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Wu (Jianquan) Style Traditional 108 Form

108 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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01 预备式

Preparatory Posture

Stand with the feet together, the whole body relaxed, head upright, breath in the lower abdomen and the m
no extra movement.
The torso is strictly vertical, shoulders naturally sunk, elbows slightly bent rather than locked, the weight e
feet.

02 太极起式

Tai Chi Starting Posture

Raise both arms forward slowly to shoulder height and width, then bend the knees, set the wrists and press
to the abdomen.
The whole action is continuous; the arms keep a natural arc throughout, with no corners and no abrupt pau

03 提手上势

Raise Hands Above Posture

Shift the weight back, bring both arms up together, and settle into a right empty stance with the hands join
above the chest.
The empty stance uses the 吴式 川字步 with the front toe turned in slightly; the torso stays upright as the we

04 手挥琵琶

Hand Strums the Lute

Follow-step and sit back, both arms gathering as if holding a lute, the palms facing each other front and ba
Shoulders sink and elbows drop; the arms form a complete arc with no stiff or straightened part.

05 揽雀尾

Grasp the Bird's Tail

Complete the four hands — ward-off, stroke, press, push — the waist driving the arms along large arcs.
The ward-off is full, the stroke draws back on an arc, the press is settled and heavy, the push goes out as on
of the body fires alone. The posture returns seven more times.

06 单鞭

Single Whip

Turn and form the right hook, step out to the side into a bow stance, and push the left palm upright.
The hook hangs naturally with no dead grip; each arm governs its own half of the body across the centre lin
never skews. This first one faces the diagonal, hence 斜单鞭 in some texts.

07 提手上势

Raise Hands Above Posture (2nd)

As movement 3, second appearance.
Same requirements: 川字步, torso upright.

08 白鹤亮翅

White Crane Spreads Its Wings

Gather the hands, then separate up and down — upper hand warding off above the forehead, lower hand pre
hip, in an empty stance.
The palms pull against each other and the torso does not lean back — the frame’s 斜中寓正 principle: inclin
stay vertical in the body.

09 搂膝拗步（左右四度）

Brush Knee and Twist Step (Four Times, Both Sides)

Four successive passes: turn, draw the foot in with the hands gathered, step, brush the knee and push, alte
The brushing hand arcs past the knee and the push lands with the bow stance, force to the heel of the palm
pushing palm does not rise above eye level.

10 手挥琵琶

Hand Strums the Lute (2nd)

As movement 4, second appearance.
Same requirements: rounded arms, shoulders sunk.

11 进步搬拦捶

Step Forward, Divert, Block and Punch

Parry with the fist, block with the palm, punch from a bow stance — three linked actions with no pause betw
All three are waist-led; the punch sinks the shoulder and drops the elbow, force to the face of the fist, at ch

12 如封似闭

Apparent Close-Up

Draw both palms back and offset them before the chest, then press forward from a bow stance.
The palms do not touch the body on the way back; the press goes out as one whole, the weight moving forw
without rising.

13 抱虎归山

Embrace the Tiger and Return to the Mountain

Gather the hands and draw the foot in, then step and push both palms forward.
Waist and legs drive the push together, the reach is moderate, and the torso stays vertical rather than reac

14 斜十字手

Diagonal Cross Hands

Turn and close the foot, crossing both arms before the chest, the body facing the diagonal.
The crossed arms hold a rounded frame, the whole body gathering and the weight settling.

15 斜搂膝拗步

Diagonal Brush Knee and Twist Step

Brush the knee and push on the diagonal — a forty-five degree step and stance.
The torso stays upright and does not skew with the step direction.

16 转身搂膝拗步

Turn Body and Brush Knee and Twist Step

Turn the body through 180 degrees, then brush the knee and push.
The turn is carried by the waist, pivoting on the loaded leg, with no visible rise or fall of the centre.

17 揽雀尾

Grasp the Bird's Tail (2nd)

As movement 5, second appearance.
Same requirements: the four hands complete, waist-led.

18 单鞭

Single Whip (2nd)

As movement 6, second appearance.
Hook hanging, each arm its own half, torso upright.

19 肘底看捶

Watch Fist Under Elbow

Draw the foot in and gather, then from an empty stance hold the fist beneath the elbow, fist eye up, the fro
naturally.
The fist hides under the elbow and the intent stays contained; the empty stance is steady with shoulders su
dropped.

20 倒撵猴（左右三度）

Step Back and Chase Monkey (Three Times, Both Sides)

Three successive retreats: draw the foot in and brush up, retreat and push, alternating sides.
Every retreat takes the front foot back half a step with it; the push and the withdrawal are perfectly synchr
the waist.

21 斜飞式

Flying Oblique Posture

Step out on the diagonal and brace both arms open along that line, forming an extended diagonal frame.
The arms hold a full opposing force, the body stays upright without side-lean, and the bow stance faces the
arms extend.

22 提手上势

Raise Hands Above Posture (3rd)

As movement 3, third appearance.
Same requirements: 川字步, upright torso.

23 白鹤亮翅

White Crane Spreads Its Wings (2nd)

As movement 8, second appearance.
Opposing palms, torso vertical.

24 搂膝拗步

Brush Knee and Twist Step

A single pass: turn and gather, step, brush the knee and push.
Same requirements as movement 9, one repetition only.

25 海底针

Needle at Sea Bottom

Follow-step and sit back, then insert the palm down and forward from an empty stance, fingertips leading.
The torso inclines slightly forward without rounding the back; the arm is naturally extended and the force r
fingertips.

26 扇通背

Fan Through the Back

Step up and raise one palm, then push the other forward from a bow stance, the two arms opening into a fa
The arms open wide and the back expands; the pushing palm reaches the heel, the torso upright.

27 翻身撇身捶

Turn Body and Split Body Punch

Turn the body over and swing the fist out on an arc, force reaching the back of the fist.
The waist is the axis; the action runs continuously and the centre shows no visible wobble.

28 退步搬拦捶

Step Back, Divert, Block and Punch

Parry, block and punch while retreating, the weight moving back as the punch is delivered.
Hands and retreat move together; the punch lands with the weight stable and the feet rooted.

29 上步揽雀尾

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

As movement 5 — third of eight appearances, entered on a step.
Same requirements: the four hands complete.

30 单鞭

Single Whip (3rd)

As movement 6, third appearance.
Hook hanging, torso upright.

31 云手

Cloud Hands

Both hands circle upright in turn while the feet step sideways, the weight travelling level.
The waist drives both arms entirely; the sideways steps are even and the body keeps one constant height.

32 单鞭

Single Whip (4th)

As movement 6, fourth appearance.
Hook hanging, torso upright.

33 左高探马

Left High Pat on Horse

Follow-step and sit back, then probe forward with the left palm from a left empty stance at eye height.
The front foot touches lightly and the torso stays vertical, not reaching; the probing palm is clear and open

34 右分脚

Right Toe Kick

Gather the hands and draw the foot in, then kick the right foot forward from the toe, both arms parting.
Stand firm on the support leg before lifting; the leg stays slightly bent and the torso fully upright, not tippi

35 右高探马

Right High Pat on Horse

The high pat on the right, mirroring movement 33.
Same requirements, symmetrical.

36 左分脚

Left Toe Kick

Kick the left foot forward from the toe, mirroring movement 34.
Same requirements: support leg stable.

37 转身蹬脚

Turn Body and Heel Kick

Turn and gather the arms, raise the knee, then drive the heel forward with the toes drawn back.
The turn is carried by the waist; the kick and the parting of the hands happen together, force at the heel.

38 搂膝拗步（二度）

Brush Knee and Twist Step (Two Times)

Two successive brush-knee pushes, running together.
Same requirements as movement 9; the join is smooth with no pause.

39 进步栽捶

Step Forward and Downward Punch

Enter on a fast following step, then drive the fist down and forward from a bow stance.
The 践步 lands already solid; the waist stays loose and the hips tucked, force to the face of the fist, the tors
without bending.

40 翻身撇身捶

Turn Body and Split Body Punch (2nd)

As movement 27, second appearance.
Waist-led turn, force to the back of the fist.

41 高探马

High Pat on Horse (2nd)

As movement 33, second appearance.
Light toe touch, palm at eye height, torso vertical.

42 右分手双峰贯耳

Right Separate Hands, Twin Peaks Punch to Ears

Draw the foot in and lower the hands, step up into a bow stance, then drive both fists diagonally upward le
Both fists travel on an arc with the fist eyes angled inward toward each other, force to the face of the fists.

43 一起脚

First Kick Up

Raise the knee, then kick the foot forward and up with the instep naturally extended, the hand slapping the
The kick height is moderate, the support leg stable, and the action continuous rather than rigid.

44 退步七星

Step Back Seven Stars Posture

Retreat into an empty stance and cross both fists before the chest to form the seven stars.
The weight sits on the back leg, the crossed arms hold a rounded frame, and the intent stays contained.

45 退步打虎式

Step Back Beat the Tiger Posture

Retreat and set the fists one above the other — upper fist beside the temple, lower fist before the knee.
The waist turns the fists and the eyes hold the front one; the whole body’s force stays intact.

46 二起脚

Second Kick Up

Leap and slap the foot in the air, landing with bent knees to cushion.
The take-off is continuous and light; the landing is even — protect knee and ankle.

47 双峰贯耳

Twin Peaks Punch to Ears (2nd)

As movement 42, second appearance.
Same requirements: fists arc up, eyes inward.

48 披身踢脚

Wrap Body and Kick Up

Let the body drape into the step, then raise the knee and kick, the two running together.
The step and body land together and the axis does not skew while draping; the torso stays upright.

49 转身蹬脚

Turn Body and Heel Kick (2nd)

As movement 37, second appearance.
Turn carried by the waist, force at the heel.

50 高探马

High Pat on Horse (3rd)

As movement 33, third appearance.
Palm at eye height, torso vertical.

51 进步搬拦捶

Step Forward, Divert, Block and Punch (2nd)

As movement 11, second appearance.
Three linked actions, punch at chest height.

52 如封似闭

Apparent Close-Up (2nd)

As movement 12, second appearance.
Palms offset, press as one whole.

53 抱虎归山

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

As movement 13, second appearance.
Waist and legs drive the push, torso vertical.

54 十字手

Cross Hands

Close the foot and turn, crossing both arms before the chest as the whole body gathers and sinks.
The crossed arms hold a rounded frame, the weight fully settled, and the breath sinks to the abdomen.

55 斜搂膝拗步

Diagonal Brush Knee and Twist Step (2nd)

As movement 15, second appearance.
Diagonal step, torso upright.

56 转身搂膝拗步

Turn Body and Brush Knee and Twist Step (2nd)

As movement 16, second appearance.
Turn on the loaded leg, no visible rise.

57 揽雀尾

Grasp the Bird's Tail (4th)

As movement 5 — fourth of eight.
Same requirements: four hands complete.

58 单鞭

Single Whip (5th)

As movement 6, fifth appearance.
Hook hanging, torso upright.

59 手挥琵琶

Hand Strums the Lute (3rd)

As movement 4, third appearance.
Rounded arms, shoulders sunk.

60 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 — upper hand no high
brow, lower hand beside the hip.
Up and down pull against each other; the leading hand does not pass the front toe, as 吴式 requires.

61 手挥琵琶

Hand Strums the Lute (4th)

As movement 4, fourth appearance.
Rounded arms, weight back.

62 野马分鬃（左右三度）

Part the Wild Horse's Mane (Three Times, Both Sides)

Three successive passes of the parting, alternating sides.
Same requirements as movement 60; the joins are smooth with no pause.

63 手挥琵琶

Hand Strums the Lute (5th)

As movement 4, fifth appearance.
Rounded arms, shoulders sunk.

64 野马分鬃

Part the Wild Horse's Mane (Single)

A single pass, as movement 60.
Same requirements: opposing hands, hand within the toe line.

65 玉女穿梭（二度）

Jade Maiden Works at Shuttles (Two Times)

Two successive turns through the diagonal directions, each with one ward and one push.
The step enters on the diagonal, one ward and one push, the waist carrying the turn, the torso always uprig

66 手挥琵琶

Hand Strums the Lute (6th)

As movement 4, sixth appearance.
Rounded arms, weight back.

67 野马分鬃

Part the Wild Horse's Mane (Single)

As movement 60, single pass.
Same requirements: opposing hands.

68 玉女穿梭（二度）

Jade Maiden Works at Shuttles (Two Times, 2nd)

Two more turns, completing the remaining diagonal directions.
All four corners covered, the action continuous and even.

69 揽雀尾

Grasp the Bird's Tail (5th)

As movement 5 — fifth of eight.
Same requirements: four hands complete.

70 单鞭

Single Whip (6th)

As movement 6, sixth appearance.
Hook hanging, torso upright.

71 云手

Cloud Hands (2nd)

As movement 31, second appearance.
Weight level, waist-led, even sideways steps.

72 单鞭

Single Whip (7th)

As movement 6, seventh appearance.
Hook hanging, torso upright.

73 下势

Push Down Posture

Close the foot and drop into the low stance, the palm threading forward along the direction of the stance.
The low stance lies flat with the weight fully sunk and the knee not turning inward; depth follows your flexi

74 左金鸡独立

Left Golden Rooster Stands on One Leg

Raise the left knee with the weight on the right leg, the right palm lifting and the left pressing down.
Knee and lifting palm rise together; the support leg stays slightly bent, the torso vertical without leaning b

75 右金鸡独立

Right Golden Rooster Stands on One Leg

Raise the right knee with the weight on the left leg, the left palm lifting and the right pressing down — the
movement 74.
Same requirements: symmetrical and stable.

76 倒撵猴（左右三度）

Step Back and Chase Monkey (Three Times, Both Sides, 2nd)

Three more retreating pushes, as movement 20.
Same requirements: every retreat takes the front foot back, no rise or fall.

77 横斜飞式

Horizontal Flying Oblique Posture

Step out laterally and brace both arms across that line, forming the horizontal version of the flying oblique
The step is lateral and the opposing force full; the body stays upright and unskewed.

78 提手上势

Raise Hands Above Posture (4th)

As movement 3, fourth appearance.
Same requirements: 川字步, upright torso.

79 白鹤亮翅

White Crane Spreads Its Wings (3rd)

As movement 8, third appearance.
Opposing palms, torso vertical.

80 搂膝拗步

Brush Knee and Twist Step

A single pass, as movement 24.
Same requirements: brush and push together.

81 海底针

Needle at Sea Bottom (2nd)

As movement 25, second appearance.
Fingertips lead, back not rounded.

82 扇通背

Fan Through the Back (2nd)

As movement 26, second appearance.
Arms open wide, back expanded.

83 翻身撇身捶

Turn Body and Split Body Punch (3rd)

As movement 27, third appearance.
Waist-led turn, force to the back of the fist.

84 上步搬拦捶

Step Forward, Divert, Block and Punch (3rd)

As movement 11, third appearance.
Three linked actions, punch at chest height.

85 上步揽雀尾

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

As movement 5 — sixth of eight, entered on a step.
Same requirements: four hands complete.

86 单鞭

Single Whip (8th)

As movement 6, eighth appearance.
Hook hanging, torso upright.

87 云手

Cloud Hands (3rd)

As movement 31, third appearance.
Weight level, even steps.

88 单鞭

Single Whip (9th)

As movement 6, ninth appearance.
Hook hanging, torso upright.

89 高探马

High Pat on Horse (4th)

As movement 33, fourth appearance.
Palm at eye height, torso vertical.

90 扑面掌

Face Slapping Palm

Step up into a bow stance and send the palm straight out at face height, force to the heel of the palm.
The step and the push arrive together, the torso upright, the force running clear to the heel of the palm.

91 翻身单摆莲

Turn Body, Single Wave 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, the landing is even and the torso does not skew.

92 搂膝拗步

Brush Knee and Twist Step

A single pass, as movement 24.
Same requirements: brush and push together.

93 上步指裆捶

Step Forward Punch to Crotch

Step up into a bow stance and send the fist down and forward toward the groin.
Waist loose and hips tucked, force to the face of the fist, the action compact with no extra sway.

94 上步揽雀尾

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

As movement 5 — seventh of eight.
Same requirements: four hands complete.

95 单鞭

Single Whip (10th)

As movement 6, tenth appearance.
Hook hanging, torso upright.

96 下势

Push Down Posture (2nd)

As movement 73, second appearance.
Flat low stance, knee not turning in.

97 上步七星

Step Forward Seven Stars Posture

Step up into an empty stance and cross both palms before the chest to form the seven stars.
Weight on the back leg, crossed arms rounded, the intent complete.

98 退步跨虎

Step Back Straddle the Tiger Posture

Retreat and brace the two palms diagonally, one above the other, in the straddling-tiger shape.
The retreat and the parting of the hands are simultaneous; the empty stance sinks and the palms press agai
the diagonal.

99 转身扑面掌

Turn Body and Face Slapping Palm

Turn, then deliver the face palm with the turn and the push running together.
The waist carries the turn, the weight stays stable, and the force reaches the heel of the palm.

100 翻身双摆莲

Turn Body, Double Wave Lotus Kick

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

101 弯弓射虎

Draw Bow and Shoot the Tiger

From a bow stance set the two fists one forward and one back, as if drawing a bow, the eyes on the front fis
The fists pull against each other front and back; the waist releases and the whole body’s force stays intact

102 高探马

High Pat on Horse (5th)

As movement 33, fifth appearance.
Palm at eye height, torso vertical.

103 扑面掌

Face Slapping Palm (2nd)

As movement 90, second appearance.
Step and push together, force to the palm heel.

104 翻身撇身捶

Turn Body and Split Body Punch (4th)

As movement 27, fourth appearance.
Waist-led turn, force to the back of the fist.

105 上步高探马

Step Forward High Pat on Horse

Step forward and probe with the palm from an empty stance, the step and the probe arriving together.
The step is even, the palm at eye height, the torso upright.

106 上步揽雀尾

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

As movement 5 — the eighth and last appearance.
Same requirements: four hands complete.

107 单鞭

Single Whip (11th, Last)

As movement 6 — the eleventh and last single whip of the slow frame.
Hook hanging, torso upright.

108 合太极

Close Tai Chi

Draw both arms slowly back and let them fall to the sides, then bring the feet together and return to standi
The close is slow and even, the breath long, the breath settling to the abdomen; the whole body releases ar
returns to quiet.