

# 北京式

běi jīng shì

## 1. 太极起势

tài jí qǐ shì  
rise force  
Lift the tàijǐ force

## 2. 野马分鬃

yě mǎ fēn zōng  
wild horse divide mane  
Part the wild horse's mane

## 3. 白鹤亮翅

bái hè liàng chì  
white crane bright wing  
White crane shows its bright wings

## 4. 搂膝拗步

lōu xī ào bù  
hug knee bent-down step  
Brush knee and bend step

## 5. 手挥琵琶

shǒu huī pí pá  
hand wield pipa  
Hold the pípa

## 6. 倒卷猴

dǎo juǎn hóu  
hinder sweep monkey  
Ward off the monkey

## 7. 左揽雀尾

zuǒ lǎn qiǎo wěi  
left grasp bird tail  
Grasp the bird's tail to the left

## 8. 右揽雀尾

yòu lǎn qiǎo wěi  
right grasp bird tail  
Grasp the bird's tail to the right

## 9. 单鞭

dān biān  
single whip  
Single whip

## 10. 云手

yún shǒu  
cloud hand  
Cloud hands

11. 单鞭

dān biān  
single whip  
Single whip

12. 高探马

gāo tàn mǎ  
high explore horse  
High pat on horse

13. 右登脚

yòu dēng jiǎo  
right climb foot  
High kick to the right

14. 双峰贯耳

shuāng fēng guān ěr  
pair peak pierce ear  
Box the ears with both hands

15. 转身左登脚

zhuǎn shēn zuǒ dēng jiǎo  
turn body left climb foot  
Turn, high kick to the left

16. 下蛇金鸡独立左

xià shé jīn jī dú lì zuǒ  
down snake gold chicken single stand left  
Snake creeps down, golden rooster stands on one leg to the left

17. 下蛇金鸡独立右

xià shé jīn jī dú lì yòu  
down snake gold chicken single stand right  
Snake creeps down, golden rooster stands on one leg to the right

18. 玉女穿梭

yù nǚ chuān suō  
jade woman thread shuttle  
Beautiful woman threads the shuttle

19. 海底箴

hǎi dǐ zhēn  
sea bottom needle  
Fetch the needle at the bottom of the sea

20. 闪通臂

shǎn tōng bì  
flash open arm  
Flash open the arms

21. 转身搬拦捶

zhuǎn shēn bān lán chuí  
turn body move cut off fist  
Turn, deflect and punch

22. 如封似闭

rú fēng sì bì  
as if give appear close  
Give the appearance of closing

## 23。十字手

shí zì shǒu  
ten character hand  
Hands like the Chinese character for 'ten'

## 24。收势

shōu shì  
gather force  
Gather up the energy