

The background of the page features a faded image of a Taijiquan exercise structure. It consists of a tall metal pole with a large bell hanging from the top. Below the pole are several horizontal rings. Two people are standing in front of the structure, one in a white shirt and the other in a dark shirt. The scene is set outdoors with trees in the background.

簡易讀經太極拳

Simplified Recitation Taijiquan

http://texanalovestories.mathisacommonlanguage.com/PDFFiles_/taijiquan.pdf

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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)
	Gam1yie5 diong5dai5yie1 dui4jiao6 ta6gieng1 tai4gie1gun3 gun5po4	
1 · 預備	預備 Yio1bi5	Preparation
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
雙手自然	雙手自然 Siang5ciu4 zu6jien3	Hands 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
2 · 起勢	起勢 Ki1sie5	Start Position
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	Lower into horse stance

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	Lo6 sieng3 bhe1bo5	
3 · 野馬分鬃左	野馬分鬃左	Wild Horse Parts Mane -- Left
	Ya1bhe4 fun5jiang1 ze4	
重心右移	重心右移 Diong6sim1 you4yi3	Shift weight to right
轉身向左	轉身向左 Deng1sin1 hiong4ze4	Turn body to left
兩掌相對	兩掌相對 Neng6jiong4 siong5dui6	Palms face each other
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
左掌斜上	倒掌斜上 De4jiong4 hia6siong5	Left palm diagonally up
右掌斜下	右掌斜下 You4jiong4 hia6ha5	Right palm diagonally down
正對前方	正對前方 8Jia4dui6 jieng5hong1	Face squarely forward
4 · 野馬分鬃右	野馬分鬃右	Wild Horse Parts Mane -- Right
	Ya1bhe4 fun5jiang1 you5	
重心後移	重心後移 Diong6sim1 ao6yi3	Shift weight backward
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
兩掌相對	兩掌相對 Neng6jiong4 siong5dui6	Palms face each other
右腳前踏	右腳前踏 You4ka1 jieng5ta6	Right foot steps forward
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
右掌斜上	右掌斜上 You4jiong4 hia6siong5	Right palm diagonally up
左掌斜下	倒掌斜下 De4jiong4 hia6ha5	Left palm diagonally down
正對前方	正對前方 8Jia4dui6 jieng5hong1	Face squarely forward

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5 · 野馬分鬃左	野馬分鬃左	Wild Horse Parts Mane -- Left
	Ya1bhe4 fun5jiang1 ze4	
重心後移	重心後移 Diong6sim1 ao6yi3	Shift weight backward
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
兩掌相對	兩掌相對 Neng6jiong4 siong5dui6	Palms face each other
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
左掌斜上	倒掌斜上 De4jiong4 hia6siong5	Left palm diagonally up
右掌斜下	右掌斜下 You4jiong4 hia6ha5	Right palm diagonally down
正對前方	正對前方 8Jia4dui6 jieng5hong1	Face squarely forward
6 · 提手上勢	提手上勢	Raise Hand
	Te6ciu4 siong6se6	
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
右腳跟上	右腳跟上 You4ka1 gin5siong5	Right foot steps up
右臂前擺	右臂前甩 You4bi6 jieng58hai6	Right arm swings forward
擺至水平	甩至水平 8Hai4ji4 zui1bieng3	Until horizontal
右肘直立	右肘直立 You4jiu6 di6li1	Right elbow vertically up
轉身向右	轉身向右 Deng1sin1 hiong4you5	Turn to the right
轉身向前	轉身向前 Deng1sin1 hiong4jieng3	Turn back to the front
7 · 摟膝拗步左	摟膝拗步左	Brush Knee -- Left
	Lou6si1 ao4bo5 ze4	

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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
左掌左擺	倒掌倒甩 De4jiong4 de48hai6	Left palm swings to left
保護膝蓋	保護腳頭窩 Be1ho6 ka5tao5wu1	To protect the knee
右掌胸前	右掌胸前 You4jiong4 hiong5jieng3	Right palm in front of chest
保護胸膛	保護胸膛 Be1ho6 hiong5dong3	To protect the chest
8 · 摟膝拗步右	摟膝拗步右 Lou6si1 ao4bo5 you5	Brush Knee -- Right
重心後移	重心後移 Diong6sim1 ao6yi3	Shift weight backward
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
右腳前踏	右腳前踏 You4ka1 jieng5ta6	Right foot steps forward
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
右掌右擺	右掌右甩 You4jiong4 you48hai6	Right palm swings to right
保護膝蓋	保護腳頭窩 Be1ho6 ka5tao5wu1	To protect the knee
左掌胸前	倒掌胸前 De4jiong4 hiong5jieng3	Left palm in front of chest
保護胸膛	保護胸膛 Be1ho6 hiong5dong3	To protect the chest
9 · 摟膝拗步左	摟膝拗步左 Lou6 si1 ao4 bo5 ze4	Brush Knee -- Left
重心後移	重心後移 Diong6sim1 ao6yi3	Shift weight backward
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
左腳前踏	倒腳前踏	Left foot steps forward

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	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	
10 · 肘底看槌	肘底看槌	Fist Under Elbow
	Jiu1de4 8kua4tui3	
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	
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	
11 · 倒撇猴右	倒撇猴右	Backward Monkey -- Right
	De4pia4gao3 you5	
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	

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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 hiong4jieng3	
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 hiong5jieng3	
12 · 倒撇猴左	倒撇猴左	Backward Monkey -- Left
	De4pia gao6 ze4	
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
	Deng1sin1 hiong4jieng3	
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 hiong5jieng3	
13 · 倒撇猴右	倒撇猴右	Backward Monkey -- Right
	De4pia4gao3 you5	
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

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	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	
14 · 倒撇猴左	倒撇猴左	Backward Monkey -- Left
	De4pia4gao3 ze4	
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	
15 · 倒撇猴右	倒撇猴右	Backward Monkey -- Right
	De4 pia4 gao3 you5	
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	

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眼睛後看	眼睛後看 Bha6jiu1 ao68kua6	Eyes look backward
轉身向前	轉身向前 Deng1sin1 hiong4jieng3	Turn back to the front
兩掌相對	兩掌相對 Neng6jiong4 siong5dui6	Palms face each other
放在胸前	放在胸前 He6di6 hiong5jieng3	In front of the chest
16 · 攬雀尾棚捋擠按左	攬雀尾棚捋擠按左 Lam1cio1bhuei4 beng5 lu4 ci4 an6 ze4	Grab Sparrow's Tail -- Spread, Pull, Squeeze, and Push -- Left
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
左掌斜上	倒掌斜上 De4jiong4 hia6siong5	Left palm diagonally up
右掌斜下	右掌斜下 You4jiong4 hia6ha5	Right palm diagonally down
兩掌平行	兩掌平行 Neng6jiong4 bieng5hieng3	Palms parallel
重心後移	重心後移 Diong6sim1 ao6yi3	Shift weight backward as if pulling
轉身向後	轉身向後 Deng1sin1 hiong4ao5	Turn to face backward
右掌下擺	右掌下甩 You4jiong4 hia68hai6	Right palm swings low
右指聽脈	右指頭聽脈 You4jieng1tao3 8tia5bhe5	Right fingers listen to pulse
轉身向前	轉身向前 Deng1sin1 hiong4jieng3	Turn back to the front
重心前移	重心前移 Diong6sim1 jieng5yi3	Shift weight forward
兩掌前擠	兩掌前擠 Neng6jiong4 jieng5ci4	Squeeze forward with two palms
兩掌平行	兩掌平行 Neng6jiong4 bieng5hieng3	Palms parallel
重心後移	重心後移	Shift weight backward

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	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	
17 · 轉身向後	轉身向後	Turn Body Around
	Deng1sin1 hiong4ao5	
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	
18 · 攬雀尾棚捋擠按右	攬雀尾棚捋擠按右	Grab Sparrow's Tail -- Spread, Pull, Squeeze, and Push -- Right
	Lam1cio1bhei4 beng5 lu4 ci4 an6 you5	
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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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)
	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	
19 · 單鞭	單鞭	Single Whip
	Dan5ben1	
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	
20 · 雲手右	雲手右	Cloud Hands -- Right
	Hun5ciu4 you5	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	

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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)
轉身向後	轉身向後 Deng1sin1 hiong4ao5	Turn to face backward
右掌在上	右掌在上 You4jiong4 zai6siong5	Right palm up
左掌在下	倒掌在下 De4jiong4 zai6ha5	Left palm down
兩掌相對	兩掌相對 Neng6jiong4 siong5dui6	Palms face each other
左掌上浮	倒掌上浮 De4jiong4 siong6pu3	Left palm floats up
右掌下沉	右掌下沉 You4jiong4 ha6dim3	Right palm sinks down
左腳左移	倒腳倒移 De4ka1 de4yi3	Left foot to left
21 · 雲手左	雲手左 Hun5ciu4 ze4	Cloud Hands -- Left
兩掌側立	兩掌站立 Neng6jiong4 kia6li1	Palms stand on edge
轉身向前	轉身向前 Deng1sin1 hiong4jieng3	Turn to the front
重心左移	重心左移 Diong6sim1 ze1yi3	Shift weight to left
轉身向左	轉身向左 Deng1sin1 hiong4ze4	Turn to left
兩掌相對	兩掌相對 Neng6jiong4 siong5dui6	Palms turn to face each other
右掌上浮	右掌上浮 You4jiong4 siong6pu3	Right palm floats up
左掌下沉	倒掌下沉 De4jiong4 ha6dim3	Left palm sinks down
右腳左移	右腳倒移 You4ka1 de4yi3	Right foot to left
22 · 雲手右	雲手右 Hun5ciu4 you5	Cloud Hands -- Right
兩掌側立	兩掌站立 Neng6jiong4 kia6li1	Palms stand on edge

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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	
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	
23 · 雲手左	雲手左	Cloud Hands -- Left
	Hun5ciu4 ze4	
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	
24 · 雲手右	雲手右	Cloud Hands -- Right
	Hun5ciu4 you5	
兩掌側立	兩掌站立	Palms stand on edge
	Neng6jiong4 kia6li1	

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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	
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	
25 · 雲手左	雲手左	Cloud Hands -- Left
	Hun5 ciu4 ze4	
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	
26 · 單鞭	單鞭	Single Whip
	Dan5 ben1	
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

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	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 hong4ze4	
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 hong4ha5	
27 · 高探馬	高探馬	High Pat Horse
	Ge5tan4bhe4	
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	
兩臂張開	兩臂伸開	Spread arms side ways
	Neng6bi6 sin5kui1	
兩掌向上	兩掌向上	Palms face upward
	Neng6jiong4 hong6siong5	
右掌前拍	右掌前拍	Right palm pats forward
	You4jiong4 jieng5pa5	
左掌腰際	倒掌腰際	Left palm next to waist
	De4jiong4 yo5je6	
命中!	命中!	Target!
	Mieng6diong6	
28 · 轉身右蹬腳	轉身右蹬腳	Turn and Kick With Right Heel
	Deng1sin1 you4 deng6ka1	
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	
轉身向左	轉身向左	Turn body to left
	Deng1sin1 hong4ze4	

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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	
提起右腳	提起右腳	Raise right foot
	Te6ki1 you4ka1	
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	
收回右腳	收回右腳	Retrieve right foot
	Siu5hui3 you4ka1	
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	
29 · 雙峰攢耳	雙峰攢耳	Attack the Ears
	Siang5hong1 guan48hi5	
轉身向右	轉身向右	Turn to right
	Deng1sin1 hiong4you5	
放下右腳	放落右腳	Put right foot down
	He6le6 you4ka1	
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	
30 · 轉身左蹬腳	轉身倒蹬腳	Turn and Kick With Left Heel
	Deng1sin1 de4 deng6ka1	
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

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	Deng1sin1 hong4ze4	
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 hong5jieng3	
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 hong5jieng3	
31 · 蛇身下勢左	蛇身下勢左	Snake Lies Low -- Left
	Zua5sin1 ha6se6	
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	
左腳左踏	倒腳倒踏	Left foot to left
	De4ka1 de4ta6	
轉身向左	轉身向左	Turn to left
	Deng1sin1 hong4ze4	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
32 · 金雞獨立右	金雞獨立右	Golden Cock Stands on One Leg -- Right

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	Gim5ge1 do6li1 you5	
身體站起	身體站起	Stand up
	Sin5te4 ka6ki4	
右膝提起	右膝提起	Right knee raised
	You4si1 te6ki4	
右肘直立	右肘直立	Right elbow vertical up
	You4jiu6 di6li1	
放下右腳	放落右腳	Put right foot down
	He6le6 you4ka1	
轉身向左	轉身向左	Turn to left
	Deng1sin1 hiong4ze4	
33 · 蛇身下勢右	蛇身下勢右	Snake Lies Low -- Right
	Zua5sin1 ha6se6 you5	
左手螳螂	倒手草猴	Left hand into praying mantis sickle
	De4ciu4 cao1gao3	
右掌護肘	右掌護肘	Right palm protects the elbow
	You4jiong4 ho6jiu6	
重心下移	重心下移	Lower weight
	Diong6sim1 ha6yi3	
右腳右踏	右腳右踏	Right foot to right
	You4ka1 you4ta6	
轉身向右	轉身向右	Turn to right
	Deng1sin1 hiong4you5	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
34 · 金雞獨立左	金雞獨立左	Golden Cock Stands on One Leg -- Left
	Gim5ge1 do6li1 ze4	
身體站起	身體站起	Stand up
	Sin5te4 ka6ki4	
左膝提起	倒膝提起	Left knee raised
	De4si1 te6ki4	
左肘直立	倒肘直立	Left elbow vertical up
	De4jiu6 di6li1	
放下左腳	放下倒腳	Put left foot down
	He6le6 de4ka1	

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35 · 玉女穿梭左	玉女穿梭左	Weaving Girl Throws the Shuttle -- Left
	Ghio6lu4 cuan5se1 ze4	
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	
36 · 玉女穿梭右	玉女穿梭右	Weaving Girl Throws the Shuttle -- Right
	Ghio6lu4 cuan5se1 you5	
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	
37 · 海底撈針	海底撈針	Needle at Bottom of The Sea
	Hai1de4 la6jiam1	
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	

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38 · 扇通臂	扇通臂	Fan the Arms
	Sen4tong5bi6	
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	
右拳在上	右拳在上	Right fist up
	You4gun3 zai6siong5	
左拳在下	倒拳在下	Left fist down
	De4gun3 zai6ha5	
拳眼相對	拳眼相對	Fist eyes look at each other
	Gun5ghan4 siong5dui6	
側面攻擊	側面攻擊	Attack to the side
	Cia4bhin6 gong5gie5	
39 · 翻身撇身捶	翻身撇身捶	Turn Around Side Punch
	Fan5sin1 pia4sin5tui3	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
轉身向後	轉身向後	Turn body backward
	Deng1sin1 hiong4ao5	
重心後移	重心後移	Shift weight backward
	Diong6sim1 ao6yi3	
右腳順時	右腳順時	Right foot clockwise
	You4ka1 sun6si3	
兩拳順時	兩拳順時	Two fists clockwise
	Neng6gun3 sun6si3	
放下右腳	放落右腳	Put right foot down
	He6le6 you4ka1	
40 · 進步搬攔捶	進步搬攔捶	Step Forward, Pull, Block, Punch
	Jin4bo6 ben5lan5 tui3	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5 yi3	
左腳前踏	左腳前踏	Left foot steps forward
	De4ka1 jieng5ta6	
重心前移	重心前移	Shift weight forward
	Diong6sim1 jieng5yi3	
右手搬回	右手搬回	Pull back with right hand

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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)
	You4ciu4 ben5hui3	
左肘攔阻	倒肘攔阻	Block with left elbow
	De4jiu6 lan5zo4	
左肘水平	倒肘水平	Left elbow horizontal
	De4jiu6 zui1bieng3	
右拳攻擊	右拳攻擊	Attack with right fist
	You4gun3 gong5gie5	
41 · 如封似閉	如封似閉	Fence Off
	Ru5hong1 su6bi5	
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	
42 · 十字手	十字手	Cross Hands
	Si5ji6ciu4	
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	

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放在胸前	放在胸前 He6di6 hiong5jieng3	In front of the chest
43 · 合太極	合太極 Ha6tai4gi5	Taiji Conclusion
深呼吸數次	深呼吸數遍 Qim5hu5ki6 so4ben6	Take several deep breaths
深吸氣，徐徐呼氣	深吸氣；慢慢吐氣 Qim5su4ki6; man6man5 to1ki6	Breathe in; slowly breathe out
身體站起	身體站起 Sin5te4 kia6ki4	Stand up
放下雙手	放落雙手 He6le6 siang5ciu4	Lower hands

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