叶底采莲	Plucking lotus from below the leaves
31.	Hua tuo chui lan	华佗垂帘	Hua Tuo letting down the curtain
32.	Huang ying luo jiao	黄莺落架	Yellow warbler landing on the stand
33.	Feng juan he ye	风卷荷叶	Wind sweeping over lotus leaves

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39.	Ye di cai lian	叶底采莲	Plucking lotus from below the leaves
40.	Qian jin mai bu	千金迈步	Young girl strolling
41.	Shuang long xi shui	双龙戏水	Double dragon winding through waves
42.	Su niao gui chao	宿鸟归巢	Late bird returning to its nest
43.	Ba wang ju ding	霸王举鼎	Lord pushing up a pod
44.	Sui feng bai liu	随风摆柳	Willow swinging in the wind
45.	Ying feng dan chen	迎风掸尘	Dusting against the wind
46.	Hui tou yi bian	回头一鞭	Turning back to strike with a whip
47.	Fan hua wu xiu	翻花舞袖	Tossing flowers and waving sleeves
48.	Jin ping dao shui	金瓶倒水	Pouring water out of golden vase
49.	Yu yue long men	鱼跃龙门	Fish leaping over dragon gate
50.	Ying she dou fa	鹰蛇斗法	Hawk and snake tussling
51.	Shen ying mi shi	神鹰觅食	Magic hawk preying
52.	E hu pu shi	饿虎扑食	Hungry tiger springing on its prey
53.	Bao wang ju ding	霸王举鼎	Lord pushing up a pod
54.	Dao juan gong	倒卷肱	Reverse circling arms
55.	Bai she tu xin	白蛇吐信	White snake spiting its tongue
56.	Xie bu jia da	歇步架打	Fending off a strike on resting pose
57.	Zuo zhuang jin zhong	左撞金钟	Left tolling the bell
58.	Tou bu liao yin	偷步撩阴	Striking groin on a hidden backward step
59.	Huai zhong cang yue	怀中藏月	Hiding the moon in the bosom
60.	Jin long kuang wu	金龙狂舞	Golden dragon dancing in rage
61.	Bo cao xun she	拨草寻蛇	Parting the grass to search for snakes
62.	Bai yuan xian guo	白猿献果	White monkey presents the fruit
63.	Zhan qian gu hou	瞻前顾后	Looking ahead and back
64.	Dan xiang pao	单响炮	Single bang cannon
65.	Feng huang dian tou	凤凰点头	Phoenix nodding
66.	Ce ma yang bian	策马扬鞭	Flourishing whip to spur horse
67.	Gao tan ma	高探马	High pat on the horse
68.	Shou bao qian kun	手抱乾坤	Hands embracing heaven and earth
69.	Ye ma fan shen	野马翻身	Horse rolling over
70.	Que di long	雀地龙	Dragon on the ground

71.	Shi zi kai kou	狮子开口	Opening lion's mouth
72.	Shi zi bai lian jiao	十字摆莲脚	Moving left arm across lifted right leg to hit foot
73.	Da peng zhan chi	大鹏展翅	Roc spreading its wings
74.	Fu ji shi	伏击势	Ambushing pose
75.	Wu long bai wei	乌龙摆尾	Black dragon swinging its tail
76.	Jin tong hu bao	金童护宝	Golden boy protecting the precious
77.	Xian ren zhi lu	仙人指路	Fairy pointing to the direction
78.	Tang lang bu chan	螳螂捕蝉	Mantis stalking a cicada
79.	Deng yi gen	蹬一根	Heel kick
80.	Gui fei jing jiu	贵妃敬酒	Madam proposing a toast
81.	Pan long shi	蟠龙势	Dragon curling up
82.	Xian nu peng pan	仙女捧盘	Fairy handing out a plate
83.	Mei ren zhao jing	美人照镜	Beauty looking into the mirror
84.	Qian jin mai bu	千金迈步	Young girl strolling
85.	Jin ping dao shui	金瓶倒水	Pouring water out of golden vase
86.	Bai she tu xin	白蛇吐信	White snake strikes with its tongue
87.	Liu xing gan yue	流星赶月	Comet chasing the moon
88.	Shen long fan shou	神龙反首	Magic dragon looking back
89.	Tian nu san hua	天女散花	Heavenly beauties spreading flowers
90.	Jin tong tuo yin	金童托印	Golden boy holding seal
91.	Qiu feng cao luo ye	秋风扫落叶	Autumn wind sweeping fallen leaves
92.	Su qin bei jian	苏秦背剑	Suqin bearing sword on his back
93.	Zuo xie fei shi	斜飞势	Diagonal flying posture (left)
94.	Bai yuan xian guo	白猿献果	White monkey presenting the fruit
95.	Xie bu qin da shan	歇步擒打扇	Capturing and striking with fan on resting pose
96.	Dao gua jin zhong	倒挂金钟	Hanging golden bell upside down
97.	Yan zi chao shui	燕子抄水	Swallow shaving the water
98.	Ba wang yang qi	霸王扬旗	Flapping lord's flag
99.	Ming jin shou bing	鸣金收兵	Clanging gongs to withdraw the army
100.	Shou bao qian kun	手抱乾坤	Hands embracing heaven and earth
101.	Zuo xie fei shi	左斜飞势	Diagonal flying posture (left)
102.	Qi xing shou	七星手	Seven star hand
103.	Yi hui dan tian	意回丹田	Spirit returning to Dantian