

# 簡易讀經太極拳

## Simplified Recitation Taijiquan<sup>1</sup>

[http://texanalovestories.mathisacommonlanguage.com/PDFFiles\\_/Non\\_Bible/taijiquan.pdf](http://texanalovestories.mathisacommonlanguage.com/PDFFiles_/Non_Bible/taijiquan.pdf)

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<sup>1</sup> p. 0, ©2014 All Rights Reserved; Kuocheng Ting. Non-profit uses welcome. Taijiquan has been a popular Chinese exercise for hundreds of years, and the simplified form was developed in Mainland China to further popularize the exercise. The author only put down the steps in the short-command form so that the learners can teach themselves by simply reciting the steps – therefore the name “Recitation Taijiquan”. 版權所有；丁國城。歡迎非盈利使用。

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
	Gam1yie5 diong5dai5yie1 dui4jiao6 ta6gieng1 tai4gie1gun3 gun5po4	
<b>1 · 預備</b>	<b>預備</b> Yio1bi5	<b>Preparation</b>
兩腳併攏	兩腳作夥 Neng6ka1 ze4hui4	Feet together
膝蓋併攏	腳頭窩作夥 Ka5tao5wu1 ze4hui4	Knees together
大腿併攏	大腿作夥 Dua6tui4 ze4hui4	Thighs together
臀部收縮	腳穿夾緊 Ka5ceng1 ghia6an3	Buttocks tight
腹部收縮	腹肚收緊 Bha1do4 siu5an3	Stomach tight
胸部微挺	胸部微挺 Siong5bo5 wui5tieng3	Chest slightly raised
肩膀自然	肩胛頭自然 Gieng5ga4tao3 zu6jien3	Shoulders natural
雙臂自然	雙臂自然 Siang5ciu4 zu6jien3	Arms natural
喉嚨自然	咽喉自然 Na5ao3 zu6jien3	Throat natural
下巴水平	下骸水平 E6hai3 zui1bieng3	Chin horizontal
<b>2 · 起勢</b>	<b>起勢</b> Ki1sie5	<b>Start Position</b>
重心右移	重心右移 Diong6sim1 you4yi3	Shift weight to right
膝蓋彎曲	腳頭窩彎曲 Ka5tao5wu1 wan5kie5	Bend your knees
左腳左移	倒腳倒移 De4ka1 de4yi3	Left foot to left
重心中間	重心中央 Diong6sim1 diong5eng1	Center weight
身臂提起	身臂提起 Sin5bi6 te6ki4	Raise upper arms and body
落成馬步	落成馬步 Lo6 sieng3 bhe1bo5	Lower into horse stance
<b>3 · 野馬分鬃左</b>	<b>野馬分鬃左</b> Ya1bhe4 fun5jiang1 ze4	<b>Wild Horse Parts Mane -- Left</b>
重心右移	重心右移	Shift weight to right

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
	Diong6sim1 you4yi3	
轉身向左	轉身向左	Turn body to left
	Deng1sin1 hiong4ze4	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
左腳前踏	倒腳前踏	Left foot steps forward
	De4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
左掌斜上	倒掌斜上	Left palm diagonally up
	De4jiong4 hia6siong5	
右掌斜下	右掌斜下	Right palm diagonally down
	You4jiong4 hia6ha5	
正對前方	正對前方	Face squarely forward
	8Jia4dui6 jieng5hong1	
<b>4 · 野馬分鬃右</b>	<b>野馬分鬃右</b>	<b>Wild Horse Parts Mane -- Right</b>
	<b>Ya1bhe4 fun5jiang1 you5</b>	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
右腳前踏	右腳前踏	Right foot steps forward
	You4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右掌斜上	右掌斜上	Right palm diagonally up
	You4jiong4 hia6siong5	
左掌斜下	倒掌斜下	Left palm diagonally down
	De4jiong4 hia6ha5	
正對前方	正對前方	Face squarely forward
	8Jia4dui6 jieng5hong1	
<b>5 · 野馬分鬃左</b>	<b>野馬分鬃左</b>	<b>Wild Horse Parts Mane -- Left</b>
	<b>Ya1bhe4 fun5jiang1 ze4</b>	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
左腳前踏	倒腳前踏	Left foot steps forward

簡易中台英對照讀經太極拳拳譜 (中文 Mandarin)	簡易中台英對照讀經太極拳拳譜 (臺語 Taiwanese)	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 English)
	De4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
左掌斜上	倒掌斜上	Left palm diagonally up
	De4jiong4 hia6siong5	
右掌斜下	右掌斜下	Right palm diagonally down
	You4jiong4 hia6ha5	
正對前方	正對前方	Face squarely forward
	8Jia4dui6 jieng5hong1	
<b>6 · 提手上勢</b>	<b>提手上勢</b>	<b>Raise Hand</b>
	<b>Te6ciu4 siong6se6</b>	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右腳跟上	右腳跟上	Right foot steps up
	You4ka1 gin5siong5	
右臂前擺	右臂前甩	Right arm swings forward
	You4bi6 jieng58hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4ji4 zui1bieng3	
右肘直立	右肘直立	Right elbow vertically up
	You4jiu6 di6li1	
轉身向右	轉身向右	Turn to the right
	Deng1sin1 hiong4you5	
轉身向前	轉身向前	Turn back to the front
	Deng1sin1 hiong4jieng3	
<b>7 · 擻膝拗步左</b>	<b>擻膝拗步左</b>	<b>Brush Knee -- Left</b>
	<b>Lou6si1 ao4bo5 ze4</b>	
左腳前踏	倒腳前踏	Left foot steps forward
	De4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
左掌左擺	倒掌倒甩	Left palm swings to left
	De4jiong4 de48hai6	
保護膝蓋	保護腳頭窩	To protect the knee
	Be1ho6 ka5tao5wu1	
右掌胸前	右掌胸前	Right palm in front of chest
	You4jiong4 hiong5jieng3	
保護胸膛	保護胸膛	To protect the chest
	Be1ho6 hiong5dong3	
<b>8 · 擻膝拗步右</b>	<b>擻膝拗步右</b>	<b>Brush Knee -- Right</b>
	<b>Lou6si1 ao4bo5 you5</b>	

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重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右腳前踏	右腳前踏	Right foot steps forward
	You4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右掌右擺	右掌右甩	Right palm swings to right
	You4jiong4 you48hai6	
保護膝蓋	保護腳頭窩	To protect the knee
	Be1ho6 ka5tao5wu1	
左掌胸前	倒掌胸前	Left palm in front of chest
	De4jiong4 hiong5jieng3	
保護胸膛	保護胸膛	To protect the chest
	Be1ho6 hiong5dong3	
<b>9 · 擻膝拗步左</b>	<b>擻膝拗步左</b>	<b>Brush Knee -- Left</b>
	<b>Lou6 si1 ao4 bo5 ze4</b>	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
左腳前踏	倒腳前踏	Left foot steps forward
	De4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
左掌左擺	倒掌倒甩	Left palm swings to left
	De4jiong4 de48hai6	
保護膝蓋	保護腳頭窩	To protect the knee
	Be1ho6 ka5tao5wu1	
右掌胸前	右掌胸前	Right palm in front of chest
	You4jiong4 hiong5jieng3	
保護胸膛	保護胸膛	To protect the chest
	Be1ho6 hiong5dong3	
<b>10 · 肘底看槌</b>	<b>肘底看槌</b>	<b>Fist Under Elbow</b>
	<b>Jiu1de4 8kua4tui3</b>	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右腳跟上	右腳跟上	Right foot steps up
	You4ka1 gin5siong5	
兩肘水平	兩肘水平	Elbows horizontal
	Neng6jiu6 zui1bieng3	

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兩拳相對	兩拳相對	Fists confront each other
	Neng6gun3 siong5dui6	
兩肘下沉	兩肘下沉	Elbows sink down
	Neng6jiu6 ha6dim3	
左肘直立	倒肘直立	Left elbow vertically up
	D34jiu6 di6li1	
右拳在下	右拳在下	Right fist underneath
	You4gun3 zai6ha5	
左跟點地	倒跟點地	Left heel touches the ground
	De4gin1 diam5de5	
<b>11 · 倒撇猴右</b>	<b>倒撇猴右</b>	<b>Backward Monkey -- Right</b>
	<b>De4pia4gao3 you5</b>	
右臂後擺	右臂後甩	Right arm swings backward
	You4bi6 ao68hai6	
左臂前擺	倒臂前甩	Left arm swings forward
	De4bi6 jieng58hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4di4 sui1bieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
眼睛後看	目睛後看	Eyes look backward
	Bha6jiu1 ao68kua6	
轉身向前	轉身向前	Turn back to the front
	Deng1sin1 hong4jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
放在胸前	放在胸前	In front of the chest
	He6di6 hong5jieng3	
<b>12 · 倒撇猴左</b>	<b>倒撇猴左</b>	<b>Backward Monkey -- Left</b>
	<b>De4pia gao6 ze4</b>	
左臂後擺	倒臂後甩	Left arm swings backward
	De4bi6 ao6h8ai6	
右臂前擺	右臂前甩	Right arm swings forward
	You4bi6 jieng58hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4di4 zui1bieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
眼睛後看	目睛後看	Eyes look backward
	Bha6jiu1 ao68kua6	
轉身向前	轉身向前	Turn back to the front

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
	Deng1sin1 hong4jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
放在胸前	放在胸前	In front of the chest
	He6di6 hong5jieng3	
<b>13 · 倒撒猴右</b>	<b>倒撒猴右</b>	<b>Backward Monkey -- Right</b>
	<b>De4pia4gao3 you5</b>	
右臂後擺	右臂後甩	Right arm swings backward
	You4bi6 ao68hai6	
左臂前擺	倒臂前甩	Left arm swings forward
	De4bi6 jieng58hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4di4 zui1bieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
眼睛後看	目睛後看	Eyes look backward
	Bha6jiu1 ao68kua6	
轉身向前	轉身向前	Turn back to the front
	Deng1sin1 hong4jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
放在胸前	放在胸前	In front of the chest
	He6di6 hong5jieng3	
<b>14 · 倒撒猴左</b>	<b>倒撒猴左</b>	<b>Backward Monkey -- Left</b>
	<b>De4pia4gao3 ze4</b>	
左臂後擺	倒臂後甩	Left arm swings backward
	De4bi6 ao68hai6	
右臂前擺	右臂前甩	Right arm swings forward
	You4bi6 jieng58hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4di4 zui1bieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
眼睛後看	目睛後看	Eyes look backward
	Bha6jiu1 ao68kua6	
轉身向前	轉身向前	Turn back to the front
	Deng1sin1 hong4jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
放在胸前	放在胸前	In front of the chest
	He6di6 hong5jieng3	

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<b>15 · 倒撇猴右</b>	<b>倒撇猴右</b>	<b>Backward Monkey -- Right</b>
	<b>De4 pia4 gao3 you5</b>	
右臂後擺	右臂後甩	Right arm swings backward
	You4bi6 ao68hai6	
左臂前擺	倒臂前甩	Left arm swings forward
	De4bi6 jheng58hai6	
擺至水平	甩至水平	Until horizontal
	8Hai4di4 zui1bieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
眼睛後看	目睛後看	Eyes look backward
	Bha6jiu1 ao68kua6	
轉身向前	轉身向前	Turn back to the front
	Deng1sin1 hong4jieng3	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
放在胸前	放在胸前	In front of the chest
	He6di6 hong5jieng3	
<b>16 · 攬雀尾棚捋擠按左</b>	<b>攬雀尾棚捋擠按左</b>	<b>Grab Sparrow's Tail -- Spread, Pull, Squeeze, and Push -- Left</b>
	<b>Lam1cio1bhuei4 beng5 lu4 ci4 an6 ze4</b>	
左腳前踏	倒腳前踏	Left foot steps forward
	De4ka1 jheng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jheng5yi3	
左掌斜上	倒掌斜上	Left palm diagonally up
	De4jiong4 hia6siong5	
右掌斜下	右掌斜下	Right palm diagonally down
	You4jiong4 hia6ha5	
兩掌平行	兩掌平行	Palms parallel
	Neng6jiong4 bieng5hieng3	
重心後移	重心後移	Shift weight backward as if pulling
	Diong6sim1 ao6yi3	
轉身向後	轉身向後	Turn to face backward
	Deng1sin1 hong4ao5	
右掌下擺	右掌下甩	Right palm swings low
	You4jiong4 hia68hai6	
右指聽脈	右指頭聽脈	Right fingers listen to pulse
	You4jieng1tao3 8tia5bhe5	
轉身向前	轉身向前	Turn back to the front
	Deng1sin1 hong4jieng3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jheng5yi3	



簡易中台英對照讀經太極拳拳譜 (中文 Mandarin)	簡易中台英對照讀經太極拳拳譜 (臺語 Taiwanese)	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 English)
兩掌前擠	兩掌前擠	Squeeze forward with two palms
	Neng6jiong4 jieng5ci4	
兩掌平行	兩掌平行	Palms parallel
	Neng6jiong4 bieng5hieng3	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
兩掌前按	兩掌前按	Push forward with two palms
	Neng6jiong4 jieng5an6	
<b>17 · 轉身向後</b>	<b>轉身向後</b>	<b>Turn Body Around</b>
	<b>Deng1sin1 hiong4ao5</b>	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
轉身向後	轉身向後	Turn to face backward
	Deng1sin1 hiong4ao5	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
<b>18 · 攢雀尾棚捋擠按右</b>	<b>攢雀尾棚捋擠按右</b>	<b>Grab Sparrow's Tail -- Spread, Pull, Squeeze, and Push -- Right</b>
	<b>Lam1cio1bhei4 beng5 lu4 ci4 an6 you5</b>	
右腳前踏	右腳前踏	Right foot steps forward
	You4ka1 jieng ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右掌斜上	右掌斜上	Right palm diagonally up
	You4jiong4 hia6siong5	
左掌斜下	倒掌斜下	Left palm diagonally down
	De4jiong4 hia6ha5	
兩掌平行	兩掌平行	Palms parallel
	Neng6jiong4 bieng5hieng3	
重心後移	重心後移	Shift weight backward as if pulling
	Diong6sim1 ao6yi3	
轉身向後	轉身向後	Turn to face backward
	Deng1sin1 hiong4ao5	
左掌下擺	倒掌下甩	Left palm swings low
	De4jiong4 hia68hai6	
左指聽脈	倒指頭聽脈	Left fingers listen to pulse
	De4jieng1tao3 8tia5bhe5	
轉身向前	轉身向前	Turn to the front
	Deng1sin1 hiong4jieng3	
重心前移	重心前移	Shift weight forward

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	Diong6sim1 jieng5yi3	
兩掌前擠	兩掌前擠	Squeeze forward with two palms
	Neng6jiong4 jieng5ci4	
兩掌平行	兩掌平行	Palms parallel
	Neng6jiong4 bieng5hieng3	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
兩掌前按	兩掌前按	Push forward with two palms
	Neng6jiong4 jieng5an6	
<b>19 · 單鞭</b>	<b>單鞭</b>	<b>Single Whip</b>
	<b>Dan5ben1</b>	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
轉身向後	轉身向後	Turn to face backward
	Deng1sin1 hiong4ao5	
重心右移	重心右移	Shift weight to right
	Diong6sim1 you4yi3	
右手螳螂	右手草猴	Right hand into praying mantis sickle
	You4ciu4 cao1gao3	
左掌在下	倒掌在下	Left palm underneath it
	De4jiong4 zai6 a5	
轉身向左	轉身向左	Turn body to left
	Deng1sin1 hiong4ze4	
左腳前踏	倒腳前踏	Left foot steps forward
	De4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
左掌斜上	倒掌斜上	Left palm diagonally up
	De4jiong4 hia6siong5	
掌心向下	掌心向下	Palm faces down
	Jiong1sim1 hiong4ha5	
<b>20 · 雲手右</b>	<b>雲手右</b>	<b>Cloud Hands -- Right</b>
	<b>Hun5ciu4 you5</b>	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
轉身向後	轉身向後	Turn to face backward
	Deng1sin1 hiong4ao5	
右掌在上	右掌在上	Right palm up
	You4jiong4 zai6siong5	
左掌在下	倒掌在下	Left palm down

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
	De4jiong4 zai6ha5	
兩掌相對	兩掌相對	Palms face each other
	Neng6jiong4 siong5dui6	
左掌上浮	倒掌上浮	Left palm floats up
	De4jiong4 siong6pu3	
右掌下沉	右掌下沉	Right palm sinks down
	You4jiong4 ha6dim3	
左腳左移	倒腳倒移	Left foot to left
	De4ka1 de4yi3	
<b>21 · 雲手左</b>	<b>雲手左</b>	<b>Cloud Hands -- Left</b>
	<b>Hun5ciu4 ze4</b>	
兩掌側立	兩掌站立	Palms stand on edge
	Neng6jiong4 kia6li1	
轉身向前	轉身向前	Turn to the front
	Deng1sin1 hiong4jieng3	
重心左移	重心左移	Shift weight to left
	Diong6sim1 ze1yi3	
轉身向左	轉身向左	Turn to left
	Deng1sin1 hiong4ze4	
兩掌相對	兩掌相對	Palms turn to face each other
	Neng6jiong4 siong5dui6	
右掌上浮	右掌上浮	Right palm floats up
	You4jiong4 siong6pu3	
左掌下沉	倒掌下沉	Left palm sinks down
	De4jiong4 ha6dim3	
右腳左移	右腳倒移	Right foot to left
	You4ka1 de4yi3	
<b>22 · 雲手右</b>	<b>雲手右</b>	<b>Cloud Hands -- Right</b>
	<b>Hun5ciu4 you5</b>	
兩掌側立	兩掌站立	Palms stand on edge
	Neng6jiong4 kia6li1	
轉身向前	轉身向前	Turn to the front
	Deng1sin1 hiong4jieng3	
重心右移	重心右移	Shift weight to right
	Diong6sim1 you4yi3	
轉身向右	轉身向右	Turn to right
	Deng1sin1 hiong4you5	
兩掌相對	兩掌相對	Palms turn to face each other
	Neng6jiong4 siong5dui6	
左掌上浮	倒掌上浮	Left palm floats up
	De4jiong4 siong6pu3	

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
右掌下沉	右掌下沉	Right palm sinks down
	You4jiong4 ha6dim3	
左腳左移	倒腳倒移	Left foot to left
	De4ka1 de4yi3	
<b>23 · 雲手左</b>	<b>雲手左</b>	<b>Cloud Hands -- Left</b>
	<b>Hun5ciu4 ze4</b>	
兩掌側立	兩掌站立	Palms stand on edge
	Neng6jiong4 kia6li1	
轉身向前	轉身向前	Turn to the front
	Deng1sin1 hong4jieng3	
重心左移	重心左移	Shift weight to left
	Diong6sim1 ze1yi3	
轉身向左	轉身向左	Turn to left
	Deng1sin1 hong4ze4	
兩掌相對	兩掌相對	Palms turn to face each other
	Neng6jiong4 siong5dui6	
右掌上浮	右掌上浮	Right palm floats up
	You4jiong4 siong6pu3	
左掌下沉	倒掌下沉	Left palm sinks down
	De4jiong4 ha6dim3	
右腳左移	右腳倒移	Right foot to left
	You4ka1 de4yi3	
<b>24 · 雲手右</b>	<b>雲手右</b>	<b>Cloud Hands -- Right</b>
	<b>Hun5ciu4 you5</b>	
兩掌側立	兩掌站立	Palms stand on edge
	Neng6jiong4 kia6li1	
轉身向前	轉身向前	Turn to the front
	Deng1sin1 hong4jieng3	
重心右移	重心右移	Shift weight to right
	Diong6sim1 you4yi3	
轉身向右	轉身向右	Turn to right
	Deng1sin1 hong4you5	
兩掌相對	兩掌相對	Palms turn to face each other
	Neng6jiong4 siong5dui6	
左掌上浮	倒掌上浮	Left palm floats up
	De4jiong4 siong6pu3	
右掌下沉	右掌下沉	Right palm sinks down
	You4jiong4 ha6dim3	
左腳左移	倒腳倒移	Left foot to left
	De4ka1 de4yi3	

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
<b>25 · 雲手左</b>	<b>雲手左</b>	<b>Cloud Hands -- Left</b>
	<b>Hun5 ciu4 ze4</b>	
兩掌側立	兩掌站立	Palms stand on edge
	Neng6jiong4 kia6li1	
轉身向前	轉身向前	Turn to the front
	Deng1sin1 hiong4jieng3	
重心左移	重心左移	Shift weight to left
	Diong6sim1 ze1yi3	
轉身向左	轉身向左	Turn to left
	Deng1sin1 hiong4ze4	
兩掌相對	兩掌相對	Palms turn face each other
	Neng6jiong4 siong5dui6	
右掌上浮	右掌上浮	Right palm floats up
	You4jiong4 siong6pu3	
左掌下沉	倒掌下沉	Left palm sinks down
	De4jiong4 ha6dim3	
右腳前踏	右腳前踏	Right foot steps forward
	You4ka1 jieng5ta6	
<b>26 · 單鞭</b>	<b>單鞭</b>	<b>Single Whip</b>
	<b>Dan5 ben1</b>	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右手螳螂	右手草猴	Right hand into praying mantis sickle
	You4ciu4 cao1gao3	
左掌在下	倒掌在下	Left palm underneath it
	De4jiong4 zai6ha5	
轉身向左	轉身向左	Turn to left
	Deng1sin1 hiong4ze4	
左腳前踏	倒腳前踏	Left foot steps forward
	De4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
左掌斜上	倒掌斜上	Left palm diagonally up
	De4 jiong4 hia6 siong5	
掌心向下	掌心向下	Palm faces down
	Jiong1sim1 hiong4ha5	
<b>27 · 高探馬</b>	<b>高探馬</b>	<b>High Pat Horse</b>
	<b>Ge5tan4bhe4</b>	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右腳跟上	右腳跟上	Right foot steps up
	You4ka1 gin5siong5	

簡易中台英對照讀經太極拳拳譜 (中文 Mandarin)	簡易中台英對照讀經太極拳拳譜 (臺語 Taiwanese)	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 English)
兩臂張開	兩臂伸開 Neng6bi6 sin5kui1	Spread arms side ways
兩掌向上	兩掌向上 Neng6jiong4 hiong6siong5	Palms face upward
右掌前拍	右掌前拍 You4jiong4 jieng5pa5	Right palm pats forward
左掌腰際	倒掌腰際 De4jiong4 yo5je6	Left palm next to waist
命中!	命中! Mieng6diong6	Target!
<b>28 · 轉身右蹬腳</b>	<b>轉身右蹬腳</b> <b>Deng1sin1 you4 deng6ka1</b>	<b>Turn and Kick with Right Heel</b>
左腳前踏	倒腳前踏 De4ka1 jieng5ta6	Left foot steps forward
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
轉身向左	轉身向左 Deng1sin1 hiong4ze4	Turn body to left
兩掌交叉	兩掌交叉 Neng6jiong4 gao5ca1	Cross palms
放在胸前	放在胸前 He6di6 hiong5jieng3	In front of the chest
提起右腳	提起右腳 Te6ki1 you4ka1	Raise right foot
腳跟踢出	腳跟踢出 Ka5gin1 ta1cu5	Kick with heel
兩臂張開	兩臂伸開 Neng6bi6 sin5kui1	Spread arms
命中!	命中! Mieng6diong6	Target!
收回右腳	收回右腳 Siu5hui3 you4ka1	Retrieve right foot
兩掌交叉	兩掌交叉 Neng6jiong4 gao5ca1	Cross palms
放在胸前	放在胸前 He6di6 hiong5jieng3	In front of the chest
<b>29 · 雙峰攢耳</b>	<b>雙峰攢耳</b> <b>Siang5hong1 guan48hi5</b>	<b>Attack the Ears</b>
轉身向右	轉身向右 Deng1sin1 hiong4you5	Turn to right
放下右腳	放落右腳 He6le6 you4ka1	Put right foot down

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
兩臂下擺	兩臂下甩	Arms swing low
	Neng6bi6 hia68hai6	
兩掌成拳	兩掌成拳	Palms into fists
	Neng6jiong4 sieng5gun3	
攻擊耳朵	攻擊耳朵	Steering wheel the opponent's ears
	Gong5gie1 8hi58ya4	
<b>30 · 轉身左蹬腳</b>	<b>轉身倒蹬腳</b>	<b>Turn and Kick with Left Heel</b>
	<b>Deng1sin1 de4 deng6ka1</b>	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
轉身向左	轉身向左	Turn body to left
	Deng1sin1 hiong4ze4	
重心右移	重心右移	Shift weight to right
	Diong6sim1 you4yi3	
兩掌交叉	兩掌交叉	Cross palms
	Neng6jiong4 gao5ca1	
放在胸前	放在胸前	In front of the chest
	He6di6 hiong5jieng3	
提起左腳	提起倒腳	Raise left foot
	Te6ki1 de4ka1	
腳跟踢出	腳跟踢出	Kick with heel
	Ka5gin1 ta1cu5	
兩臂張開	兩臂伸開	Spread arms
	Neng6bi6 sin5kui1	
命中!	命中!	Target!
	Mieng6diong6	
收回左腳	收回倒腳	Retrieve left foot
	Siu5hui3 de4ka1	
兩掌交叉	兩掌交叉	Cross palms
	Neng6jiong4 gao5ca1	
放在胸前	放在胸前	In front of the chest
	He6di6 hiong5jieng3	
<b>31 · 蛇身下勢左</b>	<b>蛇身下勢左</b>	<b>Snake Lies Low -- Left</b>
	<b>Zua5sin1 ha6se6</b>	
右手螳螂	右手草猴	Right hand into praying mantis sickle
	You4ciu4 cao1gao3	
左掌護肘	左掌護肘	Left palm protects the elbow
	De4jiong4 huo6jiu6	
重心下移	重心下移	Lower weight
	Diong6sim1 ha6yi3	

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
左腳左踏	倒腳倒踏 De4ka1 de4ta6	Left foot to left
轉身向左	轉身向左 Deng1sin1 hiong4ze4	Turn to left
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
<b>32 · 金雞獨立右</b>	<b>金雞獨立右</b> <b>Gim5ge1 do6li1 you5</b>	<b>Golden Cock Stands on One Leg -- Right</b>
身體站起	身體站起 Sin5te4 ka6ki4	Stand up
右膝提起	右膝提起 You4si1 te6ki4	Right knee raised
右肘直立	右肘直立 You4jiu6 di6li1	Right elbow vertical up
放下右腳	放落右腳 He6le6 you4ka1	Put right foot down
轉身向左	轉身向左 Deng1sin1 hiong4ze4	Turn to left
<b>33 · 蛇身下勢右</b>	<b>蛇身下勢右</b> <b>Zua5sin1 ha6se6 you5</b>	<b>Snake Lies Low -- Right</b>
左手螳螂	倒手草猴 De4ciu4 cao1gao3	Left hand into praying mantis sickle
右掌護肘	右掌護肘 You4jiong4 ho6jiu6	Right palm protects the elbow
重心下移	重心下移 Diong6sim1 ha6yi3	Lower weight
右腳右踏	右腳右踏 You4ka1 you4ta6	Right foot to right
轉身向右	轉身向右 Deng1sin1 hiong4you5	Turn to right
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
<b>34 · 金雞獨立左</b>	<b>金雞獨立左</b> <b>Gim5ge1 do6li1 ze4</b>	<b>Golden Cock Stands on One Leg -- Left</b>
身體站起	身體站起 Sin5te4 ka6ki4	Stand up
左膝提起	倒膝提起 De4si1 te6ki4	Left knee raised
左肘直立	倒肘直立	Left elbow vertical up



簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
	De4jiu6 di6li1	
放下左腳	放下倒腳	Put left foot down
	He6le6 de4ka1	
<b>35 · 玉女穿梭左</b>	<b>玉女穿梭左</b>	<b>Weaving Girl Throws the Shuttle -- Left</b>
	<b>Ghio6lu4 cuan5se1 ze4</b>	
右腳前踏	右腳前踏	Right foot steps forward
	You4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右肘水平	右肘水平	Right elbow horizontal
	You4jiu6 zui1bieng3	
左掌攻擊	倒掌攻擊	Attack with left palm
	De4jiong4 gong5gie5	
<b>36 · 玉女穿梭右</b>	<b>玉女穿梭右</b>	<b>Weaving Girl Throws the Shuttle -- Right</b>
	<b>Ghio6lu4 cuan5se1 you5</b>	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
左肘水平	倒肘水平	Left elbow horizontal
	De4jiu6 zui1bieng3	
右掌攻擊	右掌攻擊	Attack with right palm
	You4jiong4 gong5gie5	
<b>37 · 海底撈針</b>	<b>海底撈針</b>	<b>Needle at Bottom of The Sea</b>
	<b>Hai1de4 la6jiam1</b>	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右腳跟上	右腳跟上	Right foot steps up
	You4ka1 gien5siong5	
提起右手	提起右手	Raise right hand
	Te6ki1 you4ciu4	
重心下移	重心下移	Lower weight
	Diong6sim1 ha6yi3	
右指點地	右指點地	Right fingers touch the ground
	You4ji4 diam1de5	
身體站起	身體站起	Stand up
	Sin5te4 kia6ki4	
<b>38 · 扇通臂</b>	<b>扇通臂</b>	<b>Spread Arms Like a Fan</b>

簡易中台英對照讀經太極拳拳譜 (中文 Mandarin)	簡易中台英對照讀經太極拳拳譜 (臺語 Taiwanese)	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 English)
	<b>Sen4tong5bi6</b>	
左腳前踏	倒腳前踏 De4ka1 jieng5ta6	Left foot steps forward
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
右拳在上	右拳在上 You4gun3 zai6siong5	Right fist up
左拳在下	倒拳在下 De4gun3 zai6ha5	Left fist down
拳眼相對	拳眼相對 Gun5ghan4 siong5dui6	Fist eyes look at each other
側面攻擊	側面攻擊 Cia4bhin6 gong5gie5	Attack to the side
<b>39 · 翻身撇身捶</b>	<b>翻身撇身捶</b>	<b>Turn Around Side Punch</b>
	<b>Fan5sin1 pia4sin5tui3</b>	
重心後移	重心後移 Diong6sim1 ao6yi3	Shift weight backward
轉身向後	轉身向後 Deng1sin1 hiong4ao5	Turn body backward
重心後移	重心後移 Diong6sim1 ao6yi3	Shift weight backward
右腳順時	右腳順時 You4ka1 sun6si3	Right foot clockwise
兩拳順時	兩拳順時 Neng6gun3 sun6si3	Two fists clockwise
放下右腳	放落右腳 He6le6 you4ka1	Put right foot down
<b>40 · 進步搬攔捶</b>	<b>進步搬攔捶</b>	<b>Step Forward, Pull, Block, Punch</b>
	<b>Jin4bo6 ben5lan5 tui3</b>	
重心前移	重心前移 Diong6sim1 jieng5 yi3	Shift weight forward
左腳前踏	左腳前踏 De4ka1 jieng5ta6	Left foot steps forward
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
右手搬回	右手搬回 You4ciu4 ben5hui3	Pull back with right hand
左肘攔阻	倒肘攔阻 De4jiu6 lan5zo4	Block with left elbow
左肘水平	倒肘水平 De4jiu6 zui1bieng3	Left elbow horizontal
右拳攻擊	右拳攻擊	Attack with right fist

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
	You4gun3 gong5gie5	
<b>41 · 如封似閉</b>	<b>如封似閉</b>	<b>Fence Off</b>
	<b>Ru5hong1 su6bi5</b>	
右拳成掌	右拳成掌	Right fist into palm
	You4gun3 sieng5jiong4	
掃向左方	掃向倒方	Sweep to left
	Sao5siong6 de4hong1	
左肘直立	倒肘直立	Left elbow vertically up
	De4jiu6 di6li1	
兩掌平行	兩掌平行	Palms parallel
	Neng6jiong4 bieng5hieng3	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
兩掌前按	兩掌前按	Push forward with two palms
	Neng6jiong4 jieng5an6	
<b>42 · 十字手</b>	<b>十字手</b>	<b>Cross Hands</b>
	<b>Si5ji6ciu4</b>	
重心後移	重心後移	Shift weight backward
	Dion6sim1 ao6yi3	
轉身向右	轉身向右	Turn to right
	Deng1sin1 hong4you5	
重心左移	重心左移	Shift weight to left
	Diong6sim1 ze1yi3	
收回右腳	收回右腳	Retrieve right foot
	Siu5hui6 you4ka1	
重心中間	重心中間	Center weight
	Diong6sim1 dieng5eng1	
兩手交叉	兩手交叉	Cross palms
	Neng6ciu4 gao5ca1	
放在胸前	放在胸前	In front of the chest
	He6di6 hong5jieng3	
<b>43 · 合太極</b>	<b>合太極</b>	<b>Taiji Conclusion</b>
	<b>Ha6tai4gi5</b>	
深呼吸數次	深呼吸數遍	Take several deep breaths
	Qim5hu5ki6 so4ben6	
深吸氣，徐徐呼氣	深吸氣；慢慢吐氣	Breathe in; slowly breathe out
	Qim5su4ki6; man6man5 to1ki6	
身體站起	身體站起	Stand up
	Sin5te4 kia6ki4	

簡易中台英對照讀經太極拳拳譜 (中文 <b>Mandarin</b> )	簡易中台英對照讀經太極拳拳譜 (臺語 <b>Taiwanese</b> )	Simplified Recitation Taijiquan in Mandarin, Taiwanese, and English (英文 <b>English</b> )
放下雙手	放落雙手	Lower hands
	He6le6 siang5ciu4	