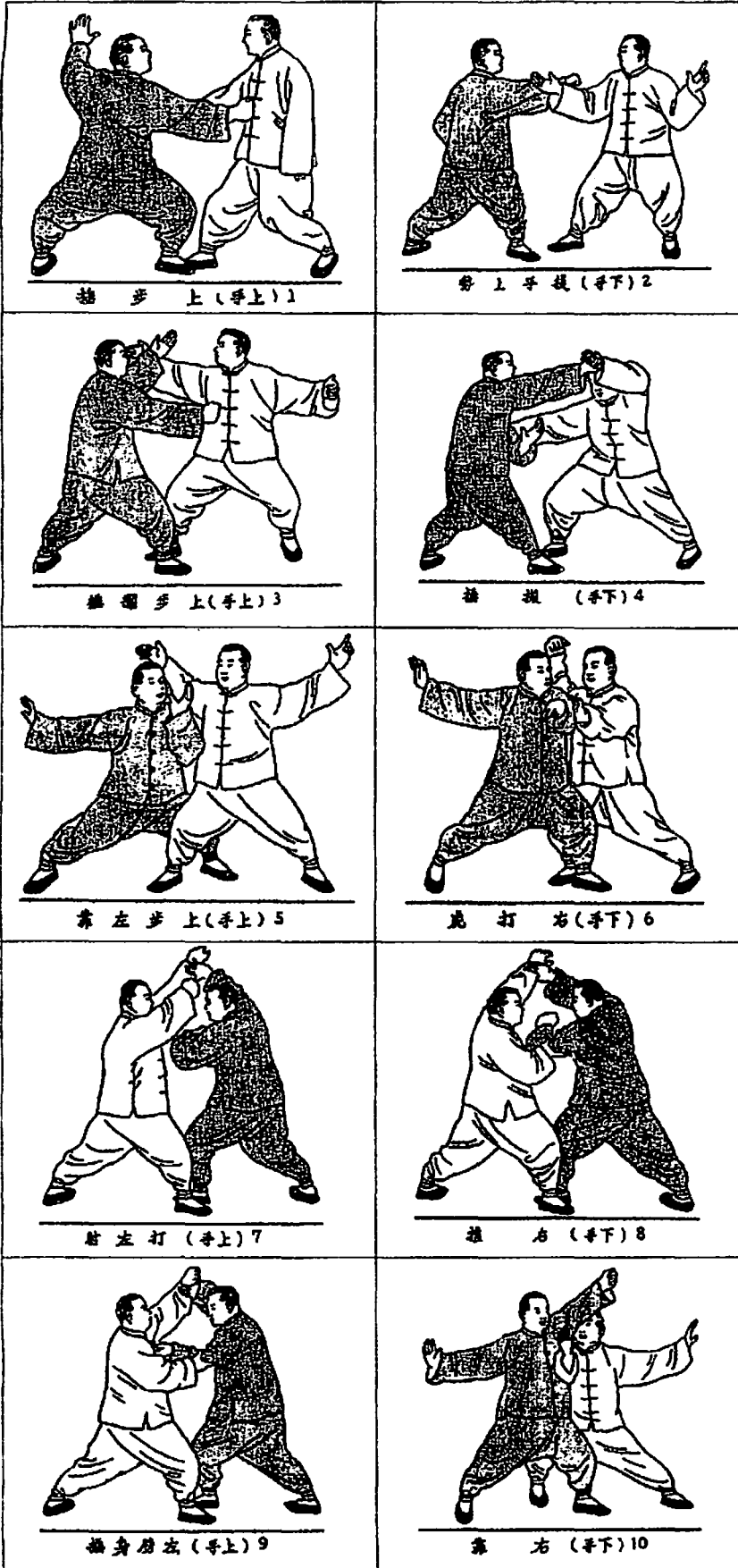


# Yang Style Taiji Sanshou (88)

## 楊式太極散手(八十八)



1. Step-forward, (rf), Punch (r)

2. Step-back, (lf), Ward-off (r), (rf)

3. Step-forward, (rf), Deflect-up, Punch (r)

4. Parry (l), Punch (r), Rock-step, (rf)

5. Step-around, (rf), Step-behind, (lf),  
Strike w. Shoulder (l)

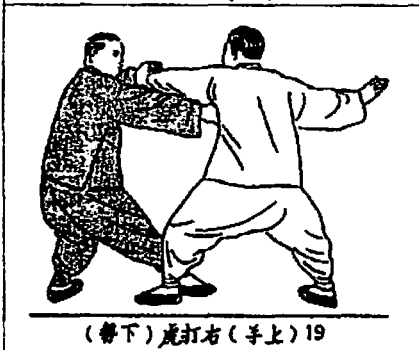
6. 'Hit Tiger' (r), Step-behind, (rf)

7. Strike w. Elbow (l), (lf)

8. Parry Elbow w. Palm (r), (rf)

9. Turn body, Chop w. Back-fist (l), (lf)

10. Side-step, (lf), Step-behind, (rf),  
Shoulder-stroke (r)



11. Step-behind, (lf), 'Hit Tiger' (l)

12. Turn-body, Strike Opponent w. Back-fist (r), (rf)

13. Raise Hands (r), Step-up (r), Ch. step, (rf)

14. Turn-body, Push, Rock-step, (rf)

15. Turn-body, Back-fist (r), Rock-step, (rf)

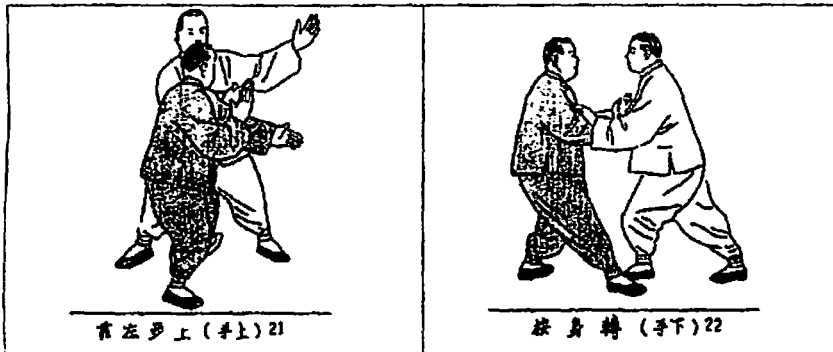
16. Deflect-up (l), Punch (r), Rock-step, (rf)

17. Diagonal Forearm Strike (r), (rf)

18. Part Wild Horse's Mane (l), (Ch. step-behind, lf)

19. 'Hit Tiger'- Low Punch (r), Step-behind, (rf)

20. Turn-body (l), Large Rollback, Step-back, (lf)



21. Step-up, Elbow-stroke (l), (rf, lf)



22. Push Wrist, Elbow (l-o), (step around), (rf, lf)



23. 'Retreat to Ride Tiger', Kick Knee (l-o), Ch. step, (rf)



24. Step-up, Punch to Groin (r), Ch. step, (rf)



25. Wrist-pull (r), Forearm Smash (r), Step-behind, (rf)



26. Fair Maiden Weaves Shuttles (r), Ch. step, (lf)



27. Deflect-up (l), Punch (r), (rf)



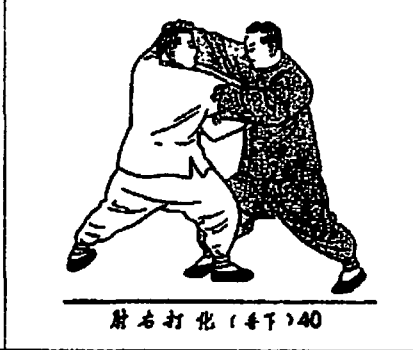
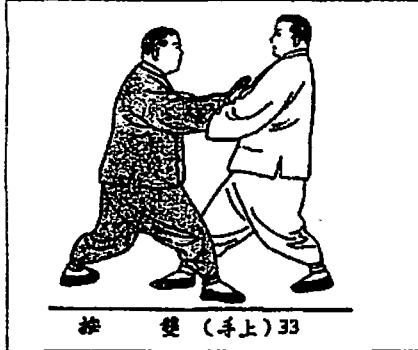
28. 'White Crane Spreads its Wings', Kick, (lf)



29. Step-forward, (lf), Ward-off w. Shoulder (l)



30. Twist Arm (l-o), Step-back, (lf), Step-over, (rf)



31. Turn (l), Draw-back, Push, (lf)

32. Double Winds Pierce Ears, (rf)

33. Two Hands Push, Ch. step, (rf)

34. Turn-body, Punch (r), (rf)

35. Single Hand Push Arm (l; r-o), (rf)

36. Snapping Arm-lock, (rf)

37. Escape (r), Single Hand Push (l), (rf)

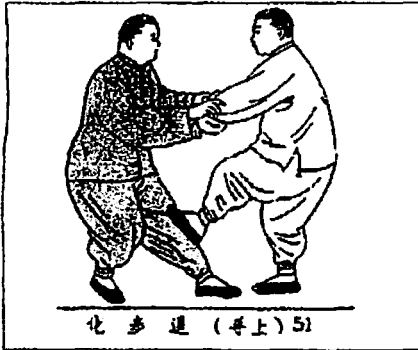
38. Neutralize, Strike w. Palm Edge (r), (rf)

39. Neutralize, Single Hand Push Elbow (l; r-o), Ch. step, (lf)

40. Neutralize, Step-behind, (rf), Strike w. Elbow (r)



- 41. Elbow-pull (r), Forearm Smash (r), Ch. step, (rf)
- 42. Arm-twist (r), Ch. step, (lf)
- 43. 'Hit Tiger' (r), Step-behind, (rf)
- 44. Turn-body (l), Large Rollback, Step-back, (lf)
- 45. Step-up, Shoulder-stroke (l), (rf,lf)
- 46. Step-in, (rf), Press-forward
- 47. Separate Arms, Front Shoulder-stroke (r), Ch. step, (rf)
- 48. Shoulder (l), Ch. step, Step-in, (lf)
- 49. Strike w. Elbow (r), Step-behind, (rf)
- 50. Twist-step (lf, rf), Golden Rooster, One Leg, (lf)



- 51. Retreat step, (rf), Pull-down Opponent's Wrists
- 52. Kick w. Heel, (lf)
- 53. Parry Kick, (rf), Step-up, (lf), Shoulder (l)
- 54. Ch.-Step-back (lf, rf), Strike-Twist Arm (r, l-o)
- 55. Diagonal Step, (lf), Parting Kick, (rf)
- 56. Parry (l), Brush Knee (r), (rf)
- 57. Diagonal Step, (rf), Parting Kick, (lf)
- 58. Parry (r), Brush Knee (l), (rf)
- 59. Change Hands, Shoulder-stroke (r), Ch. step, (rf)
- 60. Side-step, Shoulder-stroke (r), Ch. step, (rf)



尾骨擺左步上(手上)61



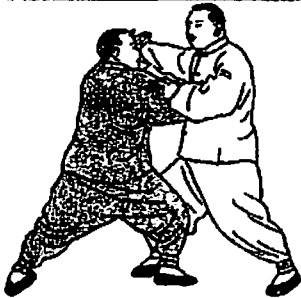
手雲右(手下)62



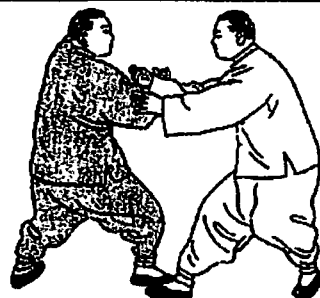
尾骨擺右步上(手上)63



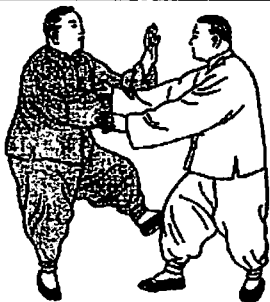
手雲左(手下)64



(轉)翻右(手上)65



抽身撤身(手下)66



(腳擺下)馬擺高步上(手上)67



(同上)腿查下)起球掃台(手下)68



進擺身轉(手上)69



式擺斜左(手下)70

61. Grasp Sparrow's Tail (l), Ch. step, (lf)

62. Cloud Hand (r), Sinking Side-step, (rf)

63. Grasp Sparrow's Tail (r), Ch. step, (rf)

64. Cloud Hand (l), Sinking Side-step, (lf)

65. Roll-over Ward-off (r), (rf)

66. Turn-body (l), Back-fist Parry-Punch (r), (rf)

67. High Pat on Horse, Ch.-Step Kick Knee, (r-o, lf)

68. White Crane Spreads Wings (l), Hinder Leg, (rf)

69. Turn-body to Sweep Lotus, Spin-step, Kick, (rf)

70. Diagonal Flying (l), Ch. step, (lf)



蛇下身蛇手刀(手上)71



式擺斜右(手下)72



虎打左(手上)73



转身做身蹲(手下)74



(一)猴摆斜(手上)75



(步上)闪左(手下)76



二)猴摆斜(手上)77



闪右(手下)78



面摸(三)猴摆斜(手上)79



星七步上(手下)80

71. Step-back, (rf), Snake Creeps Down (l), (lf)

72. Diagonal Flying (r), Ch. step, (rf)

73. 'Hit Tiger' (l), Step-behind, (lf)

74. Chop w. Back-fist (r), (rf)

75. Repulse like Monkey (l), (no step, lf)

76. Step-up, (rf), Thrust w. Palm (r)

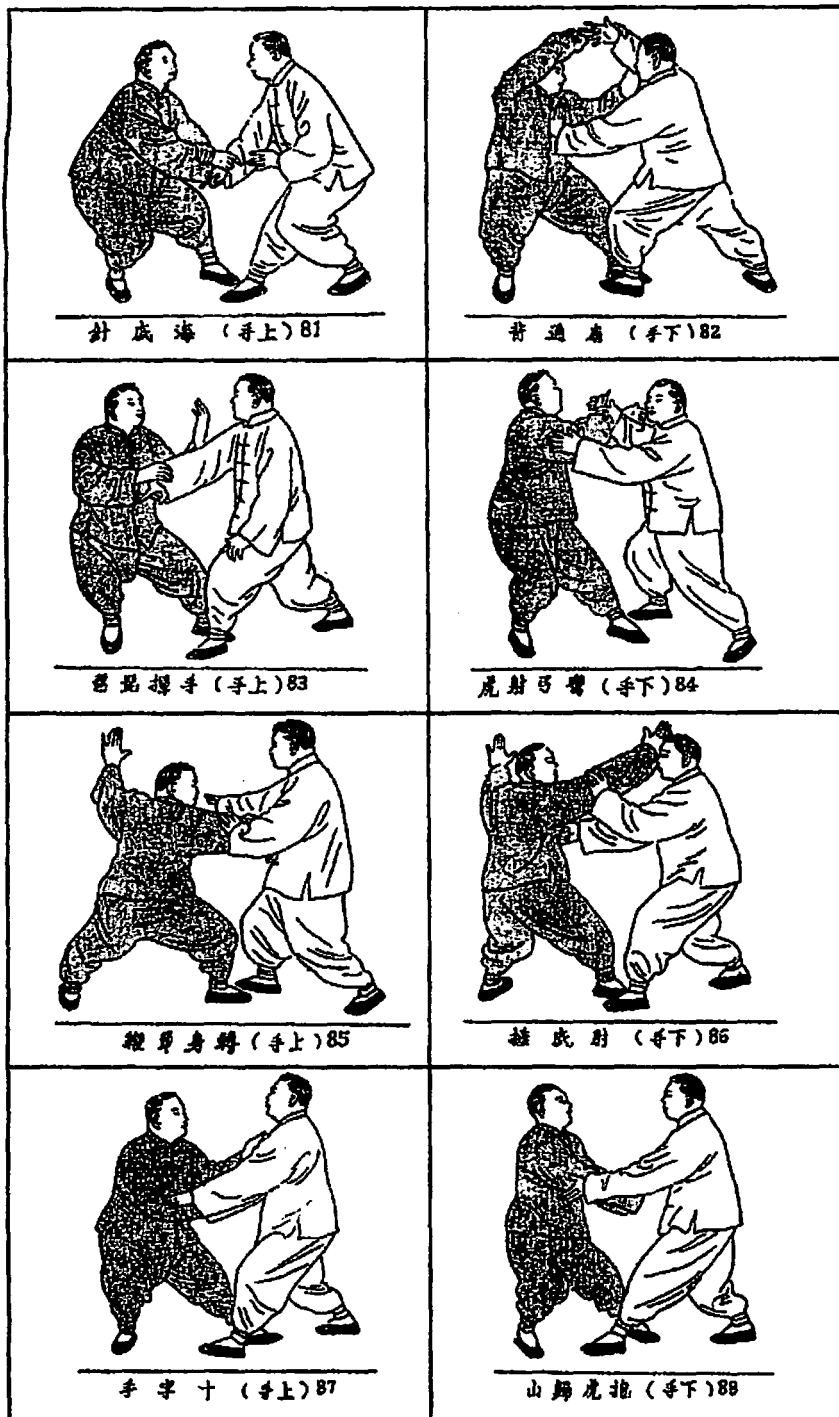
77. Step-back, (lf), Repulse Monkey (r), (rf)

78. Step-up, (lf), Thrust w. Palm (l)

79. Step-back, (rf), Repulse Monkey (l), Palm-strike (r), (lf)

80. Step-up (Small Kick, rf), Form Seven Stars





81. Needle at Sea Bottom (I), (If)

82. Fan Through the Back, Ch. step, (If)

83. Hand Plays the Guitar (I), (If)

84. Bend Bow, Shoot Tiger, (Step-across, rf)

85. Single Whip (rh), Ch. step, (rf)

86. Fist Under Elbow, Ch. step, (If)

87. Cross Hands, Palm Thrust (r), Ch. step, (If)

88. Embrace Tiger, Return to Mountain, (If)

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)