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Wu (Maozhai) Style Traditional 83 Form

83 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.

THE SEQUENCE

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01 太极起式

Tai Chi Starting Posture

Shift the left foot out, stand with the feet level and shoulder width; the wrists ward off forward, then both
The body is upright and the feet stand level without floating; shoulders sink, elbows drop, breath settles. 无
precede this but is not counted as a posture.

02 揽雀尾

Grasp the Bird's Tail

Eight movements: hold the ball on the left in an empty stance, press with the right palm from a left bow sta
right, press with the left from a right bow stance, stroke back with the right, part with the right, pluck back
press forward with the right.
All four hands are present — ward-off, stroke, press, push — the waist driving the arms along arcs; in the bo
does not pass the toe.

03 单鞭

Single Whip

The right palm becomes a hook, the left palm strokes level into a horse stance.
The hook is empty — five fingers loosely gathered, the wrist hanging naturally; in the horse stance both kne
neither passes the toe; the left palm releases on a small circle. The 326-动 edition writes this posture 斜单鞭

04 提手上势

Raise Hands and Step Forward

Turn half a face to the right into an empty stance holding ward-off, press with the left palm, let the right be
lift the wrist, then turn the hook into a palm and draw the foot in to press.
A 虚丁步 — the foot waits empty; the posture stops without becoming stagnant, shoulders sunk and elbows d

05 白鹤亮翅

White Crane Spreads Its Wings

Bend forward and press the palms, turn left and turn the palm over, ward the left palm up, then let both elb
The hands pull up and down against each other; the body stays upright and does not lean back.

06 搂膝拗步

Brush Knee and Twist Step

Twelve movements, carrying the left and right brush-knee push through three continuous passes.
The brushing hand arcs past the knee; the push lands with the bow stance, force to the heel of the palm. Th
means the knee that bends and the palm that pushes are on opposite sides.

07 手挥琵琶

Hand Strums the Lute

The left palm closes forward, then wards up as the foot draws in and the hands rise.
The arms gather in an empty stance with shoulders sunk and elbows dropped.

08 上步搬拦捶

Step Up, Parry, Block and Punch

The left palm closes down, wards forward (parry), strokes back (block), then the right fist extends (punch).
Parry, block and punch run as three continuous actions. Within 杨禹廷's teaching this punch must come ou
that goes through rather than stopping at the surface.

09 如封似闭

Apparent Close-Up

Draw the fist back and open it to a palm, then press both palms forward.
The press reaches the heels of the palms and the weight moves forward and back clearly.

10 十字手

Cross Hands

Cross both arms before the chest, the whole body gathering and sinking.
The crossed arms hold a rounded frame and the weight settles completely. The 326-动 edition does not cou
separately.

11 抱虎归山

Embrace the Tiger and Return to the Mountain

Both palms extend forward, open out, ward up, then let the elbows hang.
Both arms gather in a horse stance. 抱虎归山 is this branch’s name for the posture; the southern branch cal

12 揽雀尾

Grasp the Bird's Tail (2nd)

As movement 2, second appearance.
Same requirements: the four hands complete, waist-led.

13 斜单鞭

Diagonal Single Whip

As movement 3, taken on the diagonal.
Hook hanging, horse stance level, the palm released on a small circle.

14 肘底看捶

Fist Under Elbow

Extend the right wrist to open the hook, then lift the elbow and bring the fist in — watching the fist from an
The fist hides under the elbow, withheld rather than shown. In the 杨禹廷 transmission this is a 等劲 punch –
for the moment instead of forcing it.

15 倒撵猴

Step Back and Repulse the Monkey

Six movements: three continuous retreating passes, left and right.
On each retreat the toes touch first, the stride is about one foot long, and upper and lower body move toge

16 斜飞式

Flying Oblique Posture

The left palm wards up, strokes down, the left foot reaches forward, then the left shoulder leans in with the
from a bow stance.
The shoulder strike and the opening arrive together, the two arms bracing against each other.

17 提手上势

Raise Hands and Step Forward (2nd)

As movement 4, second appearance.
Same requirements: empty stance, shoulders sunk.

18 白鹤亮翅

White Crane Spreads Its Wings (2nd)

As movement 5, second appearance.
Opposing hands, torso upright.

19 搂膝拗步

Brush Knee and Twist Step (2nd)

As movement 6, a two-movement passage.
Same requirements: brush past the knee, push with the stance.

20 海底针

Needle at Sea Bottom

The right palm points forward, then sits back and lifts the palm; finally the palm points down in a 丁步 and
The waist stays lifted rather than collapsing, the fingertips lead downward, and the intent reaches to 涌泉 u

21 扇通背

Fan Through the Back

Both palms extend forward and the body lifts, then the left palm presses from a horse stance with the arm
Force from the heel of the palm, the front hand level with the nose, the rear hand a hook; the waist carries

22 撇身捶

Turn Body and Throw Fist

The left palm wards right as the step withdraws, then the right elbow plucks down and the fist swings out f
Within 杨禹廷's classification this is a 拿法 — a locking technique, not a free swing; the waist carries the ar

23 卸步搬拦捶

Step Back, Parry, Block and Punch

The left palm wards forward, wards left (parry), strokes back (block), then the right fist extends.
The same three continuous actions as movement 8, delivered on a withdrawing step.

24 上步揽雀尾

Step Up, Grasp the Bird's Tail (3rd)

Six movements: the right fist loosens and turns, opens to a palm, strokes back, parts, plucks back and pres
Entered on a step; the 326-动 edition calls this one 隅步揽雀尾.

25 单鞭

Single Whip (2nd)

As movement 3, second appearance.
Hook hanging, stance level.

26 云手

Cloud Hands

Six movements: the hands circle upright in turn while the feet step sideways.
The waist is the axis and the weight travels level. The northern frame steps in parallel and circles smaller t
original — the 326-动 edition writes the name 纭手.

27 单鞭

Single Whip (3rd)

As movement 3, third appearance.
Hook hanging, stance level.

28 左右分脚

Part the Feet, Left and Right

Four movements: the right palm strokes back, the palms cross, both rise as the knee lifts, then the palms p
separates.
Stand firm on the support leg before lifting; the leg stays slightly bent and the body upright, not tipping. T
splits this passage into 左高探马, 右分脚, 右高探马 and 左分脚.

29 转身蹬脚

Turn Body and Heel Kick

Four movements: the fists cross, the knee lifts as the body turns, the fists rise, then the palms part with the
The turn is carried by the waist; the heel leads with the toes drawn back. The 326-动 edition writes 提膝转身

30 搂膝拗步

Brush Knee and Twist Step (3rd)

As movement 6, third appearance.
Same requirements: brush and push together.

31 进步栽捶

Step Forward and Plant Punch

Six movements: the left palm presses down, the right presses forward, the right presses down, the left pres
a right brush-knee step), the left presses down, then the right plants from a left bow stance.
Within 杨禹廷's teaching the plant releases as 崩劲 — a snapping force — with the right arm at a right angle
waist loose, hips tucked.

32 翻身搬拦捶

Turn Body, Parry, Block and Punch

As movement 8, completed through a turn of the body.
Same three continuous actions; the 326-动 edition writes this passage 翻身撇身捶.

33 上步高探马

Step Up and High Pat on Horse

Following step and sit back, then probe forward from an empty stance.
The palm stays no higher than the eyes and the torso stays vertical.

34 披身踢脚

Drape Body and Kick

Four movements: the fists turn right, cross in a wrapped step, rise, then the palms part with the kick.
The step and body land together and the axis holds while draping.

35 退步打虎

Step Back and Beat the Tiger

Four movements: the palms join and withdraw as the step retreats, the fists rise and drive from a bow stanc
and withdraw again, the fists rise again.
The eyes hold the front fist and the waist releases; the body drapes while the structure stays whole. The 32
左右打虎.

36 二起脚

Double Jump Kick

Leap and slap the foot in the air.
Large rise and fall; land with bent knees to cushion and protect knee and ankle.

37 双峰贯耳

Twin Peaks Strike the Ears

Both palms pluck down, then both fists drive from a bow stance.
The striking surfaces face each other — the flat of the fists, not the fist eyes — because the target is the op
gates.

38 翻身二起脚

Turn Body, Double Jump Kick

As movement 36, completed through a turn of the body.
Same requirements: jump and slap joined, cushioned landing.

39 撇身捶

Turn Body and Throw Fist (2nd)

As movement 22, second appearance.
Waist-led, the fist as a locking action.

40 上步搬拦捶

Step Up, Parry, Block and Punch (2nd)

As movement 8, second appearance.
Three continuous actions, released with 透劲.

41 如封似闭

Apparent Close-Up (2nd)

As movement 9, second appearance.
Press to the heels, weight clear.

42 十字手

Cross Hands (2nd)

As movement 10, second appearance.
Crossed arms rounded, weight settled.

43 抱虎归山

Embrace the Tiger and Return to the Mountain (2nd)

As movement 11, second appearance.
Both arms gather in a horse stance.

44 揽雀尾

Grasp the Bird's Tail (4th)

As movement 2, fourth appearance.
Four hands complete.

45 斜单鞭

Diagonal Single Whip (2nd)

As movement 13, second appearance.
Hook hanging, diagonal direction.

46 野马分鬃

Part the Wild Horse's Mane

Gather the hands and draw the foot in, then separate up and down from a bow stance.
The front hand is level with the brow and the rear hand presses beside the hip, the arms about forty-five to
apart, pulling against each other.

47 玉女穿梭

Fair Lady Works at the Shuttles

Turn continuously and, in the four corner directions, ward with one arm and push with the other.
Each turn runs ninety to one hundred and twenty degrees, the waist carries the threading palm, the front fo
forty-five degrees, and the torso stays upright.

48 揽雀尾

Grasp the Bird's Tail (5th)

As movement 2, fifth appearance.
Four hands complete.

49 单鞭

Single Whip (4th)

As movement 3, fourth appearance.
Hook hanging, stance level.

50 云手

Cloud Hands (2nd)

As movement 26, second appearance.
Waist as axis, weight level, parallel steps.

51 单鞭

Single Whip (5th)

As movement 3, fifth appearance.
Hook hanging, stance level.

52 下势

Push Down Posture

Close the foot and drop into the low stance, pressing or threading the palm through.
The low stance lies flat with the weight sunk and the knee not turning inward; depth follows your flexibility

53 金鸡独立

Golden Rooster Stands on One Leg

Raise the knee, one palm lifting and the other pressing down.
Knee and lifting palm rise together; the support leg stays slightly bent, the torso vertical.

54 倒撵猴

Step Back and Repulse the Monkey (2nd)

As movement 15, second appearance.
Toes touch first, stride one foot long, upper and lower together.

55 斜飞式

Flying Oblique Posture (2nd)

As movement 16, second appearance.
Shoulder strike and opening together, arms bracing.

56 提手上势

Raise Hands and Step Forward (3rd)

As movement 4, third appearance.
Empty stance, shoulders sunk.

57 白鹤亮翅

White Crane Spreads Its Wings (3rd)

As movement 5, third appearance.
Opposing hands, torso upright.

58 搂膝拗步

Brush Knee and Twist Step (4th)

As movement 6, fourth appearance.
Brush and push together.

59 海底针

Needle at Sea Bottom (2nd)

As movement 20, second appearance.
Waist lifted, fingertips leading.

60 闪通背

Fan Through the Back (2nd)

As movement 21, second appearance — written 闪通背 here, where the main list has 扇通背.
Palm heel leads, front hand at nose height, rear hand a hook.

61 撇身捶

Turn Body and Throw Fist (3rd)

As movement 22, third appearance.
Locking action, waist-led.

62 上步搬拦捶

Step Up, Parry, Block and Punch (3rd)

As movement 8, third appearance.
Three continuous actions, 透劲.

63 上步揽雀尾

Step Up, Grasp the Bird's Tail (6th)

As movement 24, second appearance in that form.
Six movements, entered on a step.

64 单鞭

Single Whip (6th)

As movement 3, sixth appearance.
Hook hanging, stance level.

65 云手

Cloud Hands (3rd)

As movement 26, third appearance.
Waist as axis, weight level.

66 单鞭

Single Whip (7th)

As movement 3, seventh appearance.
Hook hanging, stance level.

67 迎面掌

Palm to the Face

Step up in a same-side step and push the palm upright forward.
Same-side step — the knee that bends and the palm that pushes are on the same side; force to the heel of t
upright.

68 转身十字摆莲

Turn Body, Cross-Shaped Lotus Kick

Turn through a full circle and sweep the leg outward in a fan, both palms slapping the instep in turn.
Turn and sweep coordinate and the landing is even.

69 搂膝指裆捶

Brush Knee and Point-to-Groin Punch

Step up and brush the knee, then drive the fist down and forward toward the groin.
Within 杨禹廷's teaching this punch releases as 回抽劲 — a drawing-back force — and the body sits higher ar
shorter than in the plant punch; the power comes from the legs rather than from driving the fist forward.

70 上步揽雀尾

Step Up, Grasp the Bird's Tail (7th)

As movement 24, third appearance in that form.
Six movements, entered on a step.

71 单鞭

Single Whip (8th)

As movement 3, eighth appearance.
Hook hanging, stance level.

72 下势

Push Down Posture (2nd)

As movement 52, second appearance.
Flat low stance, knee not turning in.

73 上步七星

Step Up to the Seven Stars

Step up into an empty stance and cross both fists before the chest to form the seven stars.
The crossed guard is rounded and the weight sits on the back leg.

74 退步跨虎

Step Back and Ride the Tiger

Step back and brace the two palms diagonally, one above the other.
The retreat and the parting of the hands are simultaneous. This is one of the clearest north/south differenc
empty stance with the left hook turned up, where the Shanghai frame stands on the right leg with the left h

75 转身迎面掌

Turn Body and Palm to the Face

Turn the body, then complete the face palm with the turn and the push together.
Same requirements as movement 67: same-side step, force to the heel of the palm.

76 转身双摆莲

Turn Body, Double Lotus Kick

Turn through a full circle and sweep both legs in turn, the palms slapping the instep twice.
The landing is even; protect knee and ankle on the way down.

77 弯弓射虎

Bend the Bow to Shoot the Tiger

Bend the leg and set the two fists one forward and one back, as if drawing a bow.
The fists pull against each other, the waist releases, the eyes hold the front fist.

78 上步迎面掌

Step Up and Palm to the Face

As movement 67, completed on a step.
Same-side step, force to the heel of the palm.

79 翻身搬拦捶

Turn Body, Parry, Block and Punch (2nd)

As movement 32, second appearance.
Three continuous actions through a turn.

80 上步高探马

Step Up and High Pat on Horse (2nd)

As movement 33, second appearance.
Palm below the eyes, torso vertical.

81 上步揽雀尾

Step Up, Grasp the Bird's Tail (8th)

As movement 24, last appearance.
Six movements, entered on a step.

82 单鞭

Single Whip (9th)

As movement 3 — the ninth and last single whip.
Hook hanging, stance level.

83 合太极

Closing Posture

Draw both palms in, close the feet and return to standing.
Close slowly with long breaths, the breath settling to the abdomen; once standing, hold the posture rather