

Taiji Kungfu Fan

Preparation

Section 1

1. 开步抱扇 (起势) —— Commencement
2. 侧弓步举扇 (斜飞式) —— Diagonal Slant
3. 虚步亮扇 (白鹤亮翅) —— White Crane Spreads Its Wings
4. 进步刺扇 (黄蜂入洞) —— Bee Returns to the Hive
5. 转身下刺扇 (哪吒探海) —— Night Demon Searches the Sea
6. 独立撩扇 (金鸡独立) —— Golden Rooster Stands on One Leg
7. 翻身劈扇 (力劈华山) —— Turn Body and Split Mountain
8. 转身抡压扇 (灵猫捕蝶) —— Cat Catches the Butterfly
9. 马步亮扇 (坐马观花) —— Viewing Flowers on Horseback

Section 2

10. 弓步削扇 (野马分鬃) —— Parting Wild Horse's Mane
11. 并步亮扇 (雏燕凌空) —— Swallow Flies High
12. 进步刺扇 (黄蜂入洞) —— Bee Returns to the Hive
13. 震脚推扇 (猛虎捕食) —— Tiger Pounces on Prey
14. 戳脚撩扇 (螳螂捕蝉) —— Praying Mantis Catches Cicada
15. 盖步按扇 (勒马回头) —— Lead Horse to Turn Head
16. 翻身藏扇 (鹞子翻身) —— Sparrow Hawk Spins in the Air
17. 马步亮扇 (坐马观花) —— Viewing Flowers on Horseback

Section 3

18. 马步推扇 (举鼎推山) —— Pushing Mountain
19. 转身刺扇 (神龙回首) —— Dragon Turns Its Head
20. 叉步反撩扇 (挥鞭策马) —— Spurring on the Horse
21. 点步挑扇 (立马扬鞭) —— Raising the Whip High
22. 歇步抱扇 (怀中抱月) —— Embracing the Moon
23. 并步贯扇 (迎风撩衣) —— Striking Against the Wind
24. 云手劈扇 (翻花舞袖) —— Sweeping Sleeves in the Wind
25. 歇步亮扇 (霸王扬旗) —— The General Raises the Flag
26. 开步抱扇 (抱扇过门) —— Holding Fan in Front of Chest

Section 4

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| 27. 弓步削扇 | (野马分鬃) | —— Parting Wild Horse' s Mane |
| 28. 并步亮扇 | (雏燕凌空) | —— Swallow Flies High |
| 29. 进步刺扇 | (黄蜂入洞) | —— Bee Returns to the Hive |
| 30. 震脚推扇 | (猛虎捕食) | —— Tiger Pounces on Prey |
| 31. 戳脚撩扇 | (螳螂捕蝉) | —— Praying Mantis Catches Cicada |
| 32. 盖步按扇 | (勒马回头) | —— Lead Horse to Turn Head |
| 33. 翻身藏扇 | (鹞子翻身) | —— Sparrow Hawk Spins in the Air |
| 34. 马步亮扇 | (坐马观花) | —— Viewing Flowers on Horseback |

Section 5

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| 35. 马步顶扇 | (顺 鸾 肘) | —— Elbow Strikes on Horseback |
| 36. 马步抖扇 | (裹 鞭 炮) | —— Firecracker Explodes |
| 37. 虚步拨扇 | (前 招 势) | —— Parry Forward |
| 38. 震脚拍扇 | (双 震 脚) | —— Double Foot Stomp |
| 39. 蹬脚推扇 | (龙虎相交) | —— Dragon Fights the Tiger |
| 40. 望月亮扇 | (玉女穿梭) | —— Fair Lady Works the Shuttle |
| 41. 云扇合抱 | (天女散花) | —— Sky Goddess Releases the Flower |
| 42. 歇步亮扇 | (霸王扬旗) | —— The General Raises the Flag |
| 43. 托扇行步 | (行步过门) | —— Ba Gua Walking |

Section 6

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| 44. 虚步捧扇 | (七 星 手) | —— Step to the Seven Stars |
| 45. 弓步捧扇 | (揽 扎 衣) | —— Grasp the Bird' s Tail |
| 46. 后捋前挤扇 | (捋 挤 式) | —— Roll Back and Press Forward |
| 47. 并步背扇 | (苏秦背剑) | —— Carrying Sword Behind Back |
| 48. 弓步戳扇 | (搂膝拗步) | —— Brush Knee |
| 49. 仆步穿扇 | (单鞭下势) | —— Snake Creeps Down |
| 50. 弓步架扇 | (挽弓射虎) | —— Draw Bow to Shoot the Tiger |
| 51. 虚步亮扇 | (白鹤亮翅) | —— White Crane Spreads Its Wings |
| 52. 抱扇还原 | (收 势) | —— Close Form |