

太极拳 拳谱(许朝灯 vs 郑曼青)

许朝灯		English name (Translated based on 郑曼青's style on the right col. & ref. to his book)	郑曼青
1	预备式	Preparation , Lift Hands	预备式、起势
2	起势	Ward - off Left, Ward - off Right, Roll Back, Pressing, Pushing	揽雀尾左棚、右棚、履、挤、按
3	揽雀尾左棚	Single Whip	单鞭
4	右棚	Raise Hands, Shoulder Stroke	提手、靠
5	履	White Crane Spread its Wings	白鹤亮翅
6	挤	Brush Left Knee, Right Palm Strike	左接膝拗步
7	按	Play the Pipa	手挥琵琶
8	单鞭	Brush Left Knee, Right Palm Strike	左接膝拗步
9	提手	Step Forward, Intercept, Parry and Punch	进步搬拦捶
10	靠	Apparent Withdraw then Push	如封似闭
11	白鹤亮翅	Cross Hands	十字手
12	左接膝拗步	Embrace the Tiger, Return to the Mountain, Roll Back, Pressing, Pushing	抱虎归山、揽雀尾履、挤、按
13	手挥琵琶，左接膝拗步	Diagonal Single Whip	斜单鞭
14	进步搬拦捶	Fist Under Elbow	肘底看捶
15	如封似闭	Step Back, Repulse Monkey - Right, Left, Right	倒撵猴右、左、右
16	十字手	Diagonal Slant Flying	斜飞势
17	抱虎归山，揽雀尾履、挤、按，斜单鞭	Wave Hands Like Clouds 1 , 2, 3	云手一、二、三
18	肘底看捶	Single Whip, Snake Creeps Down	单鞭下势
19	倒撵猴右	Golden Rooster Stands on Right Leg	右金鸡独立
20	倒撵猴左	Golden Rooster Stands on Left Leg	左金鸡独立
21	斜飞势	Separation of the Right Foot	右分脚
22	云手	Separation of the Left Foot	左分脚
23	单鞭	Turn Body and Kick With Heel	转身蹬脚
24	下势	Brush Left Knee , Right Palm Strike. Brush Right Knee, left Palm Strike	左、右接膝拗步
25	右金鸡独立	Step Forward and Punch	进步栽捶
26	左金鸡独立	Ward - off Right, Roll Back, Pressing, Pushing	上步棚、履、挤、按
27	右分脚	Single Whip	单鞭
28	左分脚	Fair Lady Works the Shuttle 1, 2, 3, 4	玉女穿梭一、二、三、四
29	转身蹬脚	Ward - off Left, Ward - off Right, Roll Back, Pressing, Pushing	揽雀尾左棚、右棚、履、挤、按
30	左接膝拗步，右接膝拗步	Single Whip, Snake Creeps Down	单鞭下势
31	进步栽捶，上步棚、履、挤、按，单鞭	Step Up to Form Seven Stars	上步七星
32	玉女穿梭	Retreat to Ride Tiger	退步跨虎
33	揽雀尾左棚、右棚、履、挤、按，单鞭，下势	Turn body, lotus kick	转身摆莲
34	上步七星	Draw the Bow & Shoot the Tiger	弯弓射虎
35	退步跨虎	Step Forward, Intercept, Parry and Punch	进步搬拦捶
36	转身摆莲	Apparent Withdraw then Push	如封似闭
37	弯弓射虎，进步搬拦捶，如封似闭，十字手，合太极	Cross Hands, Conclude Taiji	十字手、合太极