

# Yang Style Taiji Sanshou (88)<sup>1</sup>

## 楊式太極散手(八十八)

### A

1. Step-forward, (rf), Punch (r)
3. Step-forward, (rf), Deflect-up, Punch (r)
5. Step-behind, (rf), Step-forward, (lf), Strike w. Shoulder (l)
7. Strike w. Elbow (l), (lf)
9. Turn body, Chop w. Back-fist (l), (lf)
11. Step-behind, (lf), 'Hit Tiger' (l)
13. Raise Hands (r), Step-up (r), Ch. step, (rf)
15. Turn-body, Back-fist (r), Rock-step, (rf)
17. Diagonal Forearm Strike (r), (rf)
19. 'Hit Tiger'- Low Punch (r), Step-behind, (rf)
21. Step-up, Elbow-stroke (l), (rf, lf)
23. 'Retreat to Ride Tiger', Kick Knee (l-o), Ch. step, (rf)
25. Wrist-pull (r), Forearm Smash (r), Step-behind, (rf)
27. Deflect-up (l), Punch (r), (rf)
29. Step-forward, (lf), Ward-off w. Shoulder (l)
31. Turn (l), Draw-back, Push, (lf)
33. Two Hands Push, Ch. step, (rf)
35. Single Hand Push Arm (l; r-o), (rf)
37. Escape (r), Single Hand Push (l), (rf)
39. Neutralize, Single Hand Push Elbow (l; r-o), Ch. step, (lf)
41. Elbow-pull (r), Forearm Smash (r), Ch. step, (rf)
43. 'Hit Tiger' (r), Step-behind, (rf)
45. Step-up, Shoulder-stroke (l), (rf,lf)
47. Separate Arms, Front Shoulder-stroke (r), Ch. step, (rf)
49. Strike w. Elbow (r), Step-behind, (rf)
51. Retreat step, (rf), Pull-down Opponent's Wrists
53. Parry Kick, (rf), Step-up, (lf), Shoulder (l)

### B

2. Step-back, (lf), Ward-off (r), (rf)
4. Parry (l), Punch (r), Rock-step, (rf)
6. 'Hit Tiger' (r), Step-behind, (rf)
8. Parry Elbow w. Palm (r), (rf)
10. Side-step, (lf), Step-in, (rf), Shoulder-stroke (r)
12. Turn-body, Strike Opponent w. Back-fist (r), (rf)
14. Turn-body, Push, Rock-step, (rf)
16. Deflect-up (l), Punch (r), Rock-step, (rf)
18. Part Wild Horse's Mane (l), (Ch. step-behind, lf)
20. Turn-body (l), Large Rollback, Step-back, (lf)
22. Push Wrist, Elbow (l-o), (step around), (rf, lf)
24. Step-up, Punch to Groin (r), Ch. step, (rf)
26. Fair Maiden Weaves Shuttles (r), Ch. step, (lf)
28. 'White Crane Spreads its Wings', Kick, (lf)
30. Twist Arm (l-o), Step-back, (lf), Step-over, (rf)
32. Double Winds Pierce Ears, (rf)
34. Turn-body, Punch (r), (rf)
36. Snapping Arm-lock, (rf)
38. Neutralize, Strike w. Palm Edge (r), (rf)
40. Neutralize, Step-behind, (rf), Strike w. Elbow (r)
42. Arm-twist (r), Ch. step, (lf)
44. Turn-body (l), Large Rollback, Step-back, (lf)
46. Step-in, (rf), Press-forward
48. Shoulder (l), Ch. step, Step-in, (lf)
50. Twist-step (lf, rf), Golden Rooster, One Leg, (lf)
52. Kick w. Heel, (lf)

55. Diagonal Step, (lf), Parting Kick, (rf)
57. Diagonal Step, (rf), Parting Kick, (lf)
59. Change Hands, Shoulder-stroke (r), Ch. step, (rf)
61. Grasp Sparrow's Tail (l), Ch. step, (lf)
63. Grasp Sparrow's Tail (r), Ch. step, (rf)
65. Roll-over Ward-off (r), (rf)
67. High Pat on Horse, Ch.-Step Kick Knee, (r-o, lf)
69. Turn-body to Sweep Lotus, Spin-step, Kick, (rf)
71. Step-back, (rf), Snake Creeps Down (l), (lf)
73. 'Hit Tiger' (l), Step-behind, (lf)
75. Repulse like Monkey (l), (no step, lf)
77. Step-back, (lf), Repulse Monkey (r), (rf)
79. Step-back, (rf), Repulse Monkey (l), Palm-strike (r), (lf)
81. Needle at Sea Bottom (l), (lf)
83. Hand Plays the Guitar (l), (lf)
85. Single Whip (rh), Ch. step, (rf)
87. Cross Hands, Palm Thrust (r), Ch. step, (lf)
54. Ch.-Step-back (lf, rf), Strike-Twist Arm (r; l-o)
56. Parry (l), Brush Knee (r), (rf)
58. Parry (r), Brush Knee (l), (rf)
60. Side-step, Shoulder-stroke (r), Ch. step, (rf)
62. Cloud Hand (r), Sinking Side-step, (rf)
64. Cloud Hand (l), Sinking Side-step, (lf)
66. Turn-body (l), Back-fist Parry-Punch (r), (rf)
68. White Crane Spreads Wings (l), Hinder Leg, (rf)
70. Diagonal Flying (l), Ch. step, (lf)
72. Diagonal Flying (r), Ch. step, (rf)
74. Chop w. Back-fist (r), (rf)
76. Step-up, (rf), Thrust w. Palm (r)
78. Step-up, (lf), Thrust w. Palm (l)
80. Step-up (Small Kick, rf), Form Seven Stars
82. Fan Through the Back, Ch. step, (lf)
84. Bend Bow, Shoot Tiger, (Step-across, rf)
86. Fist Under Elbow, Ch. step, (lf)
88. Embrace Tiger, Return to Mountain, (lf)

Both sides step back in and even stance to complete the form.

#### Key:

- (r) & (rh) = 'right' hand or arm
- (l) & (lh) = 'left' hand or arm
- (f) = foot •eg., (lf) = 'left foot' or 'left knee'
- (-o) = 'opponent's' •eg. (r-o) means 'opponents right' arm or leg.
- Ch. step = change step •eg. Ch. step, (lf) means from a right foot forward position the right has stepped and the left has replaced it as forward leg.
- Note: Designation of the final foot forward in the posture is given for each move. •eg., (rf)

1. Also called the '88', or the 'Attack and Defend'. As taught by Sam Masich (馬希奇). Variations of this two person routine are most commonly derived from *Chen Yenlin's* (a.k.a. *Chen Kung* or *Yearning K. Chen*) magnum opus, *Taijiquan, Dao, Jian, Gun, Sanshou Ho Lun* (Taiji Bare-hand, Sabre, Sword, Staff and Sparring Compendium), first published in Shanghai, China in 1936. The routine is most popular in Taiwan where stylistic interpretations abound. In Mainland China the sequence is probably best known in Shanghai, where Chen made his home. A variation of the form was also published by the China Wushu Committee, and features a short, matched set of solo movements executed simultaneously by each partner at the introduction and conclusion of the routine.

This list differs from the literal translation of Chen Yenlin's names for the movements in several ways. 1) Use of the somewhat repetitive and cumbersome *shi*, (式; 'style') is omitted from terms such as "Right Style" when referring simply to a direction. 2) Use of the terms 'Left' and 'Right' are changed to (l) and (r) after movements. (See 'Key:'). Translations of form names such as *'Bend Bow, Shoot Tiger'* are translated so as to correspond w. the *Yang Style Taijiquan 108 Bare-hand* routine as I have translated it. Other minor descriptives have been altered, omitted or added where clarity was served. This is a difficult form to translate effectively into English for practitioners wishing to learn it.