

誠明會 100 式太極拳
Cheng-Ming 100-Step T'ai Chi Ch'uan

1	渾元樁	Hun Yuan Chun	Standing Meditation
2	開太極	Kai Tai Ji	Opening T'ai Chi
3	上步打擠	Shang Bu Da Ji	Step Up & Press
4	右琵琶勢	You Pi Pa Shi	Playing Lute (Right)
5	攬雀尾	Lan Que Wei	Grasp Sparrow's Tail
6	斜單鞭	Xie Dan Bian	Diagonal Single Whip
7	左右搬攔	Zuo You Ban Lan	Deflect Right & Left
8	堤手上勢	Ti Shou Shang Shi	Lift Hand
9	白鶴亮翅	Bai He Liang Chi	White Crane Spreads Wings
10	摟膝拗步	Lou Xi Ao Bu	Brush Knee & Push
11	左琵琶勢	Zuo Pi Pa Shi	Playing Lute (Left)
12	並步進步搬攔捶	Bing Bu Jin Bu Ban Lan Chui	Step Together, Step Up, Deflect, Intercept & Punch
13	如封似閉	Ru Feng Si Bi	Withdraw & Push
14	十字手	Shi Zi Shou	Crossing Hands
15	斜摟膝拗步	Xie Lou Xi Ao Bu	Diagonal Brush Knee & Push
16	轉身抱虎歸山	Zhuan Shen Bao Hu Gui Shan	Turn Body, Embrace Tiger, Return to Mountain
17	攬雀尾	Lan Que Wei	Grasp Sparrow's Tail
18	斜單鞭	Xie Dan Bian	Diagonal Single Whip
19	轉身肘底看捶	Zhuan Shen, Zhou Di Kan Chui	Turn Body, Fist Under Elbow
20	拗步倒攏猴	Ao Bu Dao Nian Hou	Step Back, Repulse Monkey(opposite side of arm & leg)
21	斜飛勢	Xie Fei Shi	Diagonal Flying Posture
22	左右搬攔	Zuo You Ban Lan	Deflect Right & Left
23	堤手上勢	Ti Shou Shang Shi	Lift Hand
24	白鶴亮翅	Bai He Liang Chi	White Crane Spreads Wings
25	摟膝拗步	Lou Xi Ao Bu	Brush Knee & Push
26	海底針	Hai Di Zhen	Needle at Sea Bottom
27	扇通背	Shan Tong Bei	Fan Through Back
28	翻身撇身捶	Fan Shen Pie Shen Chui	Turn Around, Chop Opponent with Fist
29	退步搬攔捶	Tui Bu Ban Lan Chui	Step Back, Deflect, Intercept & Punch
30	活步 攬雀尾	Hou Bu Lan Que Wei	Grasp Sparrow's Tail
31	單鞭	Dan Bian	Single Whip
32	雲手 (5)	Yun Shou	Cloud Hands (5 times)
33	單鞭	Dan Bian	Single Whip

34	右高探馬	You Gao Tan Ma	High Pat on Horse, Right
35	右分脚	You Fen Jiao	Kick with Right Toe
36	左高探馬	Zuo Gao Tan Ma	High Pat on Horse, Left
37	左分脚	Zuo Fen Jiao	Kick with Left Toe
38	轉身蹬脚	Zhuan Shen Deng Jiao	Turn Body & Kick with Heel
39	摟膝拗步 (2)	Lou Xi Ao Bu	Brush Knee & Push x 2
40	堤腿栽捶	Ti Tui Zai Chui	Lift Thigh & Punch Down
41	翻身撇身捶	Fan Shen Pie Shen Chui	Turn Around, Chop Opponent with Fist
42	上步右高探馬	Shang Bu You Gao Tan Ma	Step Up, High Pat on Horse, Right
43	右分脚	You Fen Jiao	Kick with Right Toe
44	退步右打虎勢	Tui Bu You Da Hu Shi	Step Back, Hit the Tiger, Right
45	右貫拳	You Guan Quan	Straight Fist, Right
46	退步左打虎勢	Tui Bu Zuo Da Hu Shi	Step Back, Hit the Tiger, Left
47	左貫拳	Zuo Guan Quan	Straight Fist, Left
48	右蹬脚	You Deng Jiao	Kick with Right Heel
49	雙風貫耳	Shuang Feng Guan Er	Strike Opponents' Ears with Fists
50	坐盤勢	Zuo Pan Shi	Sink Down with Legs Crossed
51	披身踹脚	Pi Shen Chuai Jiao	Kick with Outside of Foot
52	轉身右踩脚	Zhuan Shen You Cai Jiao	Turn Body, Kick with Right Instep
53	並步進步搬攔捶	Bing Bu Jin Bu Ban Lan Chui	Step Together, Step Up, Deflect, Intercept & Punch
54	如封似閉	Ru Feng Si Bi	Withdraw & Push
55	十字手	Shi Zi Shou	Crossing Hands
56	斜摟膝拗步	Xie Lou Xi Ao Bu	Diagonal Brush Knee & Push
57	轉身抱虎歸山	Zhuan Shen Bao Hu Gui Shan	Turn Body, Embrace Tiger, Return to Mountain
58	攬雀尾	Lan Que Wei	Grasp Sparrow's Tail
59	斜單鞭	Xie Dan Bian	Diagonal Single Whip
60	野馬分鬃 (3)	Ye Ma Fen Zong	Part the Wild Horse's Mane x 3
61	玉女穿梭 (4 隅)	Yu Nu Chuan Suo	Fair Lady Works with Shuttles (4 Corners)
62	墊步攬雀尾	Dian Bu Lan Que Wei	Half Step Up, Grasp Sparrow's Tail
63	單鞭	Dan Bian	Single Whip
64	雲手 (5)	Yun Shou	Cloud Hands x 5
65	單鞭	Dan Bian	Single Whip
66	下勢	Xia Shi	Downward Posture

67	左金鷄獨立	Zuo Jin Ji Du Li	Golden Rooster Stands on One Leg, Left
68	落步右劈面掌	Luo Bu You Pi Mian Zhang	Step Down, Strike with Right Palm
69	右金鷄獨立	You Jin Ji Du Li	Golden Rooster Stands on One Leg, Right
70	順步倒攆猴	Shun Bu Dao Nian Hou	Repulse Monkey (same side of hand & leg)
71	斜飛勢	Xie Fei Shi	Diagonal Flying
72	左右搬欄	Zuo You Ban Lan	Deflect Right & Left
73	堤手上勢	Ti Shou Shang Shi	Lift Hand
74	白鶴亮翅	Bai He Liang Chi	White Crane Spreads Wings
75	摟膝拗步	Lou Xi Ao Bu	Brush Knee & Push
76	海底針	Hai Di Zhen	Needle at Sea Bottom
77	扇通背	Shan Tong Bei	Fan Through Back
78	翻身撇身捶	Fan Shen Pie Shen Chui	Turn Around, Chop Opponent with Fist
79	上步搬欄捶	Shang Bu Ban Lan Chui	Step Up, Deflect, Intercept, & Punch
80	上步攬雀尾	Shang Bu Lan Chue Wei	Step Up, Grasp Sparrow's Tail
81	單鞭	Dan Bian	Single Whip
82	雲手 (3)	Yun Shou	Cloud Hands x 3
83	單鞭	Dan Bian	Single Whip
84	堤腿高探馬	Ti Tui You Gao Tan Ma	Lift Thigh, High Pat on Horse
85	落步左劈面掌	Luo Bu Zuo Pi Mian Zhang	Step Down, Strike with Left Palm
86	轉身單擺腳	Zhuan Shen Dan Bai Jiao	Turn Body, Single Cross Kick
87	上步指襠捶	Shang Bu Zhi Dang Chui	Step Up, Punch Opponent's Groin
88	上步攬雀尾	Shang Bu Lan Que Wei	Step Up, Grasp Sparrow's Tail
89	單鞭	Dan Bian	Single Whip
90	下勢	Xia Shi	Downward Posture
91	上步七星	Shang Bu Qi Xing	Step Up to Seven Star
92	退步跨虎	Tui Bu Kua Hu	Step Back, Ride the Tiger
93	轉身左劈面掌	Zhuan Shen Zuo Pi Mian Zhang	Turn Body, Strike w/ Left Palm
94	雙擺腳	Shuang Bai Jiao	Double Cross Kick
95	彎弓射虎	Wan Gong She Hu	Bend Bow, Shoot Tiger
96	繞步搬欄捶	Rao Bu Ban Lan Chui	Round Step, Deflect Downward, Intercept & Punch
97	如封似閉	Ru Feng Si Bi	Withdraw & Push
98	十字手	Shi Zi Shou	Crossing Hands
99	盤太極	Pan Tai Ji	Wrapping T'ai Chi
100	合太極	He Tai Ji	Closing T'ai Chi