

王 樹 金 老 師 太 極 拳 99 勢

MASTER WANG SHU-JIN 99 FORM

| | | |
|----|-----------|---|
| 1 | 渾元棒 | Beginning |
| 2 | 開太極 | Opening Tai-Chi |
| 3 | 上步打擠 | Step Up, Press |
| 4 | 右琵琶勢 | Playing Lute (Right) |
| 5 | 攬雀尾 | Grasp Sparrow's Tail (Pull Down, Ward-off, Roll Back, Press, Push)) |
| 6 | 斜單鞭 | Diagonal Single Whip |
| 7 | 左右搬攔 | Deflect Right & Left |
| 8 | 提手上勢 | Lift Hand |
| 9 | 白鶴亮翅 | White Crane Spreads Wings |
| 10 | 擻膝拗步 (3) | Brush Knee & Push (3 times) |
| 11 | 左琵琶勢 | Playing Lute (Left) |
| 12 | 並步進步搬攔捶 | ※Deflect, Intercept & Punch |
| 13 | 如封似閉 | Withdraw & Push |
| 14 | 十字手 | Crossing Hands |
| 15 | 斜擻膝拗步 | Diagonal Brush Knee & Push |
| 16 | 轉身抱虎歸山 | Turn Body, Embrace Tiger |
| 17 | 攬雀尾 | Grasp Sparrow's Tail |
| 18 | 斜單鞭 | Diagonal Single Whip |
| 19 | 轉身肘底看捶 | Turn Body, Fist Under Elbow |
| 20 | 拗步倒攏猴 (3) | Step Back, Repulse Monkey (3 times) |
| 21 | 斜飛勢 | Diagonal Flying Posture |
| 22 | 左右搬攔 | Deflect Right & Left |
| 23 | 提手上勢 | Lift Hand |
| 24 | 白鶴亮翅 | White Crane Spreads Wings |
| 25 | 擻膝拗步 | Brush Knee & Push |
| 26 | 海底針 | Needle at Sea Bottom |
| 27 | 扇通背 | Fan Through Back |
| 28 | 翻身撒身捶 | Turn Around, Chop Opponent with Fist |
| 29 | 退步搬攔捶 | Step Back, Punch |
| 30 | 活步攬雀尾 | ※Grasp Sparrow's Tail |
| 31 | 單鞭 | Single Whip |
| 32 | 雲手 (5) | Cloud Hands (5 times) |
| 33 | 單鞭 | Single Whip |

| | | |
|----|-----------|---|
| 34 | 右高探馬 | High Pat on Horse (Right) |
| 35 | 右分脚 | Kick with Right Toe |
| 36 | 左高探馬 | High pat on Horse (Left) |
| 37 | 左分脚 | Kick with Left Toe |
| 38 | 轉身蹬脚 | Turn Body & Kick with Heel |
| 39 | 擽膝拗步 | Brush Knee & Push |
| 40 | 提腿栽捶 | *Lift Thigh & Punch Down |
| 41 | 翻身撇身捶 | Turn Around & Chop |
| 42 | 上步右高探馬 | Step Up & High Pat on Horse (Right) |
| 43 | 右分脚 | Kick with Right Toe |
| 44 | 退步右打虎勢 | Step Back, Hit Tiger (Right) |
| 45 | 右貫拳 | *Punch (Right) |
| 46 | 退步左打虎勢 | Step Back, Hit Tiger (Left) |
| 47 | 左貫拳 | *Punch (Left) |
| 48 | 右蹬脚 | Kick with Right Heel |
| 49 | 雙風貫耳 | Strike Opponent's Ears with Fists |
| 50 | 坐盤勢 | *Sink Down with Legs Crossed |
| 51 | 披身踹脚 | Kick with Outside of Foot |
| 52 | 轉身右踩脚 | Turn Body, Kick with Inside of Foot |
| 53 | 並步進步搬攔捶 | ※Deflect, Intercept & Punch |
| 54 | 如封似閉 | Withdraw & Push |
| 55 | 十字手 | Crossing Hands |
| 56 | 斜擽膝拗步 | Diagonal Brush Knee & Push |
| 57 | 轉身抱虎歸山 | Turn Body, Embrace Tiger Return to Mountain |
| 58 | 攬雀尾 | Grasp Sparrow's Tail |
| 59 | 斜單鞭 | Diagonal Single Whip |
| 60 | 野馬分鬃 (3) | Part the Mustang's Mane (3 times) |
| 61 | 玉女穿梭 (4隅) | Fair Lady Works with Shuttles (4 Corners) |
| 62 | 墊步攬雀尾 | ※Grasp Sparrow's Tail |
| 63 | 單鞭 | Single Whip |
| 64 | 雲手 (5) | Cloud Hands (5 times) |
| 65 | 單鞭 | Single Whip |

| | | |
|----|--------|--|
| 66 | 下勢 | Downward Posture |
| 67 | 左金雞獨立 | Golden Rooster Stands on One Leg (Left) |
| 68 | 落步右劈面掌 | ※Hit with Right Hand |
| 69 | 右金雞獨立 | Golden Rooster Stands on One Leg (Right) |
| 70 | 順步倒擡猴 | ※Step Back Repulse Monkey |
| 71 | 斜飛勢 | Diagonal Flying |
| 72 | 左右搬欄 | Deflect Right & Left |
| 73 | 提手上勢 | Lift Hand |
| 74 | 白鶴亮翅 | White Crane Spread Wings |
| 75 | 攘膝拗步 | Brush Knee & Push |
| 76 | 海底針 | Needle at Sea Bottom |
| 77 | 扇通背 | Fan Through Back |
| 78 | 翻身撇身捶 | Turn Around, Chop Opponent with Fist |
| 79 | 上步搬欄捶 | Step Up, Punch |
| 80 | 上步攬雀尾 | Step Up, Grasp Sparrow's Tail |
| 81 | 單鞭 | Single Whip |
| 82 | 雲手 (3) | Cloud Hands (3 times) |
| 83 | 單鞭 | Single Whip |
| 84 | 提腿高探馬 | *Lift Thigh, High Pat on Horse |
| 85 | 落步左劈面掌 | ※Hit with Left Hand |
| 86 | 轉身單擺脚 | Turn Body, Kick with Instep |
| 87 | 上步指撐捶 | Step Up, Punch Opponent's Groin |
| 88 | 上步攬雀尾 | Step Up, Grasp Sparrow's Tail |
| 89 | 單鞭 | Single Whip |
| 90 | 下勢 | Downward Posture |
| 91 | 上步七星 | Step up to Seven Stars |
| 92 | 退步跨虎 | Step Back, Ride Tiger |
| 93 | 轉身左劈面掌 | Turn Body & Hit with Left Hand |
| 94 | 雙擺脚 | *Kick with Instep |
| 95 | 彎弓射虎 | Bend Bow to Shoot Tiger |
| 96 | 繞步搬欄捶 | ※Deflect Downward, Intercept & Punch |
| 97 | 如封似閉 | Withdraw & Push |
| 98 | 十字手 | Crossing Hands |
| 99 | 合太極 | Conclusion of Tai-Chi |