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48-Form Taijiquan

48 movements · A4 reference sheet · free

The sequence in order, with the points to check on each movement. This is a sheet to keep beside you i
confirm what comes next, and to remind yourself what to watch for. It is a reference, not a lesson; the r
themselves need a teacher or a demonstration.

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00 预备势

Preparation Posture

Stand naturally upright with the arms at the sides, the crown lightly suspended, looking straight ahead.

01 起势

Commencing Posture

Open the left foot; raise both hands level in front; bend the knees and press the palms down.
Shoulders sunk and elbows heavy, weight steady, the breath settling low as the palms press.

02 白鹤亮翅

White Crane Spreads Its Wings

Draw the foot in and hold the hands; step back; sit back, turn the waist and part the hands; settle into an e
the palms apart.
The torso stays upright, the upper hand supports above the brow and the lower presses by the hip as the we
the rear leg.

03 左搂膝拗步

Left Brush Knee and Twist Step

Swing the right hand forward; turn the waist, swing the arm and draw the foot in; bend the arm and step up
and push in the bow stance.
The waist leads the arms; the brushing hand passes the knee and the push arrives at chest height, completi
stance.

04 左单鞭

Left Single Whip

Turn and sit back carrying the hand; draw the foot in and hold; turn, step up and thread the hand; cloud lev
stance; sit back and cloud again; form the hook and draw the foot in; turn and step up; push in the bow sta
The hook bends the wrist without stiffness; the push settles the wrist, and the bow stance faces the same w

05 左琵琶势

Left Hold the Lute

Follow-step and swing the arm; sit back, rub and swing the hands; close the hands in an empty stance.
The weight settles back into a half-sitting stance and the arms close in front of the chest as if holding a lut

06 捋挤势（三）

Roll Back and Press

Shift the foot and thread the palm; bow the leg and smear the palm; draw the foot in and roll back; step up
hands; press forward in the bow stance.
Performed three times (the bracketed 三 is a repetition count). The roll-back follows the weight back along
braces both hands forward, and the three rounds link without a pause.

07 左搬拦捶

Left Parry, Block and Punch

Pivot the foot, turn the waist and part the hands; draw the foot in and make a fist; swing the foot out and p
draw the foot in, turn and swing the arm; step up and block with the palm; punch in the bow stance.
Parry, block and punch flow as one; the punch sinks the shoulders and reaches the face of the fist.

08 左掤捋挤按

Left Ward-off, Roll-back, Press and Push

Turn and pivot the foot parting the hands; draw the foot in and hold the ball; turn the waist and step up; wa
stance; rotate the arm and extend; sit back and roll back; turn and join the hands; press in the bow stance;
in; push in the bow stance.
The ward-off rounds, the roll-back travels a rear arc, the press joins both hands, and the push drives throug
palms — the four energies linking without a break.

09 斜身靠

Diagonal Shoulder Strike

Turn and close the foot parting the hands; draw the foot in and hold, both hands crossed; step up and close
with the shoulder diagonally in the bow stance.
The strike uses shoulder and hip as one body rather than a localised shove, and the torso inclines without f

10 肘底捶

Fist Under Elbow

Turn and swing the palm; hold the hands and draw the foot in; swing the foot out and support the palm; fol
raise the hand; sit back and close the fist; split and strike in the empty stance.
The fist rests under the elbow; the strike sinks the shoulder with the force held contained.

11 倒卷肱（4）

Step Back and Roll the Arms

Draw the hand back and turn the palm; step back bending the arm and rolling it; push in the empty stance.
times.
When stepping back the ball of the foot lands first; the forward push and the withdrawal happen together, t

12 转身推掌（4）

Turn the Body and Push the Palm

Withdraw a step and grind the foot to turn; bend the arm and step up; brush and push in a T-step. Four time
the second round on.
The turn is led by the waist, the T-step stays steady, and the push follows the direction of the turn.

13 右琵琶势

Right Hold the Lute

Step back; sit back, swing the hands and rub them; close the hands in an empty stance.
Mirror of movement 4, with empty and full clearly divided.

14 搂膝栽捶

Brush Knee and Plant the Fist

Withdraw a step and roll the hands back; step up and join the hands; follow-step and cloud level; sit back, t
swing the arm; bend the arm, close the fist and step up; brush the knee and plant the fist in the bow stance
The fist plants downward on a diagonal; the waist relaxes and the hips tuck, the force reaching the face of t

15 白蛇吐信（二）

White Snake Spits Out Its Tongue

Turn raising the fist; turn, swing the foot and the palm; push in a resting stance. Performed twice.
The resting stance crosses and seats both legs firmly; the push is quick and clean, like a tongue flicking out

16 拍脚伏虎

Slap the Foot and Tame the Tiger

Turn the waist and open the arms; step up and swing the arms; swing and slap the foot; cover-step and swin
up; strike with both fists in the bow stance. Twice.
Slap the instep with the palm rather than forcing the leg high; the two fists drive diagonally up with the tig

17 左撇身捶

Left Deflect the Body and Throw the Fist

Sit back, close the foot and turn the hand over; part the hands in the bow stance; draw the foot in and close
raising the fist; throw the fist in the bow stance.
The strike sweeps across with the back of the fist, the turn of the waist supplying the power while the torso

18 穿拳下势

Thread the Fist and Push Down

Pivot the foot, turn the waist and part the hands; draw the foot in and close the fist; open the step threadin
the fist in the crouch stance.
The crouch stance spreads flat with the weight sinking; the fist threads close to the body in a straight line.

19 独立撑掌（二）

Stand on One Leg and Support the Palm

Bow the leg and lift the fist; draw the foot in and turn the palm; support the palms standing on one leg. Twi
The standing leg bends slightly to hold firm, the torso does not lean back, and the palms support apart on a
forward and one back.

20 右单鞭

Right Single Whip

Same structure as movement 3 in the opposite direction: step back extending the palm; sit back and roll ba
and join; cloud level in the bow stance; sit back and cloud; hook and draw the foot in; turn and step up; pus
stance.
The general single-whip requirements apply.

21 右云手（三）

Right Cloud Hands

Sit back, turn the waist and cloud left releasing the hook; cloud right turning the palm and drawing the foo
and close for each further round. Three rounds.
The waist is the axis and the arms trace vertical circles; the sideways steps lift and land lightly with the we

22 右左分鬃

Part the Wild Horse's Mane, Right and Left

Hold the hands and lift the foot; turn the waist and step out; part and press in the bow stance; turn and piv
and draw the foot in; turn and step up; part and press again.
The parting creates a diagonal stretch, the upper hand no higher than the brow and the lower pressing by t

23 高探马

High Pat on Horse

Draw the foot in and open the arms; sit back and bend the arm; reach forward in the empty stance.
The front foot rests on its toes in the empty stance, the reaching palm no higher than the eyes, and the tors
forward.

24 右蹬脚

Kick with the Right Heel

Carry the hands and lift the leg; step up and thread the palm; part the hands in the bow stance; hold the ha
foot in; kick and open the arms.
Stand firm before lifting the leg; the kick drives through the heel with the toes hooked back and the standin
bent.

25 双峰贯耳

Twin Peaks Strike the Ears

Join the hands and draw the foot in; lower the foot and close the fists; strike with both fists in the bow stan
Both fists drive diagonally up from the sides with the tiger mouths facing, no higher than the ears.

26 左蹬脚

Kick with the Left Heel

Turn the waist and part the hands; hold the hands and lift the leg; kick and open the arms.
As for the right heel kick, mirrored.

27 掩手撩拳

Cover the Hands and Uppercut

Join the hands and lower the foot; step out and close the fist covering the hand; uppercut in the bow stanc
The cover comes before the release; the fist lifts on a vertical circle and the strike is crisp. This movement
drawing on more than one family.

28 海底针

Needle at Sea Bottom

Follow-step and swing the arm; sit back and raise the hand; thrust the palm down in the empty stance.
The torso inclines slightly and the fingers thrust down and forward to the fingertips; the waist relaxes and

29 闪通背

Flash Through the Back

Raise the hand and draw the foot in; step up; push and support in the bow stance.
The forward push and the rear support open together, and the bow stance faces the same way as the push.

30 右左分脚

Separate the Foot, Right and Left

Turn and close the foot parting the hands; hold the hands and draw the foot in; separate the foot and open
the foot and thread the hand; bow the leg and part the hands; hold and draw in; separate the foot again.
The separation flicks out with the toes rather than the heel, both arms open together, and the standing leg

31 搂膝拗步（二）

Brush Knee and Twist Step

Lower the foot and turn, swinging the arm; bend the arm and step up; brush and push in the bow stance; tu
pivot the foot; then repeat on the other side. Twice.
The general brush-knee requirements apply.

32 上步擒打

Step Forward, Catch and Strike

Turn the waist, pivot the foot and smear the palm; close the fist and draw the foot in; step up catching with
the bow stance.
The catch and the strike are distinct in order, the punch reaching the face of the fist.

33 如封似闭

Apparent Close-Up

Follow-step and thread the palm; sit back drawing the hands in; step up and turn the palms; press in the bo
The palms draw back and then press, the force through the heels of the hands, the weight moving evenly.

34 左云手（三）

Left Cloud Hands

Turn the waist, close the foot and cloud right; cloud left turning the palm and drawing the foot in. Three ro
As for right cloud hands, mirrored.

35 右撇身捶

Right Deflect the Body and Throw the Fist

Withdraw a step and reach with the palm; draw the foot in and close the fist; step up raising the fist; throw
stance.
As for the left version, mirrored.

36 左右穿梭

Work at the Shuttles on Both Sides

Close the foot and turn the palm; bow the leg and smear the palm; draw the foot in and roll back; step up a
follow-step and cloud level; sit back and cloud; step up drawing the palm in; support and push in the bow s
side.
The bow stance is diagonal, one arm supports while the other pushes, and the waist drives the step with th

37 退步穿掌

Step Back and Thread the Palm

Sit back swinging the palm forward; draw the foot in and turn the palm; step back threading the palm forwa
straightens.
The withdrawal and the thread happen together while the direction stays forward.

38 虚步压掌

Empty Stance, Press the Palm

Turn and close the foot, raising the hand; press the palm down in the empty stance.
The empty stance sinks, the shoulder relaxes as the palm presses, and the weight sits on the rear leg.

39 独立托掌

Stand on One Leg, Lift the Palm

The right hand lifts in front and the left supports to the side, standing on the left leg.
The lifting palm goes above the head with the palm up; the stance holds without leaning back.

40 马步靠

Horse Stance Shoulder Strike

Lower the foot and lift the hand; draw the foot in and swing the arm; step up and close the fist; strike with
horse stance.
The horse stance sinks and the shoulder and hip drive forward as one body.

41 转身大捋

Turn the Body, Big Roll-Back

Pivot the foot and swing the palm; close the feet and raise the hands; grind the feet and turn; step to the si
roll-back; arch the elbow and bend the arm in the side bow stance.
The roll-back travels a wide arc, the weight shifting to the side with both arms following the waist.

42 撩掌下势

Lift the Palm and Push Down

Turn back and rotate the arm; turn and swing the palm; lift the palm in a T-step; sit back, swing the palm, h
lift the foot; bend the arm and open the step; thread the palm in the crouch stance.
The lift travels from below upward, then the crouch stance sinks as the palm threads; the knee does not tur

43 上步七星

Step Up to Seven Stars

Lift the palm in the bow stance; cross both fists in front of the chest in the empty stance.
The two fists cross in front of the chest as the "seven stars", and the empty stance holds firm.

44 独立跨虎

Stand on One Leg, Ride the Tiger

Withdraw a step, swing the palm and sit back; turn the waist, swing the palm and draw the foot in; lift the l
palm.
One leg stands while the other lifts bent, the raising palm held high and the balance steady.

45 转身摆莲

Turn the Body and Sweep the Lotus

Turn and close the step carrying the hands; turn and thread the swinging palm; sweep the lotus and slap th
The body turns a full circle; the leg sweeps in a fan and both palms slap the instep, landing steadily.

46 弯弓射虎

Bend the Bow to Shoot the Tiger

Lower the foot, step up and swing the arms; bow the leg, turn the waist and swing the fists; counter-punch
The two fists sit one forward and one back like a drawn bow; the waist supplies the power and the eyes foll

47 右搬拦捶

Right Parry, Block and Punch

Sit back and thread the palm; draw the foot in and close the fist; swing the foot and parry; draw the foot in
step up and block; punch in the bow stance.
As for the left version, to the right.

48 右掤捋挤按

Right Ward-off, Roll-back, Press and Push

Pivot the foot, turn the waist and part the hands; draw the foot in and hold the ball; step up; part the hand
stance; turn the waist and extend; sit back and roll back; turn and join the hands; press in the bow stance;
back and draw in; push in the bow stance.
All four energies complete and unbroken, mirroring movement 7.

49 十字手

Cross Hands

Turn and part the hands, pivoting the foot; return and join the hands; close the feet and embrace the cross
The arms cross and round out, the weight centred and the breath settling low.

50 收势

Closing Posture

Part the hands and raise them level; lower both hands; draw the feet together to close.
Breathe long and slow; stay upright at the finish rather than relaxing the instant it ends.