

Wǔdāngshān Yībǎilíngbā Tàijíquán

武當山一百零八太極拳

Wudang Mountain 108 Taijiquan

This form was transmitted by Dīng Hóngkuí to Lǎo Mǎ on Snake Hill, Wǔhàn, Húběi Province, China, in 1985-1986.

Yù bèi

預備

Prepare

Běi
N

Bāzibù

Yù bèi shì

預備勢

Preparation posture

— Běi
N

Wújǐbù

Qǐ shì tàijíquán

起式太極拳

Begin taijiquan

— Běi
N

Wújǐbù

Dìyī Duàn

第一段

First Section

- (Lǎn què wěi) Zuǒ péng
(攬雀尾)左棚

[Juǎn tóu] [捲頭]

(Grasp sparrow's tail)
Left, ward-off

[Roll head]

— Dōng
běi
NE

Zuǒ
gōngbù
- (Lǎn què wěi) Yòu péng
(攬雀尾)右棚

[Juǎn tóu] [捲頭]

(Grasp sparrow's tail)
Right, ward-off

[Roll head]

— Dōng
E

Yòu
gōngbù

3.	(Lǎn què wěi) Lǚ (攬雀尾) 履	(Grasp sparrow's tail) Roll-back	—	Dōng E	Yòu sìliùbù
4.	(Lǎn què wěi) Jǐ (攬雀尾) 攥	(Grasp sparrow's tail) Press	—	Dōng E	Yòu gēnbù (45°)
5.	(Lǎn què wěi) Àn (攬雀尾) 按 [Shuāng àn] [雙按] [Shàng tí] [上提]	(Grasp sparrow's tail) Push [Double push] [Lift up]	—	Dōng E	Yòu gōngbù
6.	Dān biān 單鞭	Single whip	—	Xī W	Zuǒ gōngbù
7.	Tí shǒu shàng shì 提手上勢	Lift hands up posture	—	Dōng běi NE	Zuǒ dúlìbù
8.	Sān àn 三按	Three pushes	—	Xī W	Yòu cè gēnbù
9.	Bái hè liàng chì 白鶴涼翅 [Juǎn tóu] [捲頭]	White crane cools wings [Roll head]	—	Xī W	Zuǒ gāoxubù
10.	Zuǒ lǒu xī 左摟膝	Left, hug knee	—	Xī W	Zuǒ gōngbù
11.	Shǒu huī pí pá 手揮琵琶	Hands hold pipa	—	Xī W	Zuǒ zuòxūbù

12.	Zuǒ lǒu xī 左摟膝	Left, hug knee	—	Xī W	Zuǒ gōngbù
13.	Yòu lǒu xī 右摟膝 [Shí zì bì] [十字臂]	Right, hug knee [Cross arms]	—	Xī W	Yòu gōngbù
14.	Zuǒ lǒu xī 左摟膝 [Shí zì bì] [十字臂]	Left, hug knee [Cross arms]	—	Xī W	Zuǒ gōngbù
15.	Shǒu huī pí pá 手揮琵琶	Hands hold pipa	—	Xī W	Zuǒ zuòxūbù
16.	Zuǒ lǒu xī 左摟膝	Left, hug knee	—	Xī W	Zuǒ gōngbù
17.	Bān lán chuí 搬攔捶 [Xià lǚ] [下履]	Deflect, parry, punch [Roll down]	—	Xī W	Zuǒ gōngbù
18.	Sì bì 似閉 [Shuāng àn] [雙按] [Shàng tí] [上提]	Apparent close [Double push] [Lift up]	—	Xī W	Zuǒ gōngbù
19.	Shí zì shǒu 十字手	Cross hands	—	Běi N	Wújíbù

Dìèr Duàn

第二段

Second Section

- | | | | | | |
|-----|--|--|---|-------------------|-----------------------|
| 20. | Bào hǔ guī shān
抱虎歸山 | Embrace tiger, return to mountain | — | Dōng
nán
SE | Yòu
gōngbù |
| 21. | (Lǎn què wěi) Yòu péng
(攬雀尾)右棚
[Juǎn tóu] [捲頭] | (Grasp sparrow's tail)
Right, ward-off
[Roll head] | — | Dōng
nán
SE | Yòu
gōngbù |
| 22. | (Lǎn què wěi) Lǚ
(攬雀尾)履 | (Grasp sparrow's tail)
Roll-back | — | Dōng
nán
SE | Yòu
sìliùbù |
| 23. | (Lǎn què wěi) Jǐ
(攬雀尾)掇 | (Grasp sparrow's tail)
Press | — | Dōng
nán
SE | Yòu
gēnbù
(45°) |
| 24. | (Lǎn què wěi) Àn
(攬雀尾)按
[Shuāng àn] [雙按]
[Shàng tí] [上提] | (Grasp sparrow's tail)
Push
[Double push]
[Lift up] | — | Dōng
nán
SE | Yòu
gōngbù |
| 25. | Dān biān
單鞭 | Single whip | — | Xībēi
NW | Zuǒ
gōngbù |
| 26. | Zhǒu dǐ kàn chuí
肘底看捶 | Under elbow, look at punch | — | Xī
W | Zuǒ
zuòxūbù |
| 27. | Yòu dào niǎn hóu
右倒攢猴 | Right, retreat, drive out monkey | — | Xī
W | Yòu
xūbù |

28.	Zuǒ dào niǎn hóu 左倒撵猴	Left, retreat, drive out monkey	—	Xī W	Zuǒ xūbù
29.	Yòu dào niǎn hóu 右倒撵猴	Right, retreat, drive out monkey	—	Xī W	Yòu xūbù
30.	Xié fēi shì 斜飛式 [Píng juǎn shǒu] [平捲手]	Diagonal flying posture [Horizontal roll hands]	—	Dōng běi NE	Yòu gōngbù
31.	Tí shǒu shàng shì 提手上勢	Lift hands up posture	—	Dōng běi NE	Zuǒ dúlìbù
32.	Àn zhǒu kào 按肘靠	Push, elbow strike, shoulder press	—	Xī W	Yòu cè gēnbù
33.	Bái hè liàng chì 白鶴涼翅 [Juǎn tóu] [捲頭]	White crane cools wings [Roll head]	—	Xī W	Zuǒ gāoxubù
34.	Zuǒ lǒu xī 左摟膝	Left, hug knee	—	Xī W	Zuǒ gōngbù
35.	Hǎi dǐ zhēn 海底針	Sea bottom needle	—	Xī W	Zuǒ xūbù
36.	Shàn tōng bèi 扇通背	Fan goes through back	—	Xī W	Zuǒ gōngbù

- | | | | | | |
|-----|--|--|---|-------------------|-----------------------|
| 37. | Zhuǎn shēn piě shēn chuí
轉身撇身捶 | Turn body, throw body,
chop | — | Dōng
nán
SE | Yòu
gōngbù |
| 38. | Bān lán chuí
搬攔捶
[Xià lǚ] [下履] | Deflect, parry, punch
[Roll down] | — | Dōng
E | Zuǒ
gōngbù |
| 39. | (Lǎn què wěi) Yòu péng
(攬雀尾)右棚
[Juǎn tóu] [捲頭] | (Grasp sparrow's tail)
Right, ward-off
[Roll head] | — | Dōng
E | Yòu
gōngbù |
| 40. | (Lǎn què wěi) Lǚ
(攬雀尾)履 | (Grasp sparrow's tail)
Roll-back | — | Dōng
E | Yòu
sìliùbù |
| 41. | (Lǎn què wěi) Jǐ
(攬雀尾)掇 | (Grasp sparrow's tail)
Press | — | Dōng
E | Yòu
gēnbù
(45°) |
| 42. | (Lǎn què wěi) Àn
(攬雀尾)按
[Shuāng àn] [雙按]
[Shàng tí] [上提] | (Grasp sparrow's tail)
Push
[Double push]
[Lift up] | — | Dōng
E | Yòu
gōngbù |
| 43. | Dān biān
單鞭 | Single whip | — | Xī
W | Zuǒ
gōngbù |
| 44. | Zuǒ yún shǒu
左雲手
[Páng àn] [旁按] | Left, cloud hand
[Side push] | — | Běi
N | Wújíbù
(Wt L) |

	Yòu yún shǒu				
45.	右雲手	Right, cloud hand	—	Běi N	Mǎbù (Wt R)
	[Páng àn] [旁按]	[Side push]			
	Zuǒ yún shǒu				
46.	左雲手	Left, cloud hand	—	Běi N	Wújíbù (Wt L)
	[Páng àn] [旁按]	[Side push]			
	Yòu yún shǒu				
47.	右雲手	Right, cloud hand	—	Běi N	Mǎbù (Wt R)
	[Páng àn] [旁按]	[Side push]			
	Zuǒ yún shǒu				
48.	左雲手	Left, cloud hand	—	Běi N	Zuǒ cè gēnbù
	[Xià àn] [下按]	[Downward push]			
	Duǎn dān biān				
49.	短單鞭	Short single whip	—	Xī W	Zuǒ gōngbù

Dìsān Duàn

第三段

Third Section

- | | | | | | |
|-----|--|--|---|-----------|---------------|
| 50. | Yòu gāo tàn mǎ
右高探馬 | Right, high, touch horse | — | Xī
W | Zuǒ
xūbù |
| 51. | Yòu fēn jiǎo
右分腳 | Right, separate foot
[kick: NW] | — | Xī
W | Zuǒ
dúlibù |
| 52. | Zuǒ gāo tàn mǎ
左高探馬 | Left, high, touch horse | — | Xī
W | Yòu
xūbù |
| 53. | Zuǒ fēn jiǎo
左分腳 | Left, separate foot
[kick: SW] | — | Xī
W | Yòu
dúlibù |
| 54. | Zhuǎn shēn zuǒ dèng jiǎo
轉身左蹬腳 | Turn around, left, push
foot
[kick: E] | — | Dōng
E | Yòu
dúlibù |
| 55. | Zuǒ lǒu xī
左摟膝 | Left, hug knee | — | Dōng
E | Zuǒ
gōngbù |
| 56. | Yòu lǒu xī
右摟膝
[Shí zì bì] [十字臂] | Right, hug knee
[Cross arms] | — | Dōng
E | Yòu
gōngbù |
| 57. | Jìn bù zāi chuí
進步栽捶 | Forward step, plant
punch | — | Dōng
E | Zuǒ
gōngbù |

58.	Zhuǎn shēn bái shé tǔ xìn 轉身白蛇吐信	Turn around, white snake flicks tongue	—	Xībēi NW	Yòu gōngbù
59.	Bān lán chuí 搬攔捶 [Xià lǚ] [下履]	Deflect, parry, punch [Roll down]	—	Xī W	Zuǒ gōngbù
60.	Yòu fēn jiǎo 右分腳	Right, separate foot [kick: NW]	—	Xī W	Zuǒ dúlìbù
61.	Zuǒ dǎ hǔ 左打虎	Left, beat tiger	—	Xī- xībēi WNW	Zuǒ pūbù
62.	Yòu dǎ hǔ 右打虎	Right, beat tiger	—	Dōng- dōng běi ENE	Yòu pūbù
63.	Yòu tī jiǎo 右踢腳	Right, kick foot [kick: NW]	—	Xī W	Zuǒ dúlìbù
64.	Shuāng fēng guàn ěr 雙風貫耳	Double wind passes through ears	—	Xībēi NW	Yòu gōngbù
65.	Zuǒ fēn jiǎo 左分腳	Left, separate foot [kick: SW]	—	Xī W	Yòu dúlìbù
66.	Zuǒ lóng zǒu 左龍走	Left, dragon walk	—	Dōng E	Zuǒ gōngbù
67.	Yòu lóng zǒu 右龍走	Right, dragon walk	—	Dōng E	Yòu gōngbù

68.	Zuǒ lóng zǒu 左龍走	Left, dragon walk	—	Dōng E	Zuǒ gōngbù
69.	Zhuǎn shēn yòu dèng jiǎo 轉身右蹬腳	Turn around, right, push foot	—	Xī W	Zuǒ dúlìbù
70.	Bān lán chuí 搬攔捶 [Xià lǚ] [下履]	Deflect, parry, punch [Roll down]	—	Xī W	Zuǒ gōngbù
71.	Sì bì 似閉 [Shuāng àn] [雙按] [Shàng tí] [上提]	Apparent close [Double push] [Lift up]	—	Xī W	Zuǒ gōngbù
72.	Shí zì shǒu 十字手	Cross hands	—	Běi N	Wújǐbù

Dìsì Duàn

第四段

Fourth Section

- | | | | | | |
|-----|---|--|---|-------------------|-----------------------|
| 73. | Bào hǔ guī shān
抱虎歸山 | Embrace tiger, return to mountain | — | Dōng
nán
SE | Yòu
gōngbù |
| 74. | (Lǎn què wěi) Yòu péng
(攬雀尾)右棚
[Juǎn tóu] [捲頭] | (Grasp sparrow's tail)
Right, ward-off
[Roll head] | — | Dōng
nán
SE | Yòu
gōngbù |
| 75. | (Lǎn què wěi) Lǚ
(攬雀尾)履 | (Grasp sparrow's tail)
Roll-back | — | Dōng
nán
SE | Yòu
sìliùbù |
| 76. | (Lǎn què wěi) Jǐ
(攬雀尾)掇 | (Grasp sparrow's tail)
Press | — | Dōng
nán
SE | Yòu
gēnbù
(45°) |
| 77. | (Lǎn què wěi) Àn
(攬雀尾)按
[Shuāng àn] [雙按]
[Xià fēn] [下分] | (Grasp sparrow's tail)
Push
[Double push]
[Separate down] | — | Dōng
nán
SE | Yòu
gōngbù |
| 78. | Xié dān biān
斜單鞭 | Diagonal single whip | — | Dōng
běi
NE | Zuǒ
gōngbù |
| 79. | Yòu yě mǎ fēn zōng
右野馬分鬃
[Juǎn tóu] [捲頭] | Right, wild horse parts
mane
[Roll head] | — | Dōng
nán
SE | Yòu
gōngbù |

80.	Zuǒ yě mǎ fēn zōng 左野馬分鬃 [Juǎn tóu] [捲頭]	Left, wild horse parts mane [Roll head]	—	Dōng běi NE	Zuǒ gōngbù
81.	Yòu yě mǎ fēn zōng 右野馬分鬃 [Juǎn tóu] [捲頭]	Right, wild horse parts mane [Roll head]	—	Dōng nán SE	Yòu gōngbù
82.	(Lǎn què wěi) Zuǒ péng (攬雀尾)左棚 [Juǎn tóu] [捲頭]	(Grasp sparrow's tail) Left, ward-off [Roll head]	—	Dōng běi NE	Zuǒ gōngbù
83.	(Lǎn què wěi) Yòu péng (攬雀尾)右棚 [Juǎn tóu] [捲頭]	(Grasp sparrow's tail) Right, ward-off [Roll head]	—	Dōng E	Yòu gōngbù
84.	(Lǎn què wěi) Lǚ (攬雀尾)履	(Grasp sparrow's tail) Roll-back	—	Dōng E	Yòu sìliùbù
85.	(Lǎn què wěi) Jǐ (攬雀尾)攥	(Grasp sparrow's tail) Press	—	Dōng E	Yòu gēnbù (45°)
86.	(Lǎn què wěi) Àn (攬雀尾)按 [Shuāng àn] [雙按] [Xià fēn] [下分]	(Grasp sparrow's tail) Push [Double push] [Separate down]	—	Dōng E	Yòu gōngbù

87.	Dān biān 單鞭	Single whip	—	Xī W	Zuǒ gōngbù
88.	Zhuǎn shēn bāguà bù 轉身八卦步	Turn, Bagua step	—	Dōng E	Yòu sìliùbù
89.	Zuǒ yù nǚ chuān suō 左玉女穿梭	Left, jade woman weaves shuttle.	—	Dōng běi NE	Zuǒ gōngbù
90.	Yòu yù nǚ chuān suō 右玉女穿梭 [Píng juǎn shǒu] [平捲手]	Right, jade woman weaves shuttle. [Horizontal roll hands]	—	Xīběi NW	Yòu gōngbù
91.	Zuǒ yù nǚ chuān suō 左玉女穿梭 [Bù juǎn tóu] [步捲頭]	Left, jade woman weaves shuttle. [Step, roll head]	—	Xīnán SW	Zuǒ gōngbù
92.	Yòu yù nǚ chuān suō 右玉女穿梭 [Píng juǎn shǒu] [平捲手]	Right, jade woman weaves shuttle. [Horizontal roll hands]	—	Dōng nán SE	Yòu gōngbù
93.	(Lǎn què wěi) Zuǒ péng (攬雀尾)左棚 [Juǎn tóu] [捲頭]	(Grasp sparrow's tail) Left, ward-off [Roll head]	—	Dōng běi NE	Zuǒ gōngbù

94.	(Lǎn què wěi) Yòu péng (攬雀尾)右棚 [Juǎn tóu] [捲頭]	(Grasp sparrow's tail) Right, ward-off [Roll head]	—	Dōng E	Yòu gōngbù
95.	(Lǎn què wěi) Lǚ (攬雀尾)履	(Grasp sparrow's tail) Roll-back	—	Dōng E	Yòu sìliùbù
96.	(Lǎn què wěi) Jǐ (攬雀尾)掇	(Grasp sparrow's tail) Press	—	Dōng E	Yòu gēnbù (45°)
97.	(Lǎn què wěi) Àn (攬雀尾)按 [Shuāng àn] [雙按] [Xià fēn] [下分]	(Grasp sparrow's tail) Push [Double push] [Separate down]	—	Dōng E	Yòu gōngbù
98.	Dān biān 單鞭	Single whip	—	Xī W	Zuǒ gōngbù
99.	Zuǒ yún shǒu 左雲手 [Yú àn] [隅按]	Left, cloud hand [Corner push]	—	Běi N	Wújíbù (Wt L)
100.	Yòu yún shǒu 右雲手 [Yú àn] [隅按]	Right, cloud hand [Corner push]	—	Běi N	Mǎbù (Wt R)

	Zuǒ yún shǒu			
101.	左雲手	Left, cloud hand	—	Běi N Wújíbù (Wt L)
	[Yú àn] [隅按]	[Corner push]		
	Yòu yún shǒu			
102.	右雲手	Right, cloud hand	—	Běi N Mǎbù (Wt R)
	[Yú àn] [隅按]	[Corner push]		
	Zuǒ yún shǒu			
103.	左雲手	Left, cloud hand	—	Běi N Zuǒ cè gēnbù
	[Xià àn] [下按]	[Downward push]		
	Duǎn dān biān			
104.	短單鞭	Short single whip	—	Xī W Zuǒ gōngbù

Diwǔ Duàn

第五段

Fifth Section

105.	Shé shēn xià shì 蛇身下勢	Snake lowers body posture	—	Xī W	Zuǒ pūbù
106.	Zuǒ jīn jī dú lì 左金雞獨立	Left, golden chicken stands on one leg	—	Xī W	Zuǒ dúlìbù
107.	Yòu jīn jī dú lì 右金雞獨立	Right, golden chicken stands on one leg	—	Xī W	Yòu dúlìbù
108.	Yòu dào niǎn hóu 右倒攆猴	Right, retreat, drive out monkey	—	Xī W	Yòu xūbù
109.	Zuǒ dào niǎn hóu 左倒攆猴	Left, retreat, drive out monkey	—	Xī W	Zuǒ xūbù
110.	Yòu dào niǎn hóu 右倒攆猴	Right, retreat, drive out monkey	—	Xī W	Yòu xūbù
111.	Xié fēi shì 斜飛式 [Píng juǎn shǒu] [平捲手]	Diagonal flying posture [Horizontal roll hands]	—	Dōng běi NE	Yòu gōngbù
112.	Tí shǒu shàng shì 提手上勢	Lift hands up posture	—	Dōng běi NE	Zuǒ dúlìbù

113.	Kào àn zhǒu 靠按肘	Shoulder press, push, elbow strike	—	Xī W	Yòu cè gēnbù
114.	Bái hè liàng chì 白鶴涼翅 [Juǎn tóu] [捲頭]	White crane cools wings [Roll head]	—	Xī W	Zuǒ gāoxubù
115.	Zuǒ lǒu xī 左摟膝	Left, hug knee	—	Xī W	Zuǒ gōngbù
116.	Hǎi dǐ zhēn 海底針	Sea bottom needle	—	Xī W	Zuǒ xūbù
117.	Shàn tōng bèi 扇通背	Fan goes through back	—	Xī W	Zuǒ gōngbù
118.	Zhuǎn shēn piě shēn chuí 轉身撇身捶	Turn body, throw body, chop	—	Dōng nán SE	Yòu gōngbù
119.	Bān lán chuí 搬攔捶 [Xià lǚ] [下履]	Deflect, parry, punch [Roll down]	—	Dōng E	Zuǒ gōngbù
120.	(Lǎn què wěi) Yòu péng (攔雀尾)右棚 [Juǎn tóu] [捲頭]	(Grasp sparrow's tail) Right, ward-off [Roll head]	—	Dōng E	Yòu gōngbù
121.	(Lǎn què wěi) Lǚ (攔雀尾)履	(Grasp sparrow's tail) Roll-back	—	Dōng E	Yòu sìliùbù

122.	(Lǎn què wěi) Jǐ (攬雀尾) 攥	(Grasp sparrow's tail) Press	—	Dōng E	Yòu gēnbù (45°)
123.	(Lǎn què wěi) Àn (攬雀尾) 按 [Shuāng àn] [雙按] [Xià fēn] [下分]	(Grasp sparrow's tail) Push [Double push] [Separate down]	—	Dōng E	Yòu gōngbù
124.	Dān biān 單鞭	Single whip	—	Xī W	Zuǒ gōngbù
125.	Zuǒ yún shǒu 左雲手 [Huǒ shǒu] [火手]	Left, cloud hand [Fire hand]	—	Běi N	Wújíbù (Wt L)
126.	Yòu yún shǒu 右雲手 [Huǒ shǒu] [火手]	Right, cloud hand [Fire hand]	—	Běi N	Mǎbù (Wt R)
127.	Zuǒ yún shǒu 左雲手 [Huǒ shǒu] [火手]	Left, cloud hand [Fire hand]	—	Běi N	Wújíbù (Wt L)
128.	Yòu yún shǒu 右雲手 [Huǒ shǒu] [火手]	Right, cloud hand [Fire hand]	—	Běi N	Mǎbù (Wt R)

Zuǒ yún shǒu

左雲手

Left, cloud hand

129. [Hǔo shǒu] [火手]

[Fire hand]

— Běi
N Zuǒ cè
gēnbù

[Xià àn] [下按]

[Downward push]

Duǎn dān biān

130. 短單鞭

Short single whip

— Xī
W Zuǒ
gōngbù

Dìliù Duàn

第六段

Sixth Section

- | | | | | | |
|------|-----------------------------------|---|---|-----------|----------------|
| 131. | Yòu gāo tàn mǎ
右高探馬 | Right, high, touch horse | — | Xī
W | Zuǒ
xūbù |
| 132. | Chuān shēn shí zì zhǎng
穿身十字掌 | Penetrate body, cross palms | — | Xī
W | Zuǒ
gōngbù |
| 133. | Zhuǎn shēn shí zì tuǐ
轉身十字腿 | Turn body, cross leg | — | Dōng
E | Zuǒ
dúlìbù |
| 134. | Zuǒ lǒu xī
左摟膝 | Left, hug knee | — | Dōng
E | Zuǒ
gōngbù |
| 135. | Yòu lǒu xī
右摟膝 | Right, hug knee | — | Dōng
E | Yòu
gōngbù |
| | [Shí zì bì] [十字臂] | [Cross arms] | | | |
| 136. | Lǒu xī zhǐ dāng chuí
摟膝指裆捶 | Hug knee, point at crotch, punch | — | Dōng
E | Zuǒ
gōngbù |
| 137. | (Lǎn què wěi) Yòu péng
(攬雀尾)右棚 | (Grasp sparrow's tail)
Right, ward-off | — | Dōng
E | Yòu
gōngbù |
| | [Juǎn tóu] [捲頭] | [Roll head] | | | |
| 138. | (Lǎn què wěi) Lǚ
(攬雀尾)履 | (Grasp sparrow's tail)
Roll-back | — | Dōng
E | Yòu
sìliùbù |

139.	(Lǎn què wěi) Jǐ (攬雀尾) 攥	(Grasp sparrow's tail) Press	—	Dōng E	Yòu gēnbù (45°)
140.	(Lǎn què wěi) Àn (攬雀尾) 按 [Shuāng àn] [雙按] [Xià fēn] [下分]	(Grasp sparrow's tail) Push [Double push] [Separate down]	—	Dōng E	Yòu gōngbù
141.	Dān biān 單鞭	Single whip	—	Xī W	Zuǒ gōngbù
142.	Shé shēn xià shì 蛇身下勢	Snake lowers body posture	—	Xī W	Zuǒ pūbù
143.	Shàng bù qī xīng 上步七星	Step up, seven stars	—	Xī W	Yòu xūbù
144.	Tuì bù kuà hǔ 退步跨虎 [Huǒ shǒu] [火手]	Retreat step, straddle tiger [Fire hand]	—	Xī W	Zuǒ xūbù
145.	Zuǒ lóng zǒu 左龍走	Left, dragon walk	—	Dōng E	Zuǒ gōngbù
146.	Yòu lóng zǒu 右龍走	Right, dragon walk	—	Dōng E	Yòu gōngbù
147.	Zuǒ lóng zǒu 左龍走	Left, dragon walk	—	Dōng E	Zuǒ gōngbù

	Zhuǎn shēn bǎi lián				
148.	轉身擺蓮	Turn body, sweep lotus	—	Xī W	Zuǒ dúlibù
	Wān gōng shè hǔ				
149.	彎弓射虎	Bend bow, shoot tiger	—	Dōng E	Yòu pūbù
	Bān lán chuí				
150.	搬攔捶	Deflect, parry, punch	—	Xī W	Zuǒ gōngbù
	[Xià lǚ] [下履]	[Roll down]			
	Sì bì				
	似閉	Apparent close			
151.	[Shuāng àn] [雙按]	[Double push]	—	Xī W	Zuǒ gōngbù
	[Xià fēn] [下分]	[Separate down]			
	Shí zì shǒu				
152.	十字手	Cross hands	—	Běi N	Wújíbù
	Hé Tàijí				
	合太極	Close Taiji	—	Běi N	Bāzibù