

**YANGSHUO LONG TOU SHAN**



**MARTIAL ARTS SCHOOL**

阳朔龙头山太极拳学校



**Taijiquan  
Yang Style  
24 Movements**

太極拳

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# Taijiquan - Yang Style - 24 Movements

## 太極拳 [Tai Chi Chuan]

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### 1. OPENING FORM

太極起式 Yu Bei

預 備



### 2. PART HORSE'S MANE (LEFT, RIGHT, LEFT)

野馬分鬃 (左右左) Ye Ma Fen Zong

野馬分鬃



### 3. WHITE CRANE FLASHING WINGS

白鶴亮翅 Bai E Liang Chi

白鶴亮翅



*Colorful clothes and words,  
At the side a sharp sword !*

**Dao De Jing (chap 53)**

**4. BRUSH KNEE (LEFT, RIGHT, LEFT)**

**搜膝拗步 (左,右,左)**      Lou Xi Ao Bu

左接膝拗步



**5. PLAYING THE LUTE**

**手揮琵琶**      Shou Hui Pi Pa

手揮琵琶



**6. STEP BACK - REPULSE MONKEY (RIGHT, LEFT, RIGHT, LEFT)**

**倒輦 (左,右,左,右)**      Dao Nian Hou

倒撐猴



## 7. STROKING BIRD'S TAIL (LEFT)

左攬雀尾, 如封似閉 Lan Que Wei Zou  
攔雀尾左

- I. Ward Off Left (Peng Zuo)
- II. Roll Back (Lu)
- III. Press (Ji)
- IV. Push (An)



## 8. STROKING BIRD'S TAIL (RIGHT)

右攬雀尾, 如封似閉 Lan Que Wei You  
攔雀尾右

- I. Ward Off Right (Peng Yuo)
- II. Roll Back (Lu)
- III. Press (Ji)
- IV. Push (An)



9. SINGLE WHIP

單鞭 Dan Bian

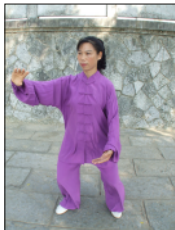
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10. WAVING HANDS LIKE CLOUDS (THREE TIMES)

雲手 (三) Yun Shou

云手



11. SINGLE WHIP

單鞭 Dan Bian

单鞭



12. HIGH PAT ON HORSE

高探馬 Gao Tan Ma

高探馬



13. HEEL KICK RIGHT

右分腳 You Deng Jiao

右蹬脚



14. PUNCHING EARS WITH BOTH FISTS

雙峰貫耳 Shuang Feng Quan Er

双峰灌耳



15. TURN AND HEEL KICK LEFT

左分腳 Zuo Deng Jiao

左蹬脚



**16. SNAKE CREEPS LOW & GOLDEN COCK  
STANDS ON ONE LEG (LEFT)**

**下勢, 左金雞獨立**      Xia Shi, Zuo Jin Ji Du Li

**下勢 左金雞獨立**



**17. SNAKE CREEPS LOW & GOLDEN COCK  
STANDS ON ONE LEG (RIGHT)**

**下勢, 右金雞獨立**      Xia Shi, You Jin Ji Du Li

**下勢 右金雞獨立**



18. WORK AT SHUTTLES (RIGHT, LEFT)

玉女穿梭 (右,左) Yu Nu Chuan Suo

玉女穿梭



19. NEEDLE AT SEA BOTTOM

海底針 Hai Di Zhen

海底針



20. FLASH ARM/ FAN BACK

扇通背 Shan Tong Bei

扇通背





21. TURN TO DEFLECT DOWNWARD, PARRY &  
PUNCH

翻身撇身捶, 上步搬拦捶

Jin Bu Ban Lan  
Chui

进步搬拦捶



## 22. APPARENT CLOSING

如封似閉 Ru Feng Si Bi

如封似閉



## 23. CROSS HANDS

十字手 Shi Zi Shou

十字手



## 24. CLOSING FORM

合太極 Shou Shi

收式

(or)

合太極 Huan Yuan

还原



*By focusing on cultivating your Qi,  
You can become as soft as a baby.*

**Dao De Jing (chap10)**

# Long Tou Shan School of Martial Arts



## Master Luo Mei Juan

Has been teaching tai chi to students from around the world for over 15 years. She is certified as an advanced level wushu coach and level 6 master. She has won numerous gold and silver medals in competition.



## Master Luo Jia Yu

Has practised Yang and Chen style Tai Chi for 16 years and has also studied Eagle Style Kung Fu with Master Li Keji, from Shaolin. She is a 6th level master accredited and has won numerous gold and silver medals for sword and hand.



## Master Tang En Xi

Has ten years experience teaching Tai Chi. She has won several medals in competition, including a gold medal in tai chi sword and a silver medal in Yang style tai ji quan.



## Long Tou Shan Martial Arts School

Located in the legendary beauty spot of Yangshuo, in Southern China, it offers ideal conditions to enjoy your practice while improving your health, well-being and martial arts.



**Long Tou Shan  
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