

# Chen Family Taijiquan First Set

A Translation Project

(Unfinished)

This document is a description of the taijiquan of Chen Zhaokui. It was originally sixty-seven hand-written pages. At some point it was scanned and assembled into a PDF file which has been floating around on the internet for some years now. It purports to have been dictated by Chen Zhaokui himself.

Little is known (by me, at least) about the authenticity of the document. There is no attribution for the original transcription. There are some clues to its provenance in the writing itself. The author's opening use of a quotation by Chinese revolutionary leader Mao Zedong would seem to place its origin some time in the 1960s. It is written in simplified Chinese characters which supports that time frame. There are a few places in the text where a Beijing accent is implied by the use of the character 儿 (ér) after some words, e.g. 劲儿 (jìngr – energy). Also, at about halfway in the document, there appears to be a change in the hand of the transcriber; that is, possibly a different person has taken over from the first person writing it all down.

Using a combination of OCR and hand editing, I transcribed the scanned pages into electronic text format for ease of copying and editing. I have also translated to English (admittedly in rough form) the first 18 of the total 67 pages of the original. The rest of the text was translated by Google with little to no manual changes made. What follows in this document are, in order by page: original scanned page, transcribed page, translated page where it exists.

If you have any comments, please feel free to email me.

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# 毛主席語彙

## 发展体育運動增强人民体质

### 陈氏太极拳

#### 《第一路》

#### ——陈照奎老师口述——

##### 第一式 太极起势

1. 身体中正站立，两足间距离比肩略宽，两足尖微向外撇，形成丁字丁八不八之步。两臂自然垂下，眼睛向前平视。

太极起势是开始动作前意识上和姿势上的准备。它要求内固精神，外示安逸；虚领顶劲，即头要正直、顶要虚虚领起，如悬挂着的一样顶劲。卷肘沉肩，去轻合，下颏微内收；沉肩，即两肩微前捲，并放松下沉，含胸沉腰，即胸部不内凹不凸地含住。脊背要有上下对拉拔长之意，膈要开，并有圆虚之感。前膝微屈，直而不拱直，膝关节留有预备，全身放松，呼吸自然，意存丹田。

上述要点不仅在做大太极起势时，而且在做整个拳套的任何动作时，都必须刻刻注意。另外，如上所述，各方面固然各有要求，但又彼此互有影响。例如，由于肩微前捲和松沉，就易于做到含胸沉腰，精神内固，气沉丹田和虚领顶劲；由于膝微屈，则膈易开而圆，膈即两便之间的会阴部份，开膈即觉得有气提起和裆部份皮肤不下落。

##### 第二式 金刚捣碓

1. 身体右转，膝盖下沉，重心在左，吸气，双手以左顺右逆缠提至两肋，要求沉、合、鬆、屈、合。

毛主席语录  
发展体育运动增强人民体质。

陈氏太极拳  
《第一路》

陈照奎老师口述

### 第一式 太极起势

身体中正站立,两足间距离比肩略宽,两足尖微向外撇,形成丁不丁,八不八之步.两臂自然垂下,眼睛向前平视.

太极起式是开始动作前意识上和姿势上的准备.它要求内固精神,外示安逸:虚领顶劲.即头要正直,顶要虚虚领起,如悬挂着的一样顶劲.唇轻闭,齿轻合,下额微内收;沉肩,即两肩微前卷,并放松下沉;含胸塌腰,即胸部不内凹外凸地含住,脊背要上下对拉拔长之意,裆要开,并有园虚之格,两膝微屈,立而不拼直,膝关节留有预备,全身放松,呼吸自然,意存丹田.

上述要点不但在做太极起势时,而且在做整个拳套的任何动作时,都必须刻刻注意.另外如上所述各方面固然各有要求,但又彼此互有影响.例如,由于肩微前卷和松沉,就易于做到含胸塌腰,精神内固,气沉丹田和虚领顶劲.由于膝微屈,则裆易开而园,裆即两便之间的会阴部分,开裆即宽得有气提起和这部分皮肤不下落.

### 第二式: 金刚捣碓

1. 身向右转,螺旋下沉,重心在左,吸气.双手以左顺右逆缠提至两肋,要求沉,含,鬆屈合.

Quotation from Chairman Mao

"Develop sports culture to strengthen the people's health."

Chen Family Taijiquan First Set

Dictated by Chén Zhàokuí Lǎoshī

Posture One Tàijí Qǐ Shì

Stand straight with the body erect, the feet about a shoulder's width apart, the toes of both feet pointing slightly outward such that they are not quite straight forward but not at a big angle. The arms hang naturally, the eyes look forward and level.

Tàijí Qǐ Shì is the preparation of awareness and posture before movement begins.

It requires that, internally the spirit is strong, externally an easy calmness is manifested. Emptiness leads the topmost energy [Xū Lǐng Dǐng Jìn]. That is, the head must be erect, the top of the head must lead up with emptiness, as if suspended from the top of the head.

The lips and teeth are lightly closed, the chin pulled slightly in; Sink the shoulders; that is, the shoulders are rolled slightly forward. Relax and sink.

Bring in the chest and collapse the lower back; that is, the chest should be held neither concave nor convex, the spine should have the intent of pulling and lengthening vertically. The crotch should be open, having a round, empty character. With the knees slightly bent, stand erect but not rigidly so, leaving some extra in the knees joints. The whole body relaxes. Breathe naturally. Intent is in the dān tián.

The aforementioned points are important not only during the execution of Tàijí Qǐ Shì, but are also important in any movement of the entire set. One must assiduously pay close attention to these points. Moreover, while it is true that, like those things mentioned above, each aspect has its own requirements, it is also true that they mutually influence one another.

For example, due to the shoulders being rolled slightly forward, relaxed and sunk, it is then easy to execute "hán xiōng tā yāo" (bring in the chest and collapse the lower back). Due to the knees being slightly bent, the crotch (dāng) is therefore easy to open and make round. The crotch is that part between the two sides, the "huì yīn". An open crotch then is sufficiently wide such that qì can arise and the skin of that part does not descend.

Posture Two: Jīn Gāng Dǎo Duì

1. The body turns left, spirals and sinks. The center is on the left. Inhale. With the left hand reeling nì (nì chán) and the right hand reeling shùn (shùn chán), both hands rise to the two sides, requiring sinking (chén), bringing in (hán), relaxing (sōng), bending (qū), and closing (hé).

2. 身略向左转，螺旋略下沉，呼气，重心偏右。双手以左逆右顺缠螺旋上升至左前方，吸气。双手再以左顺右逆缠加棚劲翻转，左手以鼻等高，右手与眼等高，身向右转约75°，重心在左，同时，右脚外摆，左胯里扣，两脚仍形成了不丁，八不八之步。

3. 身再向右转，提腿屈膝合。左脚跟里侧着地，脚尖上翘里合，向前蹬出。同时，双手以左逆右顺缠下沉划弧，先吸后呼，左肘与左膝合，右手与右膝合，重心在前。

4. 身向左转，右脚上步，脚尖踏地。同时，左手逆顺逆(快速)，右手小指领劲大指合，放置右膝上方，手指与鼻尖平，左手放在右肘弯上，先吸后呼。

5. 右手顺缠虚握拳里合。左手顺缠为掌，掌心向上，右拳左掌合于腹前，离腹一拳距。同时提起右腿震脚。重心仍在左，呼吸顺序为呼一吸一呼。

### 第二式 懒扎衣

1. 身向右转，重心移偏左。右拳左掌双手顺缠。先微沉，再螺旋略上升，吸气。

2. 双逆缠身向左转，螺旋下沉。走里弧再向左前方，重心移偏右，变掌逆缠。手掌手背相合。呼气。

3. 出掌上翻，交叉于胸前，吸气。重心移偏左。双逆缠。双逆缠略向左转，先是大指领劲，里圈外不松。身体继续左转，双逆缠复略顺缠，眼睛左顾右盼。

4. 身体继续向左旋转，螺旋下沉，重心在左。右手顺缠下沉经腹前向前，同时，左手先顺外翻上升复逆经眼前中线下沉，合右肘弯上。左腕扣掌，吸气，眼首身右侧，耳听身后。同时，右腿逆缠提起，上下相合，左右相合，以脚跟里侧着地。要求：右手一沉，腿即提起。吸气。

5. 身体继续向左旋转，重心向右移，螺旋下沉，脚尖上翘，右手顺左手逆，呼气。沉如棚劲，右手反顺缠，左手反逆缠，重心移到右，开松胯，左手从眼高向右展开，吸气，眼看中指。沉呼。

6. 身体略向左转，螺旋下沉，重心移略偏左，右手顺劲下沉，落到中指肚。左手继续略顺缠，下沉左实。右手在沉气的同时要扭左脚尖。

### 第四式：六封四闭

1. 右手顺缠下沉在腹前，右手先顺后略逆，重心偏左，呼气。

2. 身略向左转,螺旋略下沉,呼气,重心偏右. 双手以左逆右顺缠螺旋上升至左前方,吸气. 双手再以左顺右逆缠加棚劲翻转,左手以鼻等高,右手与眼等高,身向右转约75°. 重心在左,同时,右脚外摆,左胯里扣,两脚仍成丁不丁,八不八之步.

3. 身再向右转,提腿屈膝合. 左脚跟里侧着地,脚尖上翘里合,向前蹬出. 同时,双手以左逆右顺缠下沉划弧,先吸后呼,左肘与左膝合,右手与右膝合,重心在前.

4. 身向左转,右脚上步,脚尖踮地. 同时,左手逆顺逆(快速),右手小指领劲大指合,放置右膝上方,手指与鼻尖平,左手放在右肘弯上,先吸后呼.

5. 右手顺缠虚握拳里合,左手顺缠为掌,掌心向上,右拳左掌合于腹前,离腹一拳距. 同时提起右腿震脚,重心仍在左,呼吸顺序为呼-吸-呼.

### 第三式：懒扎衣

1. 身向右转,重心移偏左,右拳左掌双手顺缠,先微沉,再螺旋略上升,吸气.

2. 双逆缠身向左转,螺旋下沉,走里弧再向左前方. 重心移偏右,变掌逆缠,手掌手背相合. 呼气.

3. 出掌上翻,交叉于胸前吸气,重心移偏左,双逆缠. 双逆缠略向左转,先是大指领劲,里圆外不松,身体继续左转,双逆缠变略顺缠,眼睛左顾右盼.

4. 身体继续向左旋转,螺旋下沉,重心在左. 右手顺缠下沉经腹前向前,同时,左手先顺外翻上升变逆经眼前中线下沉,合右肘弯上,左腕扬掌,吸气,眼看身右侧,耳听身后. 同时,右腿逆缠提起,上下相合,左右相合,以脚跟里侧着地. 要求: 右手一沉,腿即提起. 吸气.

5. 身继续向左旋转,重心向右移,螺旋下沉,脚尖上翘,右手顺,左手逆,呼气. 沉加棚劲,右手反顺缠,左手反逆缠,重心移到右,开,松胯,合胯. 手从眼高向右展开,吸气,眼看中指. 沉呼.

6. 身体略向左转,螺旋下沉,重心略移偏左. 右手顺劲下沉,鬆到中指肚. 左手继续略顺缠,下沉左实. 右手在沉气的同时要扣左脚尖.

### 第四式：六封四闭

1. 右手顺缠下沉在腹前,右手先顺后略逆,重心偏左,呼气.

2. The body turns slightly left, spiraling and sinking slightly. Exhale. The center of gravity tends to the right. With the left reeling nì, the right reeling shùn, the hands spiral and rises to the left front. Inhale. With the left reeling shùn, the right reeling nì, the hands péng jin and turn over, the left hand at the height of the nose, the right hand at eye height. The body turns to the right about 75°. The center of gravity is on the left. At the same time, the right foot turns outward, the left kuà turns in, both feet still neither straight forward nor at a big angle.

3. The body then turns right, raise the leg, the knees bend and close. The inside of the left heel touches down, the toes tilt up and close inward. Step out toward the front. At the same time, with the left reeling nì, the right reeling shùn, the hands sink and arc. First inhale, then exhale. The left elbow and the left knee close, the right hand and the right knee close. The center of gravity is forward.

4. The body turns to the left, the right foot steps forward, the toes touch the ground. At the same time, the left hand reels nì, reels shùn, and reels nì (quickly). The little finger of the right hand leads the energy, the thumb closes. Put the hand above the right knee, the fingers level with the tip of the nose. The left hand is placed above the bend of the right elbow. First inhale, then exhale.

5. The right hand reels shùn empty. The fist closes inward. The left hand reels as a palm, the palm facing up. The right fist and the left palm come together in front of the chest, the distance of a fist from the abdomen. At the same time, raise the right leg and stomp the foot. The center of gravity still is on the left. The breath sequence is exhale-inhale-exhale.

#### Posture Number Three: Lǎn Zā Yī

1. The body turns to the right. The center of gravity shifts mostly left. The right fist and the left palm reel shùn, first sinking slightly, then spiraling and rising slightly. Inhale.

2. The hands reel nì and sink, the body turning to the left, spiral and sink arcing inward, then moving toward the left front. The center of gravity shifts tending right. The fist changes to palm and reels nì, the palm and the back of the hand are brought together. Exhale.

3. Move the palms out and turn them up, crossing in front of the chest. Inhale. The center of gravity shifts tending left, double reel nì and sink. Double reel nì and sink turning slightly left. First, the thumb leads the energy, outside the inner circle does not relax. The body continues to turn left, double reels nì changing to a slight reeling shùn. Look around to the left and right.

4. The body continues to rotate to the left, spiraling and sinking. The center of gravity is on the left. The right hand reels shùn and sinks passing in front of the chest toward the front. At the same time, the left hand first reels shùn turning over outward rising and changing to reeling nì traversing the mid-line in front of the eyes, sinks, closes to above the right elbow. The left wrist supports the palm. Inhale. The eyes look to the right side. Listen behind. At the same time, the right leg reels nì and rises. Upper and lower close together, left and right close together, touching down with the inside of the heel. Important: As the right hand sinks, the leg immediately rises. Inhale.

5. The body continues to rotate to the left. The center of gravity moves to the right. Spiral and sink. The toes tilt up, the right hand reels shùn, the left

hand reels nì. Exhale. Sink and péng jīn. The right hand reels back in, the left hand reels back out. The center of gravity shifts to the right. Open, relax the kuà, close the kuà. The hands open to the right from eye height. Inhale. The eyes look at the middle finger. Sink. Exhale.

6. The body turns slightly to the left, spiraling and sinking. The center of gravity shifts slightly left. The right hand reels shùn and sinks, relaxing to the pad of the middle finger. The left hand continues to slightly reel shùn. Sinking, the left is full. At the same time the qì of the right hand is sinking, the toes of the left foot must turn in.

Posture Number Four: Liù Fēng Sì Bì

1. The right hand reels shùn and sinks to in front of the abdomen. The right hand first reels shùn, then slightly reels nì. The center of gravity tends to the left. Exhale.



2. 先吸後呼，身体何右转，重心移右。右手大指里合上升，领劲。左手贴肚，先逆後顺手指朝下，吸气。先吸後呼，下沉看右手，同时重心先何左下沉，身何右转。双手先双逆纏後双顺纏，螺旋下沉何右前方棚出，吸气。重心先左然后走下弧移偏右前，两腕中间对准膝盖，吸气。块劫作，重心何后走下弧何右前移偏右前，呼气。眼着右前，右顺左逆纏。

3. 身何左移，重心右移，螺旋下沉，实胸实右胯。右手逆纏指头在耳後。左手逆顺逆至耳下，何後外开，挑肘。

4. 推：胸部放松，沉肩坠肘，侧身推。身略何左转，双手双逆变双顺纏，左脚里侧走里弧。

### 第五式：单鞭

1. 身何右转，螺旋何下沉。同时，以左脚尖为轴逆纏何里旋转，重心略偏左。双手双顺纏，左掌何右前方旋转伸出，同时，右手顺纏里合，五指控拢，合于左肘窝里侧上，吸气。

2. 身何左转，螺旋下沉。同时左脚尖为轴，左膝何左外开，重心移偏右。同时，右手由左肘窝里侧，逆纏下沉，经左手背下，何右前方棚出。同时左手由鼻前中线，何左略逆纏再略顺纏，以小指贴于腹前，掌心偏里上，重心移偏右，呼气。眼着左侧，耳听身后。

3. 身何右转，略旋下沉。重心在右，同时，左腿提起逆纏里转何上下相合，两膝相合，边转边下沉边开。移左脚跟里侧着地，何左侧蹬出，脚尖上翘里合。要求：右手上棚劲儿不丢。吸气。眼着身左侧，耳听身右后。

4. 身略何左转，螺旋下沉，重心由右下沉走下弧移偏左，同时，以右脚跟为轴，右脚尖贴地里勾，右手逆纏上棚领住，左手略顺纏，呼气。

5. 身先略何右转，再何左转，螺旋下沉。同时，右手逆纏上棚劲不去。同时左手由腹前先顺纏何右，再变逆纏杨掌生腕何左上翻经眼前中线，何左侧展开，吸气。重心左右左。

6. 身略何右转，螺旋略下沉，重心移略偏右，同时，右手在右前上方五指放鬆，虎口变圆，略顺纏。同时，左手变略顺纏，劲鬆到中指肚。呼气眼左顾右盼，耳听身后。

### 第六式：第二金刚捣碓

1. 身何右转，螺旋略下沉。右手由右前上方变掌逆纏，里合巨太阳穴右前上，大指领劲。同时左手由左侧前方顺纏小指领劲上升略何里合，吸气。

2. 先吸後呼,身体向右转,重心移右.右手大指里合上升,领劲,左手贴肚,先逆後顺手指朝下,吸气,先吸後呼,下沉看右手,同时重心先向左下沉,身向右转.双手先双逆缠後双顺缠,螺旋下沉向右前方棚出,吸气.重心先左然后走下弧移偏右前,两腕中间对准膝盖.吸气,快动作.重心向后走下弧向右前移偏右前,呼气.眼看右前,右顺左逆缠.

3. 身向左移,重心右移,螺旋下沉,实胸实右跨.左手逆缠指尖在耳後.左手逆顺逆至耳下,向後外开,挑肘.

4. 推,胸部放松,沉肩墜肘,側身推,身略向左转,双手双逆变双顺缠,左脚里側走里弧.

### 第五式：单鞭

1. 身向右转,螺旋右下沉.同时,以左脚尖为轴逆缠向里旋转,重心略偏左.双手双顺缠,左掌向右前方旋转伸出.同时,右手顺缠里合,五指捏拢,合于左肘弯里側上,吸气.

2. 身向左转,螺旋下沉.同时左脚尖为轴,左膝向左外开,重心移偏右.同时,右手由左肘弯里側,逆缠下沉,经左手背下,向右前方棚出.同时左手由鼻前中线,向左略逆缠再略顺缠,以小指贴于腹前,掌心偏里上,重心移偏右,呼气.眼看左侧,耳听身后.

3. 身向右转,略旋下沉.重心在右,同时,左腿提起逆缠里转(先上下相合,两膝相合.)边转边下沉边开.移左脚跟里側着地,向左侧蹬出,脚尖上翘里合.要求:右手上棚劲儿不丢.吸气.眼看身左侧,耳听身右后.

4. 身略向左转,螺旋下沉,重心由右下沉走下弧移偏左,同时,以右脚跟为轴,右脚尖贴地里勾,右手逆缠上棚领住,左手略顺缠,呼气.

5. 身先略向右转,再向左转,螺旋下沉.同时,右手逆缠上棚劲不丢.同时左手由腹前先顺缠向右,再变逆缠杨掌坐腕向左上翻经眼前中线,向左侧展开,吸气.重心左右左.

6. 身略向右转,螺旋略下沉,重心移略偏右,同时,右手在右前上方五指放松,虎口变园,略顺缠.同时,左手变略顺缠,劲鬆到中指肚.呼气.眼左顾右盼,耳听身后.

### 第六式：第二金剛搗碓

1. 身向右转,螺旋略下沉.右手由右前上方变掌逆缠,里合至太阳穴右前上,大指领劲.同时左手由左侧前方顺缠小指领劲上升略向里合,吸气

2. First inhale, then exhale. The body turns to the right. The center of gravity shifts to the right. The thumb of the right hand inward and rises, leading the energy. The left hand sticks to the belly. First reeling nì then reeling shùn, the fingers face down. Inhale. First inhale, then exhale. Sink and look at the right hand. At the same time the center of gravity first sinks toward the left. The body turns to the right. The hands first reel nì then reel shùn, spiral and sink moves toward the right front péngs out, inhale. The center of gravity first moves left then traverses a downward arc and shifts tending to the right front. The middle of wrists is pointed at the knees. Inhale. Move quickly movement. The center of gravity moves toward the rear traversing a downward arc toward the right front and shifts tending to the right front. Exhale. The eyes look to the right front, the right reeling shùn, the left reeling nì.

3. The body shifts left, the center of gravity shifts right, spiral and sink. Fill the chest, fill the right kuà. The left hand reels nì, the fingers behind the ear. The left hand reels nì, reels shùn, and reels nì to below the ear, opening toward the rear, raising the elbow.

4. Push. Relax the chest, sink the shoulders and drop the elbows, lean the body and push. The body turns slightly left, the hands both reel nì, change to both reel shùn. The left foot traverses an inside arc.

#### Posture Number Five: Dan Bian

1. The body turns to the right, spiraling and sinking right. At the same time, with the left toes as the axis, reel nì and rotate inward. The center of gravity is slightly left. The hands both reel shùn, the left palm moves toward the right front rotating and extending. At the same time, the right hand reels shùn closing in, the fingers close to a "hook", closes to the upper inside of the left elbow. Inhale.

2. The body turns to the left, spiraling and sinking. At the same time, with the toes of the left foot as the axis, the left knee open outward to the left. The center of gravity shifts tending right. At the same time, the right hand moving from inside the left the elbow, reels nì and sinks, passing the below the back of the left hand, and moving toward the right front, péng jin out. At the same time the left hand moving from in front of the mid-line of the nose, reels nì to the left slightly, then slightly reels shùn. With the little finger sticking to the front of the abdomen, the palm tending up and in, the center of gravity shifts tending right. Exhale. Look to the left side, Listen behind.

3. The body turns to the right, slightly rotating and sinking. The center of gravity is on the right. At the same time, the left leg is lifted reel nì turning in. (First upper and lower close together, and the knees close.) All at the same time, turn, sink, and open. Shift left, the inside of the left heel touches down, step out to the left side, the toes tilt up and close inward. Important: Do not lose the right hand upward péng energy. Inhale. The eyes look to the left side. Listen to the right rear.

4. The body turns slightly left, spiraling and sinking. The center of gravity sinks from the right, moves in a downward arc and shifts tending left. At the same time, with the right heel as the axis, the toes of the right foot sticking to the ground hook inward. The right hand reel nì with upward péng jin leading to a stop ???. The left hand reels shùn slightly. Exhale.

5. The body first turns slightly right, then turns left, spiraling and

sinking. At the same time, the right hand reels nì. The upward péng energy is not lost. At the same time, the left hand moves from the front of the abdomen, first reeling shùn toward the right, then changes to reeling nì, the upraised palm in sitting-wrist moves toward the upper left, turns over traversing the mid-line in front of the eyes, unfolding toward the left side. Inhale. The center of gravity moves left, right, left.

6. The body turns slightly right, spiraling and sinking slightly. The center of gravity shifts tending slightly right. At the same time, the right hand is at the upper right front. The fingers relax, the tiger's mouth changes to round, slightly reel shùn. At the same time, the left hand changes to slightly reel shùn, the energy relaxes to the middle finger. Exhale. The eyes look to the left and right. Listen behind.

Posture Number Six: Number Two Jīn Gāng Dǎo Duì

1. The body turns to the right, spiraling and sinking slightly. The right hand moving from the right front changes to a palm and reels nì. close inward to the upper right front of the temple, the thumb leading the energy. At the same time the left hand reels shùn from the the left front, the little finger leads the energy rising, slightly closing inward. Inhale.

重心偏右，眼左顾右盼，耳听身后。

身向左转，螺旋下沉。同时，右手变顺缠向右外开，下沉里合至腹前，掌心向左前，指尖向右前方。同时，左手变逆缠，略向里合，略下沉向左，以大指领劲，位置在左前方。指尖高于眼平，呼气。重心由右走下弧移偏左，眼先看右再看左前，耳听身右后。

2 身向右转，螺旋下沉。同时，右手由腹前逆缠上翻经左胸，眼前，向右侧前摆出，高与眼平，位在右眼右前方，同时，左手变顺缠里合上翻至鼻前中线。小指领劲大指合，掌心空。两手间距离略与肩同。眼看左侧前，吸气。重心移偏右，同时，左胯松，右膝里合。同时，左脚跟为轴，左脚尖里勾，耳听身右后。

(3)与4与第一金刚捣碓相同。

### 第七式：白鹤亮翅

1 与懒扎衣动作(1)相同。

2 与懒扎衣动作(2)相同。

3 与懒扎衣动作(3)相同。区别的是右腿向右前方迈小步。

4 与懒扎衣动作(4)相同。重心偏右。

5 身微向右转，螺旋下沉，重心再向右移，同时，双手以双逆缠，大指领劲反转加强棚劲，双手指尖高度不得低于眼睛。身略向左转，螺旋略下沉，同时，双手以双逆缠分向右上左下开，再变双顺缠略下沉，呼气。同时左脚跟提起，关节放松，以脚尖里侧划後里弧，跟步至右脚里侧後。脚尖向左前，虚步，脚尖踏地。

### 第八式：斜行拗步

1 身向左转约45°，螺旋下沉，重心偏右。同时，右脚五指抓地，湧泉穴空。左脚以前脚掌脚尖踏地，膝外转开胯，同时，右手由右眼右前方顺缠略外开，略下沉，以小指领劲略上翻里合至两眼前中线，同时，左手大指领劲在左前外侧略逆缠外旋，大指领劲，吸气。

2 身向右转约90°，螺旋下沉，同时，右腿以脚跟为轴，左脚尖贴地，向外转约45°，脚掌落地，五指抓地，湧泉穴空。同时，左脚以脚尖为轴，腿逆缠里转，重心移偏左，呼气。同时，右手逆缠下沉经腹前向右外侧至右大腿外侧前，大指领劲下按采劲，同时左手顺缠外翻向左侧后下沉，再螺旋上升，经左耳外约40公分，里合至鼻前中线，手指与鼻前平，立掌。

重心偏右,眼左顾右盼,耳听身后.

身向左转,螺旋下沉.同时,右手变顺缠向右外开,下沉里合至腹前,重心向左前,指尖向右前方.同时,左手变逆缠,略向里合,略下沉向左,以大指领劲,位置在左前方.指尖高于眼平,呼气.重心由右走下弧移偏左,眼先看右再看左前,耳听身右后.

2.身向右转,螺旋下沉.同时,右手由腹前逆缠上翻经左胸,眼前,向右侧前擗(扞)出,高于眼平,位在右眼右前方,同时,左手变顺缠里合上翻至鼻前中线.小指领劲大指合,掌心空.两手间距离略与肩同.眼看左侧前,吸气.重心移偏右,同时,左跨松,右膝里合.同时,左脚跟为轴,左脚尖里勾,耳听身右后.

3与4与第一金刚捣碓相同.

### 第七式：白鹤亮翅

- 1.与懒扎衣动作(1)相同.
- 2.与懒扎衣动作(2)相同.
- 3.与懒扎衣动作(3)相同.区别的是右腿向右前方迈小步.
- 4.与懒扎衣动作(4)相同.重心偏右.

5.身微向右转,螺旋下沉.重心再向右移,同时,双手以双逆缠,大指领劲反转加强棚劲,双手指尖高度不得低于眼睛.身略向左转,螺旋略下沉,同时,双手以双逆缠分向右上左下开.再变双顺缠略下沉,呼气.同时左脚跟提起,关节放松,以脚尖里侧划後里弧,跟步至右脚里侧後.脚尖向左前,虚步,脚尖踏地.

### 第八式：斜行拗步

1.身向左转约45°,螺旋下沉,重心偏右.同时,右脚五指抓地,湧泉穴空.左脚以前脚掌脚尖踮地,膝外转开裆,同时,右手由右眼右前方顺缠略外开,略下沉,以小指领劲略上翻里合至两眼前中线.同时,右手大指领劲在左前外侧略逆缠外旋,大指领劲,吸气.

2.身向右转约90°,螺旋下沉,同时,右腿以脚跟为轴,左脚尖贴地,向外转约45°,脚掌落地,五指抓地,湧泉穴空.同时,左脚以脚尖为轴,腿逆缠里转,重心移偏左,呼气.同时,右手逆缠下沉经腹前向右外侧至右大腿右侧前,大指领劲下按《采劲》,同时左手顺缠外翻向左侧后下沉,再螺旋上升,经左耳外约40公分,里合至鼻前中线,手指与鼻前平,立掌.

The center of gravity tends to the right. The eyes look to the left and right. Listen behind.

The body turns to the left, spiraling and sinking. At the same time, the right hand changes to reeling shùn opening outward to the right, sinking and closing inward to in front of the chest. The center of gravity moves toward the left front, the fingers toward the right front. At the same time, the left hand changes to reel nì, slightly closes inward, sinking slightly toward the left, with the thumb leading the energy, its position is at the left front. The fingers are at eye height. Exhale. The center of gravity moves from the right in a downward arc and shifts tending left. The eyes first look right then look to the left front. Listen behind and to the right.

2. The body turns to the right, spiraling and sinking. At the same time, the right hand moves from the front of the abdomen, reels nì and turns up passing by the left chest, in front the eyes, toward the front right side lǚ out, at eye level, is positioned at the right front of the right eye. At the same time, the left hand changes to reeling shùn and closing in turning up to mid-line in front of the nose. The little finger leads the energy the thumb closing. The palm is empty. The distance between the hands is about that of the shoulders. The eyes look left front. Inhale. The center of gravity shifts tending right, At the same time, the left kuà relaxes, the right knee closes. At the same time, with the left heel as axis, the toes of the left foot hook inward. Listen behind and to the right.

3 and 4 and Number One Jīn Gāng Dǎo Duì are the same.

Posture Number Seven: Bái Hè Liàng Chì

1. The same as Lǎn Zā Yī movement (1).

2. The same as Lǎn Zā Yī movement (2).

3. The same as Lǎn Zā Yī movement (3). The difference is the right leg moves toward the right front take a small step.

4. The same as Lǎn Zā Yī movement(4) are the same. The center of gravity tends to the right.

5. The body turns a little to the right, spiraling and sinking. The center of gravity then shifts toward the right. At the same time, the two hands with both reeling nì, the thumb leads the energy reverses, strengthening péng jīn, the fingers of both hands are no lower than the eyes. The body turns slightly left, spiraling and sinking slightly. At the same time, the two hands with both reeling nì separate and open toward the upper right and the lower left. They then change to both reeling shùn, sinking slightly. Exhale. At the same time, the heel of the left foot rises, the joints relaxed. With the inside of the toes tracing an arc in and to the rear, step with the heel to the inside rear of the right foot. The toes move toward the left front, with an empty step, the toes to the ground.

Posture Number Eight: Xié Xíng Ào Bù

1. The body turns to the left about 45°, spiraling and sinking.

The center of gravity tends to the right. At the same time, the toes of the right foot grasp the ground. The Bubbling Well is empty. With the front of the sole and the toes, the left foot touches the ground. The knee turns out, open the crotch. At the same time, the right hand moving from the right front of the right eye, reels shùn opening slightly, sinking slightly, with the little finger leading the energy slightly turns up and close inward to the front mid-line of the eyes. At the same time, the thumb of the right hand thumb leading the energy at the outer left front reels nì slightly rotating out, the thumb leading the energy. Inhale.

2. The body turns to the right about 90°, spiraling and sinking. At the same time, the right leg with the heel as the axis, the toes of the left foot sticking to the ground, turns outward about 45°, the foot dropping to the ground, the toes grasping the ground. The Bubbling Well is empty. At the same time, with the toes of the left foot as axis, the leg reels nì turning in. The center of gravity shifts tending left. Exhale. At the same time, the right hand reels nì and sinks passing in front of the abdomen moving toward the right out side to the front right side of the right thigh, the thumb leading the energy in "cai jin". At the same time, the left hand reels shùn, turns over, and sinks outward toward the left rear, then spirals up, passing outside the left ear about 40 centimeters, closing inward to mid-line of the nose, the fingers level with the nose. Vertical palm.



3. 身继续向右旋转，螺旋下沉，重心全部放在右腿，右胯松右膝里合。同时，左腿逆缠提膝（先上下相合，左右相合）向左前迈步，以脚跟里侧着地，脚尖上翘里合，贴地缠出。同时，左手微逆缠向前领劲，高度与鼻尖同手不降低。同时右手由右大腿右侧前逆缠，大指领劲向身后展开，指尖高度与右耳平。眼看左前，耳听右后，吸气，重心在右。

4. 身先略向右转，略螺旋上升，吸气。同时，右脚五指抓地，涌泉穴空。右胯松，右膝里合。同时，左腿逆缠里转，松胯屈膝，脚尖上翘里合。同时，左手由鼻尖前中线顺缠领劲向上起至头前上中线。小指领劲大指合，掌心空。同时右手在右侧后方大指领劲逆缠略上升，眼看左前方，耳听身后。

5. 身向左转，螺旋下沉，重心先偏右后，同时，左手由头前中线逆缠下沉，经右胸前至腹前，向左膝前指尖偏前下，掌心向下，下沉，外开至左膝外侧变五指撑托，松腕、沉肩坠肘，上提，位在左眼左前方。（当左手变五指撑托上提时，重心移偏左前）同时，右手由右侧后方顺缠外翻里合至右眼右侧前，变逆缠屈肘里合至右耳下，呼气。耳听身后，眼看左手。

6. 身先向左再向右转，螺旋下沉，重心先右后下沉移偏左，同时，左手在左眼左侧前逆缠领住上棚劲，微向里合。同时，右手由右耳下沉肩坠肘略下沉，逆缠大指领劲向前棚出至两眼前中线，再向右略上展开（身随手向右旋转），眼看右手，耳听身后。重心偏左，同时，右胯松，右膝里合。

7. 身向右转，螺旋略下沉，重心由左走下弧移略偏右，两脚五指抓地，涌泉穴空。同时，右手略顺缠领劲略向右转，同时，左手五指撑托，指尖放松，虎口变圆，略向左转，呼气，耳听身后，左顾右盼。

### 第九式：初收

1. 身先略向左转，螺旋略上升，吸气。重心偏右。同时，双手以双逆缠里合上升，两胯松，两膝里合，五指抓地，涌泉穴空。吸气。

2. 身向左转约 $65^{\circ}$ ，螺旋下沉，重心由右下沉移偏左，双胯松，两膝里合，五指抓地，涌泉穴空。先呼后吸。同时，两手外开下沉变双逆缠，里合向右旋转，至胸前略上升，左手大指尖高与鼻尖同，右手与小指轻贴左小臂尺侧，眼看双手前，耳听身后。要求：沉肩坠肘，含胸塌腰，松胯屈膝，上下左右合。

3. 身略向右转，螺旋下沉，重心由左下沉移偏右，同时，双手以双逆缠按反方向里扣下沉，呼气。

3. 身继续向右旋转,螺旋下沉,重心全部放在右腿,右胯松右膝里合,同时,左腿逆缠提膝(先上下相合,左右相合)向左前迈步,以脚跟里侧着地,脚尖上翘里合,贴地缠出。同时,左手微逆缠向前领劲,高度与鼻尖同手不降低。同时右手由右大腿右侧前逆缠,大指领劲向身右后展开,指尖高度与右耳平。眼看左前,耳听右后,吸气,重心在右。

4. (甲)身先略向右转,略螺旋上升,吸气。同时,右脚五指抓地,湧泉穴空。右胯松,右膝里合。同时,左腿逆缠里转,松胯屈膝,脚尖上蹠里合。同时,左手由鼻尖前中线顺缠领劲向上起至头前上中线。小指领劲大指合,掌心空。同时右手在右侧后方大指领劲逆缠略上升,眼看左前方,耳听身右后。

(乙)身向左转,螺旋下沉,重心先偏右后,同时,左手由头前中线逆缠下沉,经右胸前至腹前,向左膝前指尖偏前下,掌心向下,下沉,外开至左膝外侧变五指捏拢,松腕,沉肩坠肘,上提,位在左眼左前方。(当左手变五指捏拢上提时,重心移偏左前)同时,右手由右侧后方顺缠外翻里合至右眼右侧前,变逆缠屈肘里合至右耳下,呼气。耳听身右后,眼看左手。

5. 身先向左再向右转,螺旋下沉,重心先右后下沉移偏左,同时,左手在左眼左侧前逆缠领住上棚劲,微向里合。同时,右手由右耳下沉肩坠肘略下沉,逆缠大指领劲向前棚出至两眼前中线,再向右略上展开(身随手向右旋转)。眼看右手,耳听身右后。重心偏左,同时,右胯松,右膝里合。

6. 身向右转,螺旋略下沉,重心由左走下弧移略偏右,两脚五指抓地,湧泉穴空。同时,右手略顺缠领劲略向右转,同时,左手五指捏拢,指尖放松。虎口变圆,略向左转,呼气,耳听身后,左顾右盼。

### 第九式：初收

1. (甲)身先略向左转,螺旋略上升,吸气。重心偏右。同时,双手以双逆缠里合上升,两胯松,两膝里合,五指抓地,湧泉穴空,吸气。

(乙)身向左转约 65°,螺旋下沉,重心由右下沉移偏左,双胯松,两膝里合,五指抓地,湧泉穴空。先呼后吸。同时,两手外开下沉变双逆缠,里合向右旋转,至胸前略上升,左手大指尖高与鼻尖同,右手与小指轻贴左小臂尺里侧,眼看双手前,耳听身后。要求:沉肩坠肘,含胸踢腰,松胯屈膝,上下左右合。

2. (甲)身略向右转,螺旋下沉,重心由左下沉移偏右,同时,双手以双逆缠按原方向里扣下沉,呼气。

3. The body continues rotating to the right, spiraling and sinking. The entire center of gravity is placed in the right leg. The right kuà relaxes, the right knee closes. At the same time, the left leg reels nì, lifting the knee (first upper and lower close together, left and right close together). Step toward the left front, touching down with the inside of the heel. The toes tilt up and close inward, and sticking to the ground reel nì. At the same time, the left hand slightly reels nì toward the front leading the energy, at the same height as the tip of the nose. The hands do not drop. At the same time, the right hand, moving from the right front side of the right thigh reels nì, the thumb leading the energy, unfolds toward the right rear, the fingers level with the right ear. The eyes look to the left front. Listen behind and to the right. Inhale. The center of gravity is on the right.

4. (A) The body first turns slightly right, slightly spiraling and rising. Inhale. At the same time, the toes of the right foot grasp the ground. The Bubbling Well is empty. The right kuà relaxes, the right knee closes. At the same time, the left leg reels nì turning in. Relax the kuà and bend the knees, the toes are raised and close inward. At the same time, the left hand moving from the front centerline of the nose reels shùn and leads the energy upward rising to the forward mid-line of the head. The little finger leads the energy the thumb closes. The palm is empty. At the same time, the right hand is positioned at the right rear, the thumb leads the energy reeling nì and slightly rising. The eyes look to the left front. Listen behind and to the right.

(B) The body turns to the left, spiraling and sinking. The center of gravity first tends to the right rear. At the same time, the left hand reels nì from the center-line of the head and sinks, passing in front of the right chest to in front of the abdomen, moving to in front of the left knee, the fingers tending to the lower front, the palm facing down, sinks and opens outward to outside of the left knee, changing to fingers closing to a "hook". Relax the wrist, sink the shoulders, and drop the elbows. The left hand rises and is positioned at the left front of the left eye. (When the left hand changes to the fingers closing to a "hook" and rising, the center of gravity shifts tending left forward.) At the same time, the right hand, moving from the right rear reels shùn and turns over outward, closes inward to the right front of the right eye, changes to reeling nì, and bending the elbow closes to below the right ear, exhale. Listen behind and to the right, the eyes look at the left hand.

5. The body first turns left, then turns right, spiraling and sinking. The center of gravity first sinks at the right rear and shifts tending left. At the same time, the left hand, in front of the left side of the left eye, reel nìs and leads to a stop upward péng energy, then slightly closes inward. At the same time, the right hand, moving down from below the right ear, sinking the shoulders and dropping the elbows, sinks slightly, reels nì, the thumb leading the energy toward the front, péngs out to the front mid-line of the eyes, then unfolds slightly upward toward the right. (The body following the hand and rotates toward the right.) The eyes look at the right hand. Listen behind and to the right. The center of gravity tends to the left. At the same time, the right kuà relaxes, the right knee closes.

6. The body turns to the right, spiraling and sinking slightly. The center of gravity moving from the left and traverses a downward arc and shifts tending slightly right. The toes grip the ground. The Bubbling

Well is empty. At the same time, the right hand reels shùn slightly leading the energy in turning slightly right. At the same time, the fingers of the left hand close to a "hook", the finger-tips relaxing and the tiger's mouth changing to round. Turn slightly left. Exhale. Listen behind. Look about left and right.

Posture Number Nine: Chū Shǒu

1. (A) The body first turns slightly left, spirals and rises slightly. Inhale. The center of gravity tends to the right. At the same time, the hands with both reeling nì close inward and rise. Both kuàs relax. The knees close inward. The toes grasp the ground. The Bubbling Well is empty. Inhale.

(B) The body turns to the left about 65°, spiraling and sinking. The center of gravity sinks from the right and shifts tending left. The kuàs relax, the knees close inward. The toes grasp the ground. The Bubbling Well is empty. First exhale, then inhale. At the same time, the hands open out and sink changing to both reeling nì and sinking, close inward and rotate toward the right, rising slightly to in front of the chest forward. The the tip of the thumb of the left hand at the same height as the tip of the nose. The right hand and the little finger lightly stick to the inside of the left forearm. The eyes look in front of the hands. Listen behind. Important: Sink the shoulders and drop the elbows, hollow the chest and settle the mid-section. Relax the kuà and bend the knees. Upper and lower, left and right close.

2. (A) The body turns slightly right, spiraling and sinking. The center of gravity moving from the left sinks and shifts tending right. At the same time, the two hands with both reeling nì press in the original direction, turn in and sink. Exhale.

心身微右转、螺旋略上升，重心全部放在右腿。同时，左腿屈膝逆缠里合，脚提起护右膝。同时，双手继续以双逆缠，以双采劲向左膝前下采，沉肩坠肘，含胸塌腰。松胯屈膝，收腹吸气提肛。眼向双手前下看，耳听身后，吸气。身勿歪，歪有斜。

### 第十式：前踵拗步

1. 身先右转约 $45^\circ$ ，再向左转约 $90^\circ$ ，螺旋略上升。同时，右腿松胯略屈腿脚五指抓地，涌泉穴空，重心全部放在右腿。同时，左膝逆缠略上提里合，变顺缠，脚提起，脚头上翘向前迈步，位在右脚头正前方，以脚跟外侧着地。同时，双手先以左顺右逆缠向右后方摆，变左逆右顺缠，经头右侧向前，再变左顺右逆缠，双腕合住，双掌心交叉向两侧，指尖偏前上，位在双眼前中线，吸气。眼看前，耳听身后。要求：双手向前交叉合与左脚着地同时完成。

2. 身向左转约 $45^\circ$ ，螺旋下沉，同时，左脚跟为轴，脚头向左外旋转约 $45^\circ$ ，脚掌着地踏实，五指抓地，涌泉穴空。重心变左。同时，右脚脚跟提起以脚头为轴逆缠里转，同时，双手由两眼前中线，双腕沾连交叉变双逆缠，向左棚出旋转，眼看右肘外侧，耳听身左后，双手指尖高度不得低于眼睛。

3. 身略向左转，螺旋略上升，再略下沉，同时，右腿逆缠屈膝脚上提里合，向右前方迈步，脚掌着地，重心先全部放在左腿，当右脚落地后，下沉向右前移，略偏右前，松胯屈膝里合，两脚五指抓地，涌泉穴空。双手先以双逆缠分向两侧，大指领劲略走上弧向两侧分开，再变双顺缠略下沉，劲松到双手中指肚，先吸后呼。眼左顾右盼，重点放在右手，耳听身后，重心在右。

### 第十一式：第二斜行拗步

1. 身先向右转约 $20^\circ$ ，螺旋略上升，重心偏左，再向左转约 $45^\circ$ ，螺旋下沉，重心核偏右。两胯松两膝里合，两脚五指抓地，涌泉穴空。同时，两手先以左顺右逆缠向右旋转棚出，再以左逆右顺缠向左领劲，右手位在两眼前中线，左手位在左眼前方，高与眼平。眼左顾右盼，再看身右侧，吸气，耳听身后。

2. 身向右转约 $90^\circ$ ，螺旋略上升，重心先偏左再全部放在右腿。同时，右腿先逆后顺缠，五指抓地，膝里合，涌泉穴空。再以脚跟为轴，脚头向右

《乙》身微右转,螺旋略上升,重心全部放在右腿,同时,左腿屈膝逆缠里合,脚提起护右膝.同时,双手继续以双逆缠,以双采劲向左膝前下采,沉肩坠肘,含胸蹋腰.松胯屈膝,收腹吸气提肛.眼向双手前下看,耳听身后,吸气.身勿左歪右斜.

#### 第十式：前蹿拗步

1. 身先右转约45°,再向左转约90°,螺旋略上升.同时,右腿松胯略屈膝,脚五指抓地,湧泉穴空,重心全部放在右腿.同时,左膝逆缠略上提里合,变顺缠,脚提起,脚尖上翘向前迈步,位在右脚尖正前方,以脚跟外侧着地.同时,双手先以左顺右逆缠向右后方攢[才+履],变左逆右顺缠,经头右侧向前,再变左顺右逆缠,双腕合住.双掌心交叉向两侧,指尖偏前上,位在双眼前中线,吸气.眼看前,耳听身后.要求:双手向前交叉与左脚着地同时完成.

2. 身向左转约45°,螺旋下沉,同时,左脚跟为轴,脚尖向左外旋转约45°,脚掌着地踏实,五指抓地,湧泉穴空.重心变左.同时,右脚脚跟提起以脚尖为轴逆缠里转,同时,双手由两眼前中线,双腕沾连交叉变双逆缠,向左棚出旋转,眼看右肘外侧,耳听身左后,双手指尖高度不得低于眼睛.

3. 身略向左转,螺旋略上升,再略下沉,同时,右腿逆缠屈膝脚上提里合,向右前方迈步,脚掌着地,重心先全部放在左腿,当右脚落地后,下沉向右前移,略偏右前,松胯屈膝里合,两脚五指抓地,湧泉穴空.双手先以双逆缠分向两侧,大指领劲略走上弧向两侧分开,再变双逆缠略下沉,劲松到双手中指肚,先吸後呼.眼左顾右盼,重点放在右手,耳听身后,重心在右.

#### 第十一式：第二斜行拗步

1. 身先向右转约20°,落钻略上升,重心偏左,再向转约45°,螺旋下沉,重心移偏右.两胯松两膝里合,两脚五指抓地,湧泉穴空.同时,两手先以左顺右逆缠向右旋转棚出,再以左逆右顺缠向左领劲,右手位在两眼前中线,左手位在左眼前方,高与眼平.眼左顾右盼,再看身右侧,吸气,耳听身后.

2. 身向右转约90°,螺旋略上升,重心先偏左再全部放在右腿.同时,右腿先逆后顺缠,五指抓地,犀利合,湧泉穴空.再以脚跟为轴,脚尖向右

(B) The body rotates slightly right, spiraling and rising slightly. The entire center of gravity is placed on the right leg. At the same time, bend the left knee and reel *nì* closing inward. The foot is raised to protect the right knee. At the same time, the hands continue with double reeling *nì*, and with double *cǎi jìn*, *cǎi* down toward the front of the left knee. Sink the shoulders and drop the elbows. "Hán xiōng tā yāo". Relax the *kuà* and bend the knees. Bring in the abdomen. Inhale. Raise the anus. The eyes look to in front and below the hands. Listen behind. Inhale. The body must not lean to the left or right.

Posture Number Ten: Qián Táng Ào Bù

1. The body first rotates right about 45°, then turns left about 90°, spiraling and rising slightly. At the same time, with the right leg relax the *kuà*, slightly bend the knees. The toes grasp the ground; the Bubbling Well is empty. The entire center of gravity is placed on the right leg. At the same time, the left knee reels *nì*, is lifted slightly and closes inward. Changing to reeling *shùn*, the foot is raised, the toes tilt up, steps to the front, and is positioned just in front of the toes of the the right foot, the outside of the heel touching down. At the same time, the two hands, first with the left reeling *shùn*, the right reeling *nì*, *lǚ* toward the right rear, changing to left reeling *nì*, right reeling *shùn*, passing the right of the head toward the front. Then changing to the left reeling *shùn*, the right reeling *nì*, the two wrists close and stop. The palms crossing toward the two sides, the fingers tending to the upper front, are positioned in front of the center-line of the eyes. Inhale. The eyes look forward. Listen behind. Important: The two hands crossing toward the front and the left foot touching ground are completed at the same time.

2. The body turns to the left about 45°, spiraling and sinking. At the same time, with the left heel as the axis, the toes rotate to the outer left about 45°. The sole of the foot makes firm contact with the ground, the toes grasp the ground, the Bubbling Well is empty. The center of gravity changes to the left. At the same time, the heel of the right foot is raised, and with the toes as axis, reels *nì* turning in. At the same time, the hands moving from the center-line in front of the eyes, the wrists connect and cross, change to both reeling *nì*, "péng" out to the left and rotate. The eyes look to the outside of the right elbow. Listen behind and to left. The height of the fingers of both hands must not be below the eyes.

3. The body turns slightly left, spiraling and rising. Then sink slightly. At the same time, the right leg reels *nì* bending the knees the foot is raised closing inward. Step toward the right front step, the sole of the foot contacting the ground. The center of gravity is first placed entirely on the left leg. After the right foot drops to the ground, sink and shift toward the front right, slightly tending to the right front. Relax the *kuà*, bend the knees closing in. The toes grip the ground. The Bubbling Well is empty. The hands first with both reeling *nì* separate to the sides, the thumbs leading the energy, move slightly in an upward arc and open to the sides. Then change to both reeling *nì* and sink slightly. The energy relaxes to the pads of the middle fingers of both hands. First inhale, then exhale. The eyes look to the left and right, the focus is at the right hand. Listen behind. The center of gravity is on the right.

Posture Number Eleven: Number Two Xié Xíng Ào Bù

1. The body first turns toward the right about 20°, spiraling and rising slightly. The center of gravity tends to the left. Then turn left about 45°, spiraling and sinking, the center of gravity shifts tending right. Both kuà relax, the knees close inward, the toes grip the ground, the Bubbling Well is empty. At the same time, the hands first with the left reeling shùn, the right reeling nì, rotate to the right and "péng" out. Then with left reeling nì, right reeling shùn, leading the energy toward the left, the right hand is positioned at the front center-line of the eyes, the left hand is positioned at the front of the left eye, level with the eyes. The eyes look to the left and right, then look at the right side. Inhale. Listen behind.

2. The body turns to the right about 90°, spiraling and rising slightly. The center of gravity first tends left then is placed entirely on the right leg. At the same time, the right leg first reels nì then reels shùn. The toes grasp the ground, the knees close in, the Bubbling Well is empty. Then with the heel the as axis, the toes toward the right



外转约90°，脚掌落地踏实，五指抓地，湧泉穴空变实。同时，左腿先顺缠外转，松胯，膝里合。脚掌踏实，五指抓地，湧泉穴空。再逆缠里转（当中心全部放在右脚时，左腿屈膝里合，逆缠提起向左前方迈步，以脚跟里侧着地，脚尖上翘里合，松胯屈膝，两膝相合）。同时，右手由两眼前中线变逆缠以大指领劲，坐腕，含胸蹋腰，沉肩坠肘，向右外略上棚出。位在右眼右侧方，高与眼平。同时，左手顺缠由左眼左前方以小指领劲，大指合，向里合。变逆缠合于鼻尖前中线。立掌，指尖高与眼平，眼左顾右盼，再看左前。先呼后吸。耳听身右后。动作(4)、(5)与第一个斜行动作(4)、(5)、(6)相同。

第十二式：再收（与初收式相同）

第十三式：前蹬拗步（与第一前蹬拗步相同）

第十四式：掩手肱撞

1. (1) 重心由右变左再变右，两手先顺后逆缠，含胸加棚劲，速度加快。  
(2) 重心由左变右，先右顺左逆缠，身向左转，方向：左有左。先左后右再左，吸，呼。

(3) 右手由右肩前方，左手由左肩的左侧前，身先左旋转，螺旋略下沉，重心略向右前移，两膝合，两胯松，两脚五指抓地，湧泉穴空。同时，右拳左掌以双顺缠外翻，眼睛前顾后，垂直放在右手，吸气。

2. 身向左转转至105°，先螺旋上升，再螺旋下沉，重心在左。同时右膝上提脚离地逆缠里合，随身右转，下沉，震脚，位在左脚里侧旁，脚尖向右前方。重心由右变左全部放在右腿。同时，右拳由右肩前方折腕屈肘上翻里合，变逆缠经鼻尖前向胸前下沉，拳心偏右外下，同时，左手顺缠以小指领劲，掌心向上经头左侧高与眼平，间距头约40~50公分。里合至左眼变逆缠下沉，合于右腕背上。掌心略偏右前下。双腕交叉点高于胸部同，两臂保持半圆，含胸蹋腰，沉肩坠肘，棚劲不丢，眼光看右拳，再看左手，再看前方，耳听身后。先吸后呼。要求：双手上提里合，松胯提右膝时，要上下左右相合，肩胯放松下沉。双手逆缠交叉合，下震脚同时完成。呼气。方向有前方隅角。

3. 身继续向左旋转，螺旋下沉，重心移在右，同时，右胯松，右膝里合，五指抓地，湧泉穴空。同时，左腿松胯吸气上提里合，脚离地向左前方迈步，以脚跟里侧着地，脚尖上翘里合。同时，右拳左掌双逆缠双腕沾逆缠续领住上棚劲，眼看左前，耳听身右后，吸气。

外转约 90°, 脚掌落地踏实, 五指抓地, 湧泉穴空变实. 同时, 左腿先顺缠外转, 松胯, 膝里合. 脚掌踏实, 五指抓地, 湧泉穴空. 再逆缠里转 《当中心全部放在右脚时, 左腿屈膝里合, 逆缠提起向左前方迈步, 以脚跟里侧着地, 脚尖上翘里合, 松胯屈膝, 两膝相合》. 同时, 右手由两眼前中线变逆缠以大指领劲, 坐腕, 含胸蹋腰, 沉肩墜肘, 向右外略上棚出. 位在右眼右侧方, 高与眼平. 同时, 左手顺缠由左眼左前方以小指领劲, 大指合, 向里合. 变逆缠合于鼻尖前中线. 立掌, 指尖高与眼平, 眼左顾右盼, 再看左前. 先呼后吸, 耳听身右后. 动作 (3),(4),(5) 与第一个斜行动作 (4),(5),(6) 相同.

第十二式: 再收 《与初收式相同》

第十三式: 前蹚拗步 《与第一前蹚拗步相同》

第十四式: 掩手肱捶

1. 《1》 重心由右变左再变右, 两手先顺後逆缠, 含胸加棚劲, 速度加快.

《2》 重心右左右, 先右顺左逆缠, 身向左转, 方向: 左右左. 先左后右再左, 吸, 呼.

《3》 右手由右肩前方, 左手由左肩的左侧前, 身先左换转, 螺旋略下沉, 重心略向右前移, 两膝合, 两胯松, 两脚五指抓地, 湧泉穴空. 同时, 右拳左掌以双顺缠外翻, 眼瞻前顾后, 重点放在右手, 吸气.

2. 身向右转转至 105°, 先螺旋上升, 再螺旋下沉, 重心在左. 同时右膝上提脚离地缠里合, 随身右转, 下沉, 震脚, 位在左脚里侧傍, 脚尖向右前方. 重心由右变左全部放在右腿. 同时, 右拳由右肩前方折腕屈肘上翻里合, 变逆缠经鼻尖前向胸前下沉, 拳心偏右外下, 同时, 左手顺缠以小指领劲, 掌心向上经头左侧高与眼平, 间距头约 40~50 公分. 里合至左眼变逆缠下沉, 合于右腕背上. 掌心略偏右前下. 双腕交叉点高于胸部同, 两臂保持半圆, 含胸蹋腰, 沉肩墜肘, 棚劲不丢, 眼先看右拳, 再看左手, 再看前方, 耳听身后. 先吸后呼. 要求: 双手上提里合, 松胯提右膝时, 要上下左右合, 肩胯放松下沉. 双手逆缠交叉合, 下震脚同时完成. 呼气. 方向右前方隅角.

3. 身继续向左旋转, 螺旋下沉, 重心移在左, 同时, 右胯松, 右膝里合, 五指抓地, 湧泉穴空. 同时, 左腿松胯吸气上提里合, 脚离地向左前方, 迈步, 以脚跟里侧着地, 脚尖上蹺里合. 同时, 右拳左掌双逆缠双腕沾连继续领住上棚劲, 眼看左前, 耳听身右后, 吸气.

turn out about 90°. The sole of the foot drops to the ground and stabilizes. The toes grasp the ground. The Bubbling Well is empty then changes to full. At the same time, the left leg first reels shùn and turns out. Relax the kuà. The knees close in. The sole of the foot is firmly placed, the toes grasp the ground, the Bubbling Well is empty. Then it reels nì turning in (When the center is placed entirely on the right foot, the left leg bends the knee closing in, reels nì and rises, step toward the left front, touching down with the inside of the heel. The toes tilt up and close inward. Relax the kuà and bend the knees. The knees close.) At the same time, the right hand, moving from the center-line in front of the eyes changes to reeling nì with the thumb leading the energy, sitting-wrist, hán xiōng tā yāo, sink the shoulders and drop the elbows, slightly péngs out upward toward the outer right. It is positioned at the right side of the right, level with the eyes. At the same time, the left hand reels shùn moving from the left front of the left eye with the little finger leading the energy and the thumb closing, closes inward, changes to reeling nì and is brought in to the front centerline of the nose. Vertical palm, the fingers are level with the eyes. The eyes look to the left and right, then look to the left front. First exhale, then inhale. Listen behind and to the right. Movement (3),(4),(5) and the first Xie Xing movement (4),(5),(6) are the same.

Posture Number Twelve: Zài Shōu (and Chū Shōu Shì are the same)

Posture Number Thirteen: Qián Táng Ào Bù (Same as Number One Qián Táng Ào Bù)

Posture Number Fourteen: Yǎn Shǒu Gōng Chuuí

1. (1) The center of gravity moving from the right changes to the left, then changes to the right. The hands first reel shùn, then reel nì. Hollow the chest, add péng jin, increasing the speed. (2) The center of gravity is right, then left, then right. First the right reels shùn, the left reels nì, the body turns to the left. The direction is: left, right, left. First the left rear, then the right, then the left. Inhale. Exhale. (3) The right hand moving from the front of the right shoulder, the left hand moving from the front left side of the left shoulder, the body first rotates left, spiraling and sinking slightly. The center of gravity shifts slightly toward the front right, the knees close, both kuàs relax, the toes grip the ground, the Bubbling Well is empty. At the same time, the right fist and the left palm both reel shùn and turn over outward. The eyes look to the front and the rear. The focus is on the right hand. Inhale.

2. The body turns to the right turning to 105°, first spiraling and rising, then spiraling and sinking. The center of gravity is on the left. At the same time, the right knee is raised the foot coming off the ground, reeling and closing inward, following the body rotating right. Sink. Stomp the foot positioning it at the inside of the left foot the inside, the toes toward the right front. The center of gravity moving from the right changes to the left and is placed entirely on the right leg. At the same time, with the right fist moving from the front of the right shoulder, "the wrist bent in", and the elbow bending, turns up and closes inward, changes to reeling nì passing in front of the tip of the nose to in front of the chest, sinks, the inside of the fist tending to the lower outside right. At the same time, the left hand reels shùn with the little finger leading the energy, the palm faces up passing the left side of the head level with the eyes, the distance from the head about 40-50 centimeters, closing inward to the left eye, changes to reeling

nì and sinks, is brought in to the back of the right wrist, the palm slightly tending to the lower right front. The wrists are crossed a little higher than the chest, The two arms maintain a semi-circle. Hǎn xiōng tā yāo. Sink the shoulders and drop the elbows. The péng energy is not lost. The eyes first look at the right fist, then look at the left hand, then look to the front. Listen behind. First inhale, then exhale. Important: When the two hands rise and close inward, and when relaxing the kuà and raising the right knee, there must upper and lower closing and a left and right closing, the shoulders and kuà relax and sink. The hands reeling nì and crossing and the stomping the foot are completed at the same time. Exhale. The direction is toward the right front corner.

3. The body continues to rotate to the left, spiraling and sinking. The center of gravity shifts to the left. At the same time, the right kuà relaxes, the right knee closes, the toes grasp the ground. The Bubbling Well is empty. At the same time, with the left leg relax the kuà, inhale, and raise it closing inward. The foot comes off the ground toward the left front, step, touching down with the inside of the heel, the toes are raised closing inward. At the same time, the right fist and the left palm both reel nì, the two wrists maintaining contact continues leads to a stop in upward péng energy. The eyes look to the left front. Listen behind and to the right. Inhale.

## 第二种练法

小虚空变换时，跳起来，重心直接放在右腿。身体向左再向右，吸气脚掌落地，其它完全相同。

1. 身向左转45°，螺旋略上升，重心继续向右移再偏右，同时，两胯松，两膝要开中寓合，慢劫作左腿以左脚跟为轴，脚尖向外开。身向右转时左脚尖里合，身再向左转时左脚尖外转渐落地。五指抓地，湧泉穴空。脚尖落地五指抓地，湧泉穴空，重心在右。同时，右腿先逆缠里合变顺缠外转，膝里合，脚掌着地，五指抓地，湧泉穴空，同时，右拳顺缠外翻，拳心向上虚握，变逆缠放松。同时，左掌逆缠里合以食指大合于右前肩窝，拳心向外，右肘略下坠。身向右转约90°，沉肩坠肘，含胸蹋腰，松胯屈膝。同时，左肘向右旋转里合略下沉。同时，右拳由右右侧变逆缠里合，里折腕，虎口向上，拳心向里。重心移偏左，眼光看右拳，再看右肘前。

2. 身向左转约45°，螺旋下沉，重心移偏右后。同时，右拳由左肘里下经左胸腹前向右膝下沉，拳心向后，虚握放松。同时，左掌由右肩窝前向左上外开经两眼前中线向左外开下沉，位在左肩前，指尖高于鼻尖，掌心偏前下，呼气。眼左顾右盼，重点放在左手，再看前，耳听身后。第二种快速练法：小、2、2，一开腾空，一开即合，欲合先开，一吸即呼，双脚着地呼气向左转下沉，呼气，同时完成，快而不乱。

3. 身略向右转，螺旋下沉，两胯松，沉臀（后翻）膝合，双脚抓地，五指抓地，湧泉穴空。同时，左掌由左眼左前方变逆缠略下沉外开向左前旋转上升，高与眼平。同时，右拳由右膝上逆缠向右后外旋转上升。吸气，高与眼平，挺胸后。重心偏左前。要求：开胸，突腹下沉，松胯沉臀略上翻。

4. 身向右转约近45°，螺旋下沉，重心变偏右，沉肩坠肘，含胸蹋腰，松胯屈膝合，两脚五指抓地，湧泉穴空。同时，左手由左眼左前方变顺缠略向上翻里合至两眼前中线变逆缠，掌心向右，指尖向前上。同时，右拳由右后方变顺缠向前里合下沉至腹前，拳心向上贴于腹前，再变逆缠里转突腕，拳心向里偏右，呼气，重心偏右。眼左顾右盼，再看前，耳听身后。

5. 身向左转，螺旋上升，重心偏左。同时，松胯屈膝合，两脚五指抓地，湧泉穴空。同时，左掌逆缠里转屈肘向后略偏左外，略下沉，发劲。左手贴于左肋，半握拳。同时，右拳由腹前逆缠里转经左肘扣左手下向前略偏右，发劲后拳高与肩同。

## 第二种练法

(1) 虚实变换时,跳起来,重心直接放在右腿.身体向左再向右,吸气脚掌落地,其它完全相同.

(2) 身向左转 45°,螺旋略上升,重心继续向右移再偏右,同时,两胯松两膝要开中寓合 《慢动作左腿以左脚跟为轴,脚尖向外开,身向右转时左脚尖里合,身再向左转时左脚尖外转渐落地.五指抓地,湧泉穴空》.脚尖落地五指抓地,湧泉穴空,重心在右.同时右腿先逆缠里合变顺缠外转,膝里合,脚掌着地,五指抓地,湧泉穴空,同时,右拳顺缠外翻,拳心向上虚握变逆缠放松.同时,左掌逆缠里合以食指尖合于右前肩窝,拳心向外,右肘略下墜.身向右转约 90°,沉肩墜肘,含胸蹋腰,松胯屈膝.同时,左肘向右旋转里合略下沉.同时,右拳由右肩右侧变逆缠里合,里折腕,虎口向上,拳心向里.重心移偏左,眼先看右拳,再看右肘前.

(3) 身向左转约 45°,螺旋下沉,重心移偏右后.同时,右拳由左肘里下经左胸腹前向右膝下沉,拳心向后,虚握放松.同时,左掌由右肩窝前向左上外开经两眼前中线向左外开下沉,位在左肩前,指尖高于鼻尖,掌心偏前下,呼气.眼左顾右盼,重点放在左手,再看前.耳听身后.第二种快速练法,(1),(2),(3),一开腾空,一开即合,欲合先开.一吸即呼.双脚着地呼气向左转下沉,呼气.同时完成,快而不乱.

(4) 身略向右转,螺旋下沉.两胯松,沉臀略后翻,膝合,双脚抓地,五指抓地,湧泉穴空.同时,左掌由左眼左前方变逆缠略下沉外开向左前旋转上升,高与眼平.同时,右拳由右膝上逆缠向右后外旋转上升.吸气,高与眼平,瞻前顾后,重心偏左前.要求:开胸,突腹下沉,松胯沉臀略上翻.

4. 身向右转约近似 45°,螺旋下沉,重心变偏右,沉肩墜肘,含胸蹋腰,松胯屈膝合,两脚五指抓地,湧泉穴空.同时,左手由左眼左前方变顺缠略向上翻里合至两眼前中线变逆缠,重心向右,指尖向前上.同时,右拳由右后方变顺缠向前里合下沉至腹前,拳心向上贴于腹前,再变逆缠里转实腕,拳心向里偏右,呼气,重心偏右.眼左顾右盼,再看前,耳听身后.

5. 身向左转,螺旋上升,重心偏左.同时,松胯屈膝合,两脚五指抓地,湧泉穴空.同时,左掌逆缠里转屈肘向后略偏左外,略下沉,发劲.左手贴于左肋,半握拳.同时,右拳由腹前逆缠里转经左肘和左手向前略偏右,发劲后拳高与肩同.

## Second practice method

(1) When emptiness and fullness transform into one another, jump up, the center of gravity is directly placed at the right leg. The body moves toward the left then toward the right, inhale, the foot drops to the ground, completely the same as the first.

(2) The body turns to the left 45°, spiraling and rising slightly, the center of gravity continues toward the right, shifts then tending right. At the same time, both kuàs relax. The knees must have "opening contains closing" (Slowly move the left leg with the left heel as the axis, the toes open outward. When the body turns to the right, the toes of the left foot close inward, when the body then turns left, the toes of the left foot turns out and gradually drop to the ground. The toes grasp the ground, the Bubbling Well is empty). The toes drop to the ground, the toes grasp the ground, the Bubbling Well is empty. The center of gravity is on the right. At the same time the right leg first reels nì, closes inward, changes to reeling shùn and turn out. The knees close in, the sole of the foot contacting the ground. The toes grasp the ground. The Bubbling Well is empty. At the same time, the right fist reels shùn and turns over outward, the fist, inside facing upward, is lightly clenched, changes to reeling nì and relaxes. At the same time, the left palm reels nì closing inward with the index finger brought in to in front of the right shoulder, the face of the fist faces out, the right elbow drops slightly. The body turns to the right about 90°. Sink the shoulders and drop the elbows, hán xiōng tā yāo. Relax the kuà and bend the knees. At the same time, the left elbow rotates to the right closing inward and sinking slightly. At the same time, the right fist moving from the right side of the right shoulder changes to reeling nì closing inward, bent-wrist inward, the tiger's mouth faces up, the inside of the fist faces in. The center of gravity shifts tending left, the eyes first look at the right fist, then look to the front of the right elbow.

(3) The body turns to the left about 45°, spiraling and sinking. The center of gravity shifts tending right rearward. At the same time, the right fist moving from inside and below the left elbow, passes in front of the left chest-abdomen toward the right knee and sinks, the inside of the fist toward the rear, lightly clenched and relaxed. At the same time, the left palm moving from in front of the crook of the right shoulder, opens outward toward the upper left passing the center-line in front of the eyes, opens outward to the left and sinks. It is positioned in front of the left shoulder, the fingers higher than the tip of the nose, the palm tending to the lower front. Exhale. The eyes look to the left and right, focus on the left hand, then look forward. Listen behind. In the second fast practice method, (1), (2), (3), upon opening soar through the air, upon opening immediately close. When you want to close first open. Upon inhaling immediately exhale. When the feet touch the ground, exhale. Turn to the left and sink. Exhale. Everything is completed at the same time, fast but not disorderly.

(4) The body turns slightly right, spiraling and sinking. Both kuàs relax. Sink the buttocks slightly turning over rearward. The knees close. Both feet grasp the ground, the toes grasp the ground. The Bubbling Well is empty. At the same time, the left palm moving from the left front of the left eye changes to reeling nì sinking slightly and opening outward toward the left front rotates and rises, level with the eyes. At the same time, the right fist moving from above the right knee reels nì toward the right rear rotating out and rising. Inhale. level with the

eyes, Look to the front and the rear. The center of gravity tends to the left front. Important: Open the chest, push out the abdomen, sink, relax the kuà, sink the buttocks turning over slightly upward.

4. The body turns to the right about 45°, spiraling and sinking. The center of gravity changes to tending right. Sink the shoulders and drop the elbows. Hán xiōng tā yāo. Relax the kuà and bend the knees closing. The toes grip the ground. The Bubbling Well is empty. At the same time, the left hand moving from the left front of the left eye changes to reeling shùn, slightly toward turns up, closes inward to the front center-line of the eyes, changes to reeling nì. The center of gravity is toward the right. The fingers are toward the upper front. At the same time, the right fist moving from the right rear changes to reeling shùn closing inward toward the front and sinking to in front of the abdomen. The inside of the fist facing upward sticking to the front of the abdomen, then changes to reeling nì, turning in full in the wrist. The inside of the fist faces mostly right. Exhale. The center of gravity tends to the right. The eyes look to the left and right, then look forward. Listen behind.

5. The body turns to the left, spiraling and rising. The center of gravity tends to the left. At the same time, relax the kuà and bend the knees closing, the toes grip the ground. The Bubbling Well is empty. At the same time, the left palm reels nì turning in, bend the elbows toward the rear tend slightly to the outer left. Sink slightly, fā jìn. The left hand sticks to the left the ribs, with a half-clenched fist. At the same time, the right fist moving from in front of the abdomen reels nì, turning in passing the left elbow and the left hand toward the front, tending slightly right. After fā jìn the fist is as high as the shoulders.



要求 劲起脚跟形于腰 结合丹田带动左拳左肘，呼气合肘，同时完成眼看右拳。

### 第十五式：十字手

1 以腰为主，结合丹田带劲。快速，身向右转约45°，螺旋略下沉，吸气。重心偏右后，两胯松，两膝合，两脚五指抓地，涌泉穴空。同时，右拳变掌，掌心向下，以丹田带动快速向右后上提，同时，沉肩坠肘，松胯屈膝。右手位在右眼右前方，掌心向下，掌心空指尖偏前下。同时，左手由左肋傍逆缠里折腕，下沉向前棚出，掌心和指尖向里后，左肘与右膝合，眼看前，耳听身后。要求 背劲不去。

2 身向右转约45°，螺旋下沉，再略上升，先呼后吸。重心由右后下沉走下弧向左前方移偏左前，同时，右手由右眼右前顺缠下沉经腹前向前上旋转棚出，小指领劲大指合，掌心空，指尖高与眼平。同时，左掌由左膝前上逆缠里合屈肘上翻合于右手腕上，外折腕，指尖向前略偏下，掌心向前偏下，眼看双手前，耳听身后，左肘与左膝相合。

3 身向右转约45°，螺旋略上升再下沉，先吸后呼。重心先左后微偏右，同时，两脚跟为轴，左脚里转，右脚外转，脚掌踏实，五指抓地，涌泉穴空。同时，双腕交叉沾连，双手逆缠向右路上旋转交叉棚出，劲松至双手中指肚，掌心分向左右两侧，双腕交叉胸前略上，眼先看右，再看前，耳听身后。

### 第十六式：若三金刚捣捶

1 身微向右转螺旋略下沉。呼气，重心略偏右，两胯松，两膝合，两脚五指抓地，涌泉穴空。同时，两手由鼻前分向右上左下以双逆缠棚出，略变双顺缠，右手位在右眼右前方，左手位在左大腿外前，耳听身后。

2 身略向右转，螺旋下沉，两胯松，两膝合，右脚脚掌踏实，五指抓地，涌泉穴空。同时，以左脚跟为轴，左脚头贴地里勾五指抓地，涌泉穴空。同时，右手以大指领劲逆缠略向右外上开展上棚；同时，左手由左大腿左前变顺缠外翻下沉，吸气。眼先看右再看左，耳听身后，重心偏右。

3 身向右转45°，螺旋先下沉再略上升。先呼后吸，重心由偏右下沉走

要求：劲起脚跟形于腰，结合丹田带劲左拳左肘，呼气合裆，同时完成，眼看右拳。

### 第十五式：十字手

1. 以腰为主，结合丹田带劲快速，身向右转约45°，螺旋略下沉，吸气。重心偏右后，两胯松，两膝合，两脚五指抓地，湧泉穴空。同时，右拳变掌，掌心向下，以丹田带劲快速向右后上提，同时，沉肩坠肘，松胯屈膝。右手位在右眼右前方，掌心向下，掌心空指尖偏前下。同时，左手由左肋傍逆缠里折腕，下沉向前棚出，掌心和指尖向里合，左肘与右膝合，眼看前，耳听身后。要求：背劲不丢。

2. 身向右转约45°，螺旋下沉，再略上升，先呼后吸。重心由右后下沉走下弧向左前方移偏左前。同时，右手由右眼前顺缠下沉经腹前上旋转棚出，小指领劲大指合，掌心空。指尖高与眼平。同时，左掌由左膝前上逆缠里合屈肘上翻合于右手腕上，外折腕，指尖向前略偏下，掌心向前偏下，眼看双手前，耳听身后，左肘与左膝相合。

3. 身向右转约45°，螺旋略上升再下沉，先吸后呼。重心先左后微偏右，同时，两脚跟为轴，左脚里转，右脚外转，脚掌踏实，五指抓地，湧泉穴空。同时，双腕交叉沾连，双手逆缠向右略上旋转交叉棚出，劲松至双手中指肚，掌心分向左右两侧。双腕交叉胸前略上，眼先看右，再看前，耳听身后。

### 第十六式：第三金刚捣捶

1. 身微向右转螺旋下沉。呼气，重心略偏右，两胯松，两膝合，两脚五指抓地，湧泉穴空。同时，两手由鼻前分向右上左下以双逆缠棚出，略变双顺缠，右手位在右眼右前方，左手位在左大腿外前，耳听身后。

2. 身略向右转，螺旋下沉，两胯松，两膝合，右脚脚掌踏实，五指抓地，湧泉穴空。同时，以左脚跟为轴，左脚尖贴地里勾五指抓地，湧泉穴空。同时，右手以大指领劲逆缠略向右外上开展上棚；同时，左手由左大腿左前变顺缠外翻下沉，吸气。眼先看右再看左，耳听身后，重心偏右。

3. 身向右转45°，螺旋先下沉再略上升。先呼后吸，重心由偏右下沉走

Important: The energy rises from the heel moving to the mid-section, gathering in the dan tian and carrying energy to the left fist and the left elbow. Exhale. Close the crotch. All are completed at the same time. The eyes look at the right fist.

Posture Number Fifteen: Shí Zì Shǒu

1. With the mid-section principal, gather energy to the dan tian. Quickly, the body turns to the right about 45°, spiraling and sinking slightly. Inhale. The center of gravity tends to the right rear, both kuà relax, the knees close. The toes grip the ground. The Bubbling Well is empty. At the same time, the right fist changes to a palm, the palm faces down, and with the dan tian delivering energy is raised quickly toward the right rear. At the same time, sink the shoulders and drop the elbows. Relax the kuà and bend the knees.

The right hand is positioned at the right front of the right eye. The palm faces down. The palm is empty, the fingers tend to the lower front. At the same time, the left hand moving from the left ribs reels nì and bent-wrist inward, sinks toward the front and péngs out. The palm and the fingers close inward. The left elbow and the right knee close. The eyes look forward. Listen behind. Important: the back energy is not lost.

2. The body turns to the right about 45°, spiraling and sinking, then rises slightly. First exhale, then inhale. The center of gravity moves from the right rear, sink and traverse a downward arc toward the left front, and shift tending to the left front. At the same time, moving from the front of the right eye, the right hand reels shùn and sinks passing in front and above the abdomen, and rotates péng'ing out. The little finger leads the energy the thumb closing, the palm empty. The fingers are level with the eyes. At the same time, the left palm moving from over and in front of the left knee, reels nì closing inward and bending the elbows, turns up is brought in to above the right wrist. Bent-wrist outward. The fingers face front tending slightly downward. The palm faces front tending downward, the eyes look in front of the hands. Listen behind. The left elbow and the left knee close together.

3. The body turns to the right about 45°, spiraling and rising slightly, then sinking. First inhale, then exhale. The center of gravity first moves to the left rear slightly tending right. At the same time, the heels acting as the axes, the left foot rotates in, the right foot turns out. The soles of the feet are firmly placed, the toes grasp the ground. The Bubbling Well is empty. At the same time, the wrists are crossed maintaining contact, the hands reel nì, rotate slightly upward toward the right, crossed and péng'ing out. The energy relaxes to the pads of the middle fingers of both hands. The palms separate to the left and right the sides. The wrists are crossed in front and a little above the chest. The eyes first look right, then look forward. Listen behind.

Posture Number Sixteen: Third Jīn Gāng Dǎo Chuí

1. The body turns a little to the right spiraling and sinking. Exhale. The center of gravity is slightly right. Both kuà relax. The knees close. The toes grip the ground. The Bubbling Well is empty. At the same time, the hands moving from the nose forward separate toward the upper right and the lower left with both reeling nì and pénging out, slightly change to both reel shùn, the right hand is positioned at the right front of the right eye, the left hand is positioned outside and

forward of the left thigh. Listen behind.

2. The body turns slightly right, spiraling and sinking. Both kuà relax. The knees close, the sole of right foot is firmly placed. The toes grasp the ground. The Bubbling Well is empty. At the same time, with the left heel as the axis, the toes of the left foot stick to the ground and hook inward, the toes grasping the ground. The Bubbling Well is empty. At the same time, the right hand with the thumb leading the energy reels *nì* slightly upward toward the outer right opening and péng'ing upward. At the same time, the left hand moving from in front of the left thigh changes to reeling *shùn* and turns over outward. Sink. Inhale. The eyes first look right then look left. Listen behind. The center of gravity tends to the right.

3. The body turns to the right 45°, spiraling, first sinking then rising slightly. First exhale, then inhale. The center of gravity moving from tending right sinks and traverses

下腿移在左，左脚五指抓地，脚掌踏实，湧泉穴空。右脚脚跟提起顺缠以脚尖里侧着地划里弧至左脚头右侧，再向前划弧度步，脚尖点地。同时，右手由右眼看前方先变逆缠向外开下沉，经右腰右侧微前方再向前棚出，位在右下方右前方，小指领劲大指合，掌心空。腕向前外折，掌心向上，指尖略偏前下。同时，左手由左腰外侧先顺缠屈肘上翻，变逆缠里转经左耳下向前上至两眼前中线，再向下沉，合于右肘腕上，左肘向前棚出，左掌心向下。

动作(4)与第一金刚捣碓(6)完全相同。其方向亦与第一金刚捣碓相同。

## 第十七式 披身捶

1. 身微向右转，螺旋微上升，再略向左转，螺旋下沉，重心先左后接略偏右，先吸后呼。同时，两腿先左逆右顺缠，两膝合，再变左顺右逆缠，两脚五指抓地，湧泉穴空。同时右拳左掌由腹前先微向右前略上双顺缠旋转，再略向左下沉变双逆缠分向两旁分开棚出，掌心向上，指尖相对，虎口向前，眼左顾右盼，耳听身后。双手位在两大腿左右前侧上，高与腹平。

2. 身微向左转，再略向右转，螺旋下沉，先开胸突腹松胯，臀部略下沉上翻。再变沉肩坠肘，含胸塌腰，松胯屈膝合。同时，左腿先做逆缠变顺缠，再变逆缠里转，脚五指抓地，湧泉穴空。同时右腿先微顺缠外转膝里扣，再变略逆缠里转，脚五指抓地，湧泉穴空。再顺缠逆缠里转，脚尖上跷以右脚跟里侧向右侧贴地蹬出，脚掌落地踏实，五指抓地，湧泉穴空。变略顺缠外转膝里合。同时两手由两大腿左前右前变顺缠腕松外转，掌心向上，小指领劲大指合，再继续以双顺缠由身两侧小指领劲向前上里合至两眼前变双逆缠，左外右里双腕交叉，双掌心分向两侧偏下，指尖分向两侧偏上，劲松到双手中指肘。双腕交叉点高在胸前略上。双臂里侧保持半圆，棚劲不去眼左顾右盼，再向前，先吸后呼，耳听身后。

3. <快速动作>身略向左转，重心先左后接略偏右，再向右转，重心移略偏左，再向左转，重心移略偏右。同时，两腿先左顺右逆缠，左膝里合，再变左逆右顺缠，右膝里合，再变左顺右逆缠，左膝里合，两脚踏实，五指抓地，湧泉穴空。同时，双掌变拳双腕交叉左外右里向左以左顺右逆缠领劲，左掌心向上略偏右，右掌心偏下。要求：右肩沉有坠肘里下折脚，吸气，左拳外折腕，双拳再微向左向右向到胸前中线，双脚踏逆旋转，左拳

下弧移在左,左脚五指抓地,脚掌踏实,湧泉穴空.右脚脚跟提起顺缠以脚尖里侧着地划里弧至左脚尖右侧,再向前划弧虚步,脚尖点地.同时,右手由右眼右前方先逆变顺缠向外开下沉,经右腰右侧微前方再向前棚出,位在右下下沉右前方,小指领劲大指合,掌心空.腕向前外折,掌心向上,指尖略偏前下.同时,左手由左胯外侧先顺缠屈肘上翻,变逆缠里转经左耳下向前上至两眼前中线,再向下沉,合于右肘腕上,左肘向前棚出,左掌心向下.

动作(4)与第一金刚捣碓(6)完全相同.其方向亦与第一金刚捣碓相同.

### 第十七式：披身捶

1.身微向右转,螺旋微上升,再略向左转,螺旋下沉,重心先左后移略偏右,先吸后呼.同时,两腿先左逆右顺缠,两膝合,再变左顺右逆缠,两脚五指抓地,湧泉穴空.同时右拳左掌由腹前先微向右前略上双顺缠螺旋,再略向左下沉变双逆缠分向两旁分开棚出.掌心向上,指尖相对,虎口向前,眼左顾后盼,耳听身后.双手位在两大腿左右前侧上,高与腹平.

2.身微向左转,再略向右转,螺旋下沉,先开胸突腹松胯,臀部略下沉上翻.再变沉肩坠肘,含胸蹋腰,松胯屈膝合.同时,左腿先微逆缠变略顺缠,再变逆缠里转,脚五指抓地,湧泉穴空.同时右腿先微顺缠外转膝里扣,再变略逆缠里转,脚五指抓地,湧泉穴空.再继续逆缠里转,脚尖上蹻以右脚跟里侧向右侧贴地蹬出,脚掌落地踏实,五指抓地,湧泉穴空.变略顺缠外转膝里合.同时两手由两大腿左前右前变顺缠腕松外转,掌心向上,小指领劲大指合,再继续以双顺缠由身两侧小指领劲向前上里合至两眼前变双逆缠,左外右里双腕交叉,双掌心分向两侧偏下,指尖分向两侧偏上,劲松到双手中指肚.双腕交叉点高再胸前略上.双臂里侧保持半园,棚劲不丢,眼左顾右盼,再看前,先吸后呼,耳听身后.

3.(快速动作)身略向左转,重心先左移略偏右,再向右转,重心移略偏左,再向左转,重心移略偏右.同时,两腿先左顺右逆缠,左膝里合,再变左逆右顺缠,右膝里合,再变左顺右逆缠,左膝里合,两脚踏实,五指抓地,湧泉穴空.同时,双掌变拳双腕交叉左外右里向左以左顺右逆缠领劲,左拳心向上略偏右,右拳心偏下.要求:右肩沉肩坠肘里下折腕,吸气,左拳外折腕,双拳再微向左向里向右到胸前中线,双腕沾连旋转.左拳

a downward arc, shift to the left. The left the toes grasp the ground, the sole of the foot is firmly placed. The Bubbling Well is empty. The heel of the right foot rises, reels shùn touching the ground with the inside of the toes and arc inside to the right side of the left toes, then trace an arc toward the front with an empty step, the toes touching the ground. At the same time, the right hand moving from the right front of the right eye first reels nì, changes to reeling shùn opening outward and sinking, passing the right side of the right mid-section slightly ing front then péngs out toward the front, is positioned at the right sink to the right the front. The little finger leads the energy, the thumb closes, the palm is empty. The wrist bends out toward the front, the palm faces up, the fingers slightly tending to the lower front. At the same time, the left hand moving from the outside of the left kuà first reels shùn and with elbows bent turns up, changes to reeling nì turning in and passing below the left ear toward to the upper front to the front center-line of the eyes. then sinks down, is brought in to above the bend of the right elbow. The left elbow péngs out toward the front. The left palm faces down.

Movement (4)and the first Jīn Gāng Dǎo Duì (6)are completely the same. Its direction is also the same as the first Jīn Gāng Dǎo Duì.

Posture Number Seventeen: Pī Shēn Chuí

1. The body turns a little to the right, spirals and rises slightly, then turns slightly left, spiraling and sinking. The center of gravity first moves to the left rear, shifts tending slightly right. First inhale, then exhale. At the same time, the legs first the left reeling nì, the right reeling shùn, the knees close, then change to the left reeling shùn, the right reeling nì. The toes grip the ground. The Bubbling Well is empty. At the same time, the right fist and the left palm moving from in front of the abdomen first slightly toward the right forward and slightly up, both reel shùn spiraling, then sing slightly toward the left, and change to both reeling nì separating to the sides and open pénging out. The palm faces up, the fingers face each other, the tiger's mouth toward the front. The eyes look to the left and right. Listen behind. The hands are positioned abdomen high at the upper front of the thighs at the left and right sides.

2. The body turns a little to the left, then turns slightly right, spiraling and sinking. First open the chest, push out the abdomen, and relax the kuà. The buttocks slightly sink and turn up. Then change to sinking the shoulders and dropping the elbows, hán xiōng tā yāo. Relax the kuà and bend the knees and close. At the same time, the left leg first slightly reels nì, changes to slightly reeling shùn, then changes to reeling nì and turning in. The toes grasp the ground. The Bubbling Well is empty. At the same time the right leg first slightly reels shùn and turns out, the knee turned inward, then changes to slightly reeling nì and turning in. The toes grasp the ground. The Bubbling Well is empty. Then continue to reel nì turning in. The toes are raised, step out to the right and stick to the ground down with the inside of the right. The sole of the foot drops to the ground and stabilizes. The toes grasp the ground. The Bubbling Well is empty. Then change to slightly reeling shùn and turn out, the knees closing in. At the same time the hands change to reeling shùn moving from the left front of the two thighs. The wrists relax and turn out, the palms facing up. The little finger leads the energy, the thumb closes. Then they continue to reel shùn moving from the sides of the body. The little finger leads the energy toward the upper front closing inward to in front

of the eyes. Change to both hands reeling nì, the left outward the right inward the wrists are crossed. The palms separate to the sides tending downward, the fingers separate to the sides tending upward. The energy relaxes to the pads of the middle fingers of both hands. The wrists are crossed a little high and then in front of and a little above the chest. The inside of the arms maintain a semi-circle, the péng energy is not lost. The eyes look to the left and right, then look forward. First inhale, then exhale. Listen behind.

3. (Fast movement) The body turns slightly left. The center of gravity first shifts left slightly tending right. Then turning right, the center of gravity shifts tending slightly left. Then turning left, the center of gravity shifts tending slightly right. At the same time, the legs first the left reeling shùn, the right reeling nì, the left the knees close in, then changes to left reeling nì, right reeling shùn, the right knee closes, then changes to the left reeling shùn, the right reeling nì, the left knee closes in. Both feet settle firmly, the toes grasp the ground. The Bubbling Well is empty. At the same time, the palms change to fists, the wrists are crossed the left out, the right in, and with the left reeling shùn, the right reeling nì leads the energy toward the left, the inside left fist faces upward tending slightly right, the inside of the right fist tending downward. Important: With the right shoulder, sink the shoulder and drop the elbow, bent-wrist down and in. Inhale. The left fist bent-wrist outward. The two fists then move slightly left, then in, then right to in front of the chest center-line. Maintaining contact, the wrists rotate, the left fist



逆缠旋转，虎口向上，拳心向里。同时，右脊由逆变顺拳心向里虚握，虎口向上，略偏右，左拳在左腕外平，右拳位在下颌前，重心移偏左。身再向左旋转，重心移略偏右，若心先吸后呼。右拳再向前略上顺缠旋转，拳心向里，虎口偏右上，里折腕，位在鼻尖前中线。同时左拳略逆缠，向左上略外棚出，虎口向上，拳心向里，里折腕，拳虚握。前后上下高低与右前同，间距一尺余（两拳）眼看双拳，耳听身后。

4. 身向左转约 $45^\circ$ ，螺旋略上升，同时，两腿松胯屈膝合，以左顺右逆缠旋转，两脚掌踏实，五指抓地，湧泉穴空。同时，右拳由鼻尖前中线里折腕略逆缠向右前上棚出，变顺缠外折腕里合至右前上中线，拳心向上略偏左。同时左拳由左眼前略逆缠略下沉向左棚出。变顺缠外折腕，拳心向上略偏右前，位在左眼左前上方，吸气。眼看身右侧，耳听身后（快速动作）。

5. 身向右转约近 $90^\circ$ ，螺旋下沉，同时沉有坠肘，含胸蹋膝，两胯松，两膝相合。两眼以左逆右顺缠，两脚五指抓地，湧泉穴空。同时，右拳由头前上中线，先微顺缠下沉至鼻尖前中线，变略逆缠间而下沉棚出，位在右肘右侧后，里折腕，拳心向左偏前，虎口向上略偏右后拳虚握。同时，左拳由左眼左前方顺缠里折腕，略下沉领劲，里合至鼻尖前中线，左肘与右膝相合，重心下沉偏左，呼气。眼左顾右盼，耳听身左后（先呼后吸气）。

6. 身向左转约 $135^\circ$ ，螺旋下沉，先呼后吸气。同时，沉含松屈合，两腿以左顺右逆缠，两脚五指抓地，湧泉穴空。同时，右拳逆缠里转里折腕，拳虚握向右侧上棚出，高与眼同，里合领劲向左旋转至眼前中线变顺缠，虎口向上，拳心偏左右，腕放松。同时，左拳由鼻尖前中线逆缠里合下沉，经腹前至左腰，以拳指中节贴住左肋，重心由左下沉接偏右，眼左顾右盼，再看右前，耳听身右后。

7. 身向右转，螺旋下沉，重心移偏右。同时，沉含松屈合，以左逆右顺缠旋转，右脚五指抓地，脚掌踏实，湧泉穴空。同时，左脚以脚跟为轴，脚头压地里勾，五指抓地，湧泉穴空。同时，右拳由两眼前中线变逆缠里转外翻向右上棚出，外折腕，右拳位在右太阳穴右前上方，拳虚握，拳心向右前。

要末：沉有坠肘，里臂保持半圆，大指领劲，棚劲儿不去。同时，左拳贴左肋，逆缠里转，坐腕，肘略向前下坠，眼看左肘和左脚尖，耳听身右后，呼气。

逆缠旋转,虎口向上,拳心向里.同时,右拳由逆变顺拳心向里虚握,虎口向上,略偏右,左拳在左腕外平,右拳位在下额前,重心移偏左.身再向左旋转,重心移略偏右,第(3)先吸后呼.右拳再向前略上顺缠旋转,拳心向里虎口偏右上,里折腕,位在鼻尖前中线.同时左拳略逆缠,向左上略外棚出虎口向上,拳心合理,里折腕,拳虚握,前后上下高低与右前同,间距一尺余《两拳》眼看双拳,耳听身后.

4.身向左转约45°,螺旋略上升,同时,两腿松胯屈膝合,以左顺右逆缠旋转,两脚掌踏实,五指抓地,湧泉穴空.同时,右拳由鼻尖前中线里折腕略逆缠向右前上棚出,变顺缠外折腕里合至头前上中线,拳心向上略偏左,同时左拳由左眼前略逆缠略下沉向左棚出.变顺缠外折腕,拳心向上略偏右前,位在左眼左前上方,吸气.眼看身右侧,耳听身后《快速动作》.

5.身向右转约近90°,螺旋下沉,同时沉肩坠肘,含胸蹋腰,两胯松,两膝相合.两腿以左逆右顺缠,两脚五指抓地,湧泉穴空.同时,右拳由头前上中线,先微顺缠下沉至鼻尖前中线,变略逆缠向右下沉棚出,位在右胯右侧后,里折腕,拳心向左偏前,虎口向上略偏右后拳虚握.同时,左拳由左眼左前方顺缠里折腕,略下沉领劲,里合至鼻尖前中线,左肘与右膝相合,重心下沉偏左,呼气.眼左顾右盼,耳听身左后《先呼后吸气》.

6.身向左转约135°,螺旋下沉,先呼後吸气.同时,沉含松屈合,两腿以左顺右逆缠,两脚五指抓地,湧泉穴空.同时,右拳逆缠里转里折腕,拳虚握向右侧上棚出,高与眼同,里合领劲向左旋转至眼前中线变顺缠,虎口向上,拳心偏左后,腕放松.同时,左拳由鼻尖前中线逆缠里合下沉,经腹前至左腰,以拳指中节贴住左肋,重心由左下沉移偏右,眼左顾右盼,再看右前,耳听身右後.

7.身向右转,螺旋下沉,重心移偏右.同时,沉含松屈合,以左逆右顺缠旋转,右脚五指抓地,脚掌踏实,湧泉穴空.同时,左脚以脚跟为轴,脚尖沾地里勾,五指抓地,湧泉穴空.同时,右拳由两眼前中线变逆缠里转外翻向右上棚出,外折腕,右拳位在右太阳穴前上方,拳虚握,拳心向右前.

要求:沉肩坠肘,里臂保持半园,大指领劲,棚劲儿不丢.同时,左拳贴左肋,逆缠里转,坐腕,肘略向前下坠,眼看左肘和脚尖,耳听身後,呼气.

reels nì and rotates. The tiger's mouth faces up. The inside of the fist faces in. At the same time, the right fist changes from reeling nì to reeling shùn. The inside of the fist faces in lightly closed. The tiger's mouth faces up, slightly tending to the right. The left fist is level with the outside of the left wrist. The right fist is positioned in front of the lower forehead. The center of gravity shifts tending left. The body then rotates to the left. The center of gravity shifts tending slightly right. Number(3)first inhale, then exhale. The right fist then reels shùn slightly upward toward the front and rotates. The inside of the fist faces in, the tiger's mouth tending to the upper right, Bent-wrist inward, and is positioned at the front centerline of the nose. At the same time the left fist reels nì slightly, slightly outward toward the upper left, and péngs out. The tiger's mouth faces up, the inside of the fist faces in. Bent-wrist inward. The fist is lightly closed. Front to rear, high and low, the height is the same as the right front, they are separated by a little more than twelve inches (two fists). The eyes look at the fists. Listen behind.

4. The body turns to the left about 45°, spiraling and rising slightly. At the same time, relax the kuà in both legs and bend the knees and close them. The left leg reeling shùn, the right reeling nì, rotate. The soles of the feet are firmly placed. The toes grasp the ground. The Bubbling Well is empty. At the same time, the right fist moving from the front centerline of the nose bent-wrists inward reels nì slightly, pénging out to the upper right; then changing to reeling shùn bent-wrists outward closing inward to the upper front center-line of the head, the inside of the fist upward slightly tending to the left. At the same time, the left fist moving from in front of the left eye reels nì slightly, sinks, and slightly péngs out to the left; then changes to reeling shùn bent-wrist outward, the inside of the fist facing upward slightly tending to the right front is positioned at the left upper front of the left eye. Inhale. The eyes look to the right side. Listen behind( quickly movement).

5. The body turns to the right about 90°, spiraling and sinking. At the same time sink the shoulders and drop the elbows, hán xiōng tā yāo, both kuàs relax, the knees close. In the legs, the left reels nì, the right reels shùn. The toes grip the ground. The Bubbling Well is empty. At the same time, the right fist moving from the head upper front center-line, First reel shùn slightly and sink to the front centerline of the nose, changes to the reels nì slightly toward the right sink péngs out, is positioned at the right kuà the right side rearward, bent-wrist inward, the fist faces left tending to the front, the tiger's mouth faces up slightly tending to the right rear the fist is lightly closed. At the same time, the left fist moving from the left front of the left eye reels shùn, bent-wrist inward, sinking slightly leads the energy, closing inward to the front centerline of the nose. The left elbow and the right knee close together. The center of gravity sinks tending left. Exhale. The eyes look to the left and right. Listen behind and to left (first exhale, then inhale).

6. The body turns to the left about 135°, spiraling and sinking. First exhale, then inhale. At the same time, sink the shoulders, hollow the chest, and relax the kuà. Bend the knees closing in. In the legs the left reels shùn, the right reels nì. The toes grip the ground, the Bubbling Well is empty. At the same time, the right fist reels nì turning to bent-wrist inward. The fist is lightly closed toward the right side pénging out upward, as high as the eyes, and closing inward leads the energy, rotates to the left to the center-line in front of the

eyes changes to reeling shùn. The tiger's mouth faces up, the inside of the fist tends left rearward, the wrist is relaxed. At the same time, the left fist moving from the front centerline of the nose reels nì, closing inward sinks, passing in front of the abdomen to the left mid-section, with the middle finger joint of the fist sticking to the left ribs. The center of gravity moving from the left sinks and shifts tending right. The eyes look to the left and right, then look to the right front, Listen behind and to the right.

7. The body turns to the right, spiraling and sinking, the center of gravity shifts tending right. At the same time, sink the shoulders, hollow the chest, and relax the kuà, bend the knees closing in. The left leg reels nì, the right reels shùn and rotates. The toes of the right foot grasp the ground, the sole of the foot is firmly placed. The Bubbling Well is empty. At the same time, with the heel of the left foot as the axis, the toes sticking to the ground hook inward. The toes grasp the ground. The Bubbling Well is empty. At the same time, the right fist moving from the center-line in front of the eyes changes to reeling nì, turning in and over outward toward the right, pénging out upward, bent-wrist outward, The right fist is positioned at the upper front of the right temple. The fist is lightly closed, the inside of the fist toward the right forward. Important: sink the shoulders and drop the elbows, inward the arms maintain a semi-circle. The thumb leads the energy. Peng energy is not lost. At the same time, the left fist sticking to the left ribs, reels nì turning in, sitting-wrist, the elbow slightly toward the lower front drops, look toward the left elbow and the toes. Listen behind. Exhale.

## 第十八式：青龙出水

1. 身向右转约 $75^{\circ}$ ，螺旋下沉，重心移偏左。同时，沉含，松屈合。两脚五指抓地，涌泉穴空。同时，两腿以左逆右顺缠旋转。同时，右拳由右太阳穴右前方变顺缠外翻向有外下沉至鼻尖前有侧前，变逆缠里折腕，向有外下沉，再略上升，位在右膝右侧偏后，虎口向前偏上，里折腕，拳心向左。同时，左拳由左肋变顺缠，里折腕，屈肘上提里合，经左腋下领劲，向有前上棚出，位在鼻尖前中线。眼先看右再看左再看前，耳听身左后。先吸后呼再吸。要求：左肘与右膝相合，上下相合。

2. 身向左转约 $90^{\circ}$ ，螺旋略下沉再略上升，先呼后吸，重心由左下沉移偏右，双胯松，两膝合，两腿以左顺右逆缠旋转，两脚五指抓地，涌泉穴空。同时，右拳由右膝右侧往里折腕，逆缠里转螺旋上升至右膝上，位在右眼右前方，高与眼平。同时，左拳由鼻尖前中线里折腕，逆缠里转下沉至腹前约10公分，拳心向里，虎口向上，先呼后吸，耳听身后。

3. 身向右转，螺旋下沉，重心由右下沉移偏左。同时，两腿以左逆右顺缠旋转，松胯屈膝合，两脚五指抓地，涌泉穴空。同时，右拳由右眼右前方顺缠外翻里合，屈肘快速下沉至右大腿上。同时，左拳由腹前里折腕略下沉向前略上快速变掌抖出，指尖向有前，掌心向有后，虎口向上，呼气。眼先看右拳，再看左掌，耳听身后。

4. 身向左转螺旋下沉，再略上升，重心由左下沉移略右，（发劲后再移略偏右）同时，两肘松，两腿以左顺右逆缠屈膝合，两脚五指抓地，涌泉穴空。同时，右拳由右大腿上变逆缠屈肘里转向膝前略下沉，经左肘左拳下向有前偏上快速抖出，劲在右臂尺骨，虎口偏里下，拳心向下略偏右。同时左掌变半握拳由胸前中线下屈肘里合（快速）至腹前，拳心向里，虎口向上。

要求：左肘下坠与右拳向有前偏上，尺骨外棚，形成对袞劲儿。眼看有前方，耳听身后，呼气。发劲要松活弹抖。

## 第十九式：双推掌

1. 以腰为主宰结合丹田带动快速略向右转螺旋略上升，再向左转约 $45^{\circ}$ 螺旋下沉，重心左有左。先吸后呼。同时，沉合松屈。两腿先以左逆右顺缠

## 第十八式：青龙出水

1. 身向右转约75°，螺旋下沉，重心移偏左。同时，沉含松屈合。两脚五指抓地，湧泉穴空。同时，两腿以左逆右顺缠旋转。同时，右拳由右太阳穴右前方变顺缠外翻向右外下沉至鼻尖前右侧前，变逆缠里折腕，向右外下沉，再略上升，位在右胯右侧偏后，虎口向前偏上，里折腕，拳心向左。同时，左拳由左肋变顺缠，里折腕，屈肘上提里合，经左腋下领劲，向右前上棚出，位在鼻尖前中线，眼先看右再看左再看前，耳听身后。先吸后呼再吸。要求：左肘与右膝相合，上下相合。

2. 身向左转约90°，螺旋略下沉再略上升，先呼后吸，重心由左下沉移偏右，双胯松，两膝合，两腿以左顺右逆缠旋转，两脚五指抓地，湧泉穴空。同时，右拳由右胯右侧里折腕，逆缠里转螺旋上升至右膝上，位在右眼右前方，高与眼平。同时，左拳由鼻尖前中线里折腕，逆缠里转下沉至腹前约10公分，拳心向里，虎口向上，先呼后吸，耳听身后。

3. 身向右转，螺旋下沉，重心由右下沉移偏左。同时，两腿以左逆右顺缠旋转，松胯屈膝合，两脚五指抓地，湧泉穴空。同时，右拳由右眼右前方顺缠外翻里合，屈肘快速下沉至右大腿上。同时，左拳由腹前里折腕略下沉向前略上快速变掌抖出，指尖向右前，掌心向右后，虎口向上，呼气。眼先看右拳，再看左掌，耳听身后。

4. 身向左转螺旋下沉，再略上升，重心由左下沉移略右，《发劲后再移略偏右》，同时，两肘松，两腿以左顺右逆缠屈膝合，两脚五指抓地，湧泉穴空。同时，右拳由右大腿上变逆缠屈肘里转向裆前略下沉，经左肘左拳下向右前偏上快速抖出，劲再右臂尺骨，虎口偏里下，拳心向下略偏右。同时左掌变半握拳由胸前中线屈肘里合《快速》至腹前，拳心向里，虎口向上。要求：左肘下墜与右拳向右前偏上，尺骨外绷，形成对称劲儿。眼看右前方，耳听身后，呼气。发劲要松活弹抖。

## 第十九式：双推手

1. 以腰为主宰结合丹田带劲快速略向右转螺旋上升，再向左转约45°螺旋下沉，重心左右左。先吸后呼。同时，沉合松屈。两腿先以左逆右顺缠

## Posture Number Eighteen: Qīng Lóng Chū Shuǐ

1. The body turns to the right about 75°, spiraling and sinking. The center of gravity shifts tending left. At the same time, sink the shoulders, hollow the chest. Relax the kuà bend the knees closing in. The toes grip the ground. The Bubbling Well is empty. At the same time, the left leg reels nì, the right reels shùn, rotating. At the same time, the right fist moving from the right front of the right temple changes to reeling shùn, turns over outward toward the lower right outside sinking to front right side of the tip of the nose, changes to reeling nì, bent-wrist inward, toward the lower outside right. Sinking, then rising slightly, it is positioned at the right of the right kuà tending to the rear, the tiger's mouth toward the front tending upward. Bent-wrist inward, the fist faces left. At the same time, the left fist moving from the left ribs changes to reeling shùn, bent-wrist inward, and bending the elbow rises, closing inward, passing below the left armpit, leads the energy, péngs out to the upper right, and is positioned in front of centerline of the nose. The eyes first look right then look left, then look forward. Listen behind. First inhale, then exhale, then inhale. Important: the left elbow and the right knee close together, upper and lower close together.

2. The body turns to the left about 90°, spiraling and sinking slightly then rising slightly. First exhale, then inhale. The center of gravity moves from the left. sinks and shifts tending right. The kuàs relax, the knees close. The left leg reels shùn, the right reels nì, rotates. The toes grip the ground. The Bubbling Well is empty. At the same time, the right fist moving from the right rear of the right kuà, bent-wrists inward, and reels nì turning in, spiraling and rising to above the right knee. It is positioned at the right front of the right eye, level with the eyes. At the same time, the left fist moving from the front centerline of the nose, bent-wrists inward, and reel nì, turning in and sinking to in front of the abdomen about 10 centimeters. The inside of the fist faces in, the tiger's mouth faces up. First exhale, then inhale. Listen behind.

3. The body turns to the right, spiraling and sinking. The center of gravity sinks from the right and shifts tending left. At the same time, the left leg reels nì, the right reels shùn, rotating. Relax the kuà and bend the knees closing. The toes grip the ground. The Bubbling Well is empty. At the same time, the right fist moves from the right front of the right eye reeling shùn and turning over outward, closing inward. Bend the elbow and it quickly sinks to above the right thigh. At the same time, the left fist moving from in front of the abdomen bent-wrists inward, sinks slightly toward the front slightly upward, and quickly changing to a palm shoots out, the fingers toward the right front, the palm toward the right rear, the tiger's mouth facing up. Exhale. The eyes first look at the right fist, then look at the left palm. Listen behind.

4. The body turns to the left spiraling and sinking, then rises slightly. The center of gravity sinks from the left shifting slightly right, (fā jìn rearward then shift slightly tending to the right). At the same time, the elbows relax. As for the legs, the left reels shùn, the right reels nì. The knees bend and close. The toes grip the ground. The Bubbling Well is empty. At the same time, the right fist moving from above the right leg, changes to reeling nì, and bending the elbow turns inward toward the front of the crotch,

sinks slightly, passing below the left elbow and the left fist toward the right front tending upward, quickly shoots out. the energy then in the right forearm [ulna - tr.]. The tiger's mouth tends to the lower inside, the inside of the fist downward slightly tending to the right. At the same time the left palm changes to a half-clenched fist moving from in front center-line of the chest. The elbows bend and close(quickly) to in front of the abdomen. The inside of the fist faces in. The tiger's mouth faces up.

Important: The left elbow drops with the right fist toward the right front tending upward, the forearm péngs out, forming symmetrical energies. The eyes look to the right front. Listen behind.  
Exhale. Fā jìn must "shake out" relaxed and lively.

Posture Number Nineteen: Shuāng Tuī Shǒu

1. With the mid-section directing the gathering in the dan tian and delivery of energy, quickly turn slightly right spiraling and rising Then turn left about 45° spiraling and sinking. The center of gravity moves left, right, left. First inhale, then exhale. At the same time, sink, close, relax, bend. The legs, first with the left reeling nì, the right reeling shùn



再变左顺右逆缠旋转，两脚五指抓地，湧泉穴空。同时，右拳由右膝前上放松，虚握先略逆缠略里合向右前上升，再变顺缠外折腕略下沉，略里合，拳心偏左前方，虎口向上。同时，左拳贴腹前屈肘里折腕，先逆后顺旋转一圈，先着右前兼顾左，耳听身至右后。

2 与六封四闭动作基本相同，区别：六封四闭双臂向右前上擀出，重心在右前，此式，双臂手向右前下沉，重心在后，六封四闭上擀吸气，此式下擀呼气。

3 身向左转约 $120^{\circ}$ ，先螺旋下沉再上升，先呼后吸，重心左有左。同时，沉舍松屈合，右腿逆缠里转，五指抓地，湧泉穴空。左腿以脚跟为轴，脚掌擦地向左外旋转约 $100^{\circ}$ ，脚掌着地踏实，五指抓地，湧泉穴空。右腿再脚跟提起脚腕放松划弧随身向有偏前上步，虚步脚尖踏地。松胯沉左臀翻右臀，膝合，开胸突腹松屈合。同时，右手顺缠下沉，再向右前螺旋上升，小指领劲大指合，掌心空，位在右眼右侧前，高与眼平。同时，左手逆缠里折腕，大指领劲小指合，掌心空下沉再略上升以中指和食指合于左腰，掌心指尖向里略偏上。眼左顾右盼，重点放在右前方，耳听身后。

4 身向左转约 $45^{\circ}$ ，螺旋略下沉。同时，开胸突腹松胯，沉左臀翻右臀屈膝，左臀顺缠外转，膝里合，五指抓地，湧泉穴空。同时，右腿屈膝逆缠里转向有偏前迈步，以脚跟里侧着地，脚头上翘里合。同时，两手先以双顺缠分向左右上升外开屈肘，双手外翻，以双逆缠合于双耳下，双手指尖向后，眼着右前方，耳听身左后，吸气。

5 身先向左略转，再向右微转，先略下沉再略上升，呼气。重心由左下沉移至右腿。同时沉舍松屈合。右腿顺缠外转，以脚跟为轴，脚尖略外转，脚掌着地踏实，五指抓地，湧泉穴空。左腿脚跟提起膝里合，脚尖里侧着地，脚腕放松，划里弧跟步至右脚里侧，虚步脚尖踏地。左脚尖不要超出右脚尖。同时，双手先沉舍，松屈，整肘由双逆缠变略双顺缠下沉至胸前，再向右前偏上推出。左手指尖高度在胸前上，右手指尖高度略高，双掌心向有前，间隔与肩同，眼着右前方，耳听身左后。

## 第二十式：三换掌〈第一三换掌〉

1 身向右转 $45^{\circ}$ ，螺旋略下沉，再向左转约 $45^{\circ}$ ，螺旋下沉。同时沉舍，

再变左顺右逆缠旋转,两脚五指抓地,湧泉穴空.同时,右拳由右膝前上放松,虚握先略逆缠略里合向右前上升,再变顺缠外折腕略下沉,略里合,拳心偏左前方,虎口向上.同时,左拳贴腹前屈肘里折腕,先逆后顺旋转一圈.先看右前兼顾左,耳听身左右后.

2. 与六封四闭动作(2)基本相同,区别:六封四闭双臂向右前上棚出,重心在右前,此式,双臂手向右前下沉,重心在后,六封四闭上棚吸气,此式下棚呼气.

3. 身向左转约180°,先螺旋下沉再上升,先呼后吸,重心左右左.同时,沉含松屈合.右腿逆缠里转,五指抓地,湧泉穴空.左腿以脚跟为轴,脚掌擦地向左外旋转约100°,脚掌着地踏实,五指抓地,湧泉穴空.右腿再脚跟提起脚腕放松划弧随身向右偏前上步,虚步脚尖踮地,松胯沉左臀翻右臀,膝合,开胸突腹松屈合.同时,右手顺缠下沉,再向右前螺旋上升,小指领劲大指合,掌心空.位在右眼右侧前,高与眼平.同时,左手逆缠里折腕,大指领劲小指合,掌心空下沉再略上升以中指和食指合于左腰,掌心指尖向里略偏上,眼左顾右盼,重点放在右前方,耳听身后.

4. 身向左转约45°,螺旋略下沉.同时,开胸突腹松胯,沉左臀翻右臀屈膝,左臀顺缠外转,膝里合,五指抓地,湧泉穴空.同时,右腿屈膝逆缠里转向右偏前迈步,以脚跟里侧着地,脚尖上翘里合.同时,两手先以双顺缠分向左右上升外开屈肘,双手外翻,以双逆缠合于双耳下,双手指尖向后,眼看右前方,耳听身左后,吸气.

5. 身先向左略转,再向右微转,先略下沉再略上升,呼气.重心由左下沉移至右腿.同时沉含松屈合.右腿顺缠外转,以脚跟为轴,脚尖略外转,脚掌着地踏实,五指抓地,湧泉穴空.左腿脚跟提起里合,脚尖里侧着地脚腕放松,划里弧跟步至右脚里侧,虚步脚尖踮地.左脚尖不要超出右脚尖.同时,双手先沉含,松屈,墜肘由双逆缠变略双顺缠下沉至胸前,再向右前偏上推出.左手指尖高度在胸前上,右手指尖高度略高,双掌心向右前,间隔与肩同,眼看右前方,耳听身左后.

## 第二十式：三换掌《第一三换掌》

1. 身向右转45°,螺旋略下沉,再向左转约45°,螺旋下沉.同时沉含,

then changes to the left reeling shùn, the right reeling nì. Rotate. The toes grip the ground, the Bubbling Well is empty. At the same time, the right fist moving from above and in front of the right knee relaxes. The lightly closed first reels nì slightly closing slightly inward rising toward the upper right front, then changes to reel shùn bent-wrist outward. Sink slightly, closing slightly inward, the inside of the fist tending left the front, the tiger's mouth faces up. At the same time, the left fist sticks to the front of the abdomen, with bent elbows bent-wrist inward, first reeling nì rearward reels shùn and turns one circle. First look to the right front, then to the left. Listen to the left and right rear of the body.

2. This movement and Liù Fēng Sì Bì movement 2 are basically the same. The differences are: Liù Fēng Sì Bì the forearms péng out to the upper right, the center of gravity is on the right front; in this movement, the forearms and hands sink toward the right front, the center of gravity is to the rear. In Liù Fēng Sì Bì, péng upward and inhale; in this movement péng downward and exhale.

3. The body turns to the left about 180°, first spiraling and sinking, then rising. First exhale, then inhale. The center of gravity moves left, right, left. At the same time, sink the shoulders, hollow the chest, relax the kuà, bend the knees closing in. The right leg reels nì turning in, the toes grasp the ground. The Bubbling Well is empty. In the left leg, with the heel as the axis, the sole of the foot scrapes the ground rotating to the outer left about 100°. The sole of the foot makes firm contact with the ground, the toes grasp the ground. The Bubbling Well is empty. Then in the right leg, the heel rises, the ankle relaxes, and traces an arc. Following the body step toward the right tending to the upper front. With an empty step the toes touch the ground. Relax the kuà, sink the left buttock, roll the right buttock. The knees close. Open the chest and push out the abdomen. Relax. Bend the knees closing in. At the same time, the right hand reels shùn and sinks. Then spirals and rises toward the right forward. The little finger leads the energy, the thumb closes, the palm is empty. The hand is positioned at the right front of the right eye, level with the eyes. At the same time, the left hand reels nì, bent-wrist inward. The thumb leads the energy, the little finger closes. The palm is empty, sinking then rising slightly with the middle finger and the index finger brought in to the left mid-section. The palm and the fingers face in slightly tending upward. The eyes look to the left and right. The focus is on the right front. Listen behind.

4. The body turns to the left about 45°, spiraling and sinking slightly. At the same time, open the chest and push out the abdomen. Relax the kuà, sink the left buttock, roll the right buttock. Bend the knees. The left buttock reels shùn and turn out. The knees close in. The toes grab the ground, The Bubbling Well is empty. At the same time, the right leg, knee bent, reel nì turning in toward the right tending to a front step, touching down with the inside of the heel. The toes tilt up closing inward. At the same time, the hands, first with both reeling shùn, separate to the left and right, rising and opening outward, the elbows bent. The hands turn over outward, with both reeling nì, and are brought in to below both ears, the fingers of both hands toward the rear. Eyes look to the right front. Listen behind and to left. Inhale.

5. The body first turns slightly toward the left, then turns slightly toward the right, first sinking slightly then rising slightly. Exhale. The center of gravity moving from the left sinks and

shifts to the right leg. At the same time sink the shoulders, hollow the chest, relax the kuà and bend the knees closing in. The right leg reels shùn and turns out. With the heel as the axis, the toes turn slightly out, the sole of the foot making firm contact with the ground. The toes grasp the ground. The Bubbling Well is empty. In the left leg, the heel rises closing inward, the insides of toes touch the ground, the ankle relaxes, and trace an arc inward, step with the heel to inside the right foot. With an empty step the toes touch the ground. The toes of the left foot must not go past the toes of the right foot. At the same time, in the hands, first sink the shoulders and hollow the chest, relax, bend, and drop the elbows changing from both reeling nì to slightly both reeling shùn and sinking to in front of the chest, then toward the right front tending upward and pushing out. In the left hand, the fingers are at the height of the upper front chest. In the right hand, the fingers are slightly higher. Both palms face toward the right front, separated by a shoulder's width. The eyes look to the right front. Listen behind and to left.

Posture Number Twenty: Sān Huàn Zhǎng (Number One Sān Huàn Zhǎng)

1. The body turns to the right 45°, spiraling and sinking slightly, then turns left about 45°, spiraling and sinking. At the same time, sink the shoulders and hollow the chest,

松屈合。右腿顺缠外转膝里合。同时，左腿脚尖踏地为轴，逆缠里转，向有开肘，再有腿逆缠里转，脚掌踏实，五指抓地，涌泉穴空。同时，右腿逆缠略下沉，脚尖踏地为轴顺缠外转开肘。同时，左手由胸前上顺缠外折腕，小指领劲大指合，掌心空，向前上旋转伸出，掌心向上，指头向前方，高与鼻尖平。同时，右手由右前方顺缠外转，小指领劲大指合，掌心空，外折腕。屈肘里合至左小臂上，指头偏前上，掌心向左，吸气。再变逆缠略下沉，大指领劲坐腕，向前上棚出。中指头位在双眼前中线，掌心向前，右臂保持半圆，棚劲不去。同时，左手由鼻尖前中线略逆缠略里上折腕屈肘里合略下沉，掌心向上偏里，指头偏前上，指头高度在胸前中线，指头横向在右肘略前，眼看双手，耳听身後。

2 身向左转约45°，螺旋下沉，再向右转约45°，螺旋略上升，右腿先逆后顺缠，膝里合，脚掌踏实，五指抓地，涌泉穴空。同时，左脚以脚尖踏地先顺缠外转开肘，再逆缠里转合肘，掌心先右后偏左，吸气。同时，右手由两眼前中线，先略逆缠，大指领劲略向上棚出，变顺缠下沉里合至左肘腕下，以食指托住左肘，掌心向里，虎口向上。同时，左手先逆缠里转合于右胸下，掌心向下，指尖向前，腕略向左折，再变顺缠指头里合，壁肘沉着，指尖向前下，掌心向下，小指领劲大指合，转半圆再坐腕扬掌逆缠，大指领劲。由右胸下经胸前中线向前上棚出。中指头高度与眼平，位在两眼前中线，掌心向前，指头向上略缠右。

3 身向左转约90°，螺旋下沉，同时，沉舍松屈合，右腿逆缠里转，脚掌踏实，五指抓地，涌泉穴空。

同时，左腿脚尖踏地为轴，顺缠外转膝外开。重心由右下沉移偏右，呼气。同时，右手由左肘下逆缠里转上翻至左肘上经左手臂上向前上开至鼻尖前再向右略上，变略顺缠棚出。同时，左手由两眼前中线逆缠里转，下沉经腹前领劲向外变略顺缠外开，掌心向下偏左，指尖偏左下，呼气。眼左顾右盼，耳听身後。

## 第二十一式：肘底看撞

1. 身先向左转约45°，再向右转约90°，螺旋下沉，重心由右下沉移偏左。同时，先沉舍松屈变沉着，左脚以脚尖为轴，开肘，突腹，松胯。沉右臂翻

松屈合.右腿顺缠外转膝里合.同时,左腿脚尖踮地??,逆缠里转向右合裆,再右腿逆缠里转,脚掌踏实,五指抓地,湧泉穴空.同时,右腿 ?? 略下沉,脚尖踮地为轴顺缠外转开裆.同时,左手由胸前上顺缠外折腕,小指领劲大指合,掌心空,向前上旋转伸出,掌心向上,指尖向右前方,高与鼻尖平.同时,右手由右前方顺缠外转,小指领劲大指合,掌心空,外折腕.屈肘里合至左小臂上,指尖偏前上,掌心向左,吸气.再变逆缠略下沉,大指领劲坐腕,向前上棚出.中指尖位在双眼前中线,掌心向右前,右臂保持半园,棚劲不丢.同时,左手由鼻尖前中线略逆缠略里上折腕屈肘里合略下沉,掌心向上偏里,指尖偏前上,指尖高度在胸前中线.指尖横向右肘略前,眼看双手,耳听身後.

2.身向左转约45°,螺旋下沉,再向右转约45°,螺旋略上升,右腿先逆后顺缠,膝里合,脚掌踏实,五指抓地,湧泉穴空.同时,左脚以脚尖踮地先顺缠外转开裆,再逆缠里转合裆.重心先右后偏左,吸气.同时,右手由两眼前中线,先略逆缠,大指领劲略向上棚出,变顺缠下沉里合至左肘腕下,以食指托住左肘,掌心向里,虎口向上.同时,左手先逆缠里转合于右胸下掌心向下,指尖向前,腕略向左折,再变顺缠指尖里合,墜肘沉肩,指尖向前下,掌心向下,小指领劲大指合,转半圈再坐腕杨掌逆缠,大指领劲.由右胸下经胸前中线向前上棚出.中指尖高度与眼平,位在两眼前中线.掌心向前,指尖向上略缠右.

3.身向左转约90°,螺旋下沉,同时,沉含松屈合,右腿逆缠里转,脚掌踏实,五指抓地,湧泉穴空.

同时,左腿脚尖踮地为轴,顺缠外转膝外开.重心由右下沉移偏右,呼气.同时,右手由左肘下逆缠里转上翻至左肘上经左手臂上向前上开至鼻尖前再向右略上,变略顺缠棚出.同时,左手由两眼前中线逆缠里转,下沉经腹前领劲向外变略顺缠外开,掌心向下偏左,指尖偏左下,呼气.眼左顾右盼,耳听身後.

### 第二十一式： 肘底看捶

1.身先向左转约45°,再向右转约90°,螺旋下沉,重心由右下沉移偏左.同时,先沉含松屈变沉肩,左脚以脚尖为轴,开胸,突腹,松胯.沉右臀翻

relax, bend the knees closing in. The right leg reels shùn and turns out, the knee closes in. At the same time, in the left leg, the toes touch the ground (??), reel nì turning in toward the right. Close the crotch. Then the right leg reels nì turning in. The sole of the foot is firmly placed, the toes grasp the ground. The Bubbling Well is empty. At the same time, the right leg (??), sinking slightly, with the toes touching the ground as the axis, reels shùn, and turns out opening the crotch. At the same time, the left hand moving from above and in front of the chest reels shùn, bent-wrist outward. The little finger leads the energy. The thumb closes. The palm is empty and rotates and extends toward to the upper front. The palm faces up, the fingers face toward the right front, level in height as the tip of the nose. At the same time, the right hand moving from the right front reels shùn and turns out. The little finger leads the energy, the thumb closes. The palm is empty, bent-wrist outward. The elbows bend and close to the left above the forearm, the fingers tending to the upper front, the palm toward the left. Inhale. Then change to reeling nì and sink slightly. The thumb leads the energy, sitting-wrist, péng up and out toward the front. The tip of the middle finger is positioned at the front center-line of the eyes, the palm toward the right front. The right arm maintains a semi-circle, the péng energy is not lost. At the same time, the left hand moving from the front centerline of the nose reels nì slightly up and in, bent-wrist. The elbows bend and close sink slightly, the palm faces up tending inward, the fingers tending to the upper front. The height of fingers is center-line of the front of the chest. The fingers are horizontal toward and slight forward of the right elbow. The eyes look at the hands. The ears listen behind.

2. The body turns to the left about 45°, spiraling and sinking, then turns right about 45°, spiraling and rising slightly. The right leg first reels nì then reels shùn. The knees close in. The sole of the foot is firmly placed. The toes grasp the ground. The Bubbling Well is empty. At the same time, the left foot with tip toe to ground, first reels shùn, turning out, opening the crotch, then reels nì, turning in, closing the crotch. The center of gravity first moves to the right rear tending left. Inhale. At the same time, the right hand moving from the center-line in front of the eyes, first reels nì slightly, the thumb leading the energy slightly toward péng'ing out and upward, changes to reeling shùn and sinking, closing inward to below the left elbow, with the index finger propping the left elbow, the palm facing in, the tiger's mouth facing up. At the same time, the left hand first reels nì turning in and is brought in to below the right chest, palm facing down, the fingers toward the front, the wrist bent slightly toward the left, then changes to reeling shùn, the fingers closing inward. Drop the elbows, sink the shoulders. The fingers are toward the lower front, palm facing down. The little finger leads the energy, the thumb closes, turning a half circle then with sitting-wrist raise the palm reeling nì. The thumb leads the energy. Moving from below the right chest passing in front of the chest center-line péng out upward toward the front. The tip of the middle finger is level with the eyes, and is positioned at the front center-line of the eyes. The palm toward the front, the fingers reel slightly to the upper right.

3. The body turns to the left about 90°, spiraling and sinking. At the same time, sink the shoulders, hollow the chest, relax the kuà, bend the knees closing in. The right leg reels nì turning in, the sole of the foot is firmly placed, the toes grasp the ground. The Bubbling Well is empty.

At the same time, the left leg with the toes touching the ground as the axis, reels shùn and turns out the knees opening out. The center of gravity sinks from the right shifts tending right, exhale. At the same time, the right hand moving from under the left elbow reels nì turning in and upward to above the left elbow passing above the left hand and forearm toward the upper front open to in front of the tip of the nose then toward the right slightly higher, changes to slightly reeling shùn and péngs out. At the same time, the left hand moving from the center-line in front of the eyes reels nì turning in, and sink passing in front of the abdomen leading the energy outward, changes to slightly reeling shùn and opening outward. The palm faces down tending left, the fingers tending to the lower left. Exhale. The eyes look to the left and right. Listen behind.

Posture Number Twenty One: Zhǒu Dǐ Kàn Chuí

1. First the body turns left about 45°, then turns right about 90°, spiraling and sinking. The center of gravity sinks and shifts from the right tending left. At the same time, first sink the shoulders, hollow the chest, and relax the kuà bend the knees, changes to sink the shoulders. With the toes of the left foot as axis, open the chest, push out the abdomen, relax the kuà. Sinking the right buttock turn over



左臂，再沉含松左臂略翻右臂，屈合。两腿先左顺右逆缠，再变左逆右顺缠令胯，右脚五指抓地，湧泉穴空。左腿脚尖点地，同时，右手由右眼右前方先略逆缠，大指领劲略上分外开，再下沉里合至腹前（沉肩坠肘）掌变逆缠里转，屈肘上升合于左肘下，以食指中线外缘托住左肘，略向里折腕，虎口向上，拳心向里，右臂保持半圆。同时，左手由左大腿外侧先略逆缠大指领劲向左后略外开，变顺缠外翻下沉，再屈肘以小指领劲由左侧向上旋转翻起至头左侧外上至左眼左前方，略向里合更略逆缠略向里合，屈肘下沉至右拳食指中筋缘。掌心向右，指尖向上。指尖高与左眼平，先呼后吸再呼。眼左顾右盼再看前，耳听身后，重心偏左。

## 第二十二式：倒挽肘

1.

(1). 身快速向右旋转约45°，腰部以上螺旋上升，腰部以下螺旋下沉，重心移偏右，吸气。同时以腰为主宰，结合丹田快速带功，胸腰折叠，先略合后上下斜线开。同时，沉肩略坠肘，略开胸实腹松胯有旋，沉左翻右臂屈膝合，同时，右腿以顺缠外转，膝里扣，脚五指抓地湧泉穴空。同时，左腿脚尖虚步点地，以脚尖为轴逆缠里转脚跟往左后外转约45°，同时，右拳在左肘下先略逆缠变略顺缠，旋转沾连仍托于左肘下虎口偏前上，拳心偏里上，拳虚握，右拳托左肘，螺旋上升，右臂里侧保持半圆，棚劲不去。同时，左掌先略顺缠上旋大指旋转向上提领劲变外折腕小指领劲螺旋上升大指合，掌心偏中线上，指尖向左上小指合，掌心虚。同时，眼向左肘侧外看。

(2). 身向左转约45°，螺旋下沉，重心移偏右前，同时沉含松，沉右臂翻左臂屈膝作到开中寓合。同时右腿逆缠里转，脚五指抓地，湧泉穴要虚。同时，左腿顺缠外转，脚指起脚尖里侧擦地，划里弧向右脚里后迈步，脚尖先着地脚跟后着地，脚尖向外，脚掌踏实，约40°左右。五指抓地，湧泉穴要虚。同时，右拳在左肘下，逆缠里转，贴左肘里侧螺旋上升更掌，经左胸前向前上推出，至眼中线逆缠再变顺缠外转向左外略上升开展约到45°，螺旋略下沉，劲松到中指肚，掌心向前指尖向上。同时，左手由左上逆缠下沉经右胸前再经腹前向左倒后外变顺缠下沉住在左大腿外侧上，掌心向下指尖略偏左前，掌心指尖向左外下，眼膝前顾后，耳听身右后，呼气。

左臀,再沉含松左臀略翻右臀,屈合.两腿先左顺右逆缠,再变左逆右顺缠合裆,右脚五指抓地,湧泉穴空.左腿脚尖点地,同时,右手由右眼右前方先略逆缠,大指领劲略上升外开,再下沉里合至腹前 <沉肩墜肘>掌变逆缠里转,屈肘上升合于左肘下,以食指中线外缘托住左肘,略向里折腕,虎口向上,拳心向里,右臂保持半园.同时,左手由左大腿外侧先略逆缠大指领劲向左后略外开,变顺缠外翻下沉,再屈肘以小指领劲由左侧向上旋转翻起至头左侧外上至左眼左前方,略向里合变略逆缠略向里合,屈肘下沉至右拳食指中節缘.掌心向右,指尖向上.指尖高与左眼平,先呼后吸再呼.眼左顾右盼再看前,耳听身后,重心偏左.

## 第二十二式：倒捲肱

### 1.

(1).身快速向右旋转约45°,腰部以上螺旋上升,腰部以下螺旋下沉,重心移偏右,吸气.同时以腰为主宰,结合丹田快速带劲,胸腰折叠,先略合后上下斜线开.同时,沉肩略墜肘,略开胸突腹松胯右旋,沉左翻右臀屈膝合.同时,右腿以顺缠外转,膝里扣,脚五指抓地湧泉穴空.同时,左腿脚尖虚步点地,以脚尖为轴逆缠里转脚跟往左后外转外约45°,同时,右拳在左肘下先略逆缠变略顺缠,旋转沾连仍托于左肘下虎口偏前上,拳心偏里上,拳虚握,右拳托左肘,螺旋上升,右臂里侧保持半园,棚劲不丢.同时,左掌先略顺缠上旋大指旋转向上提领劲变外折腕小指领劲螺旋上升大指合,掌心偏中线上,指尖向左上小指合,掌心虚.同时,眼向左肘侧外看.

(2).身向左转约45°,螺旋下沉,重心移偏右前,同时沉含松,沉右臀翻左臀屈膝作到开中寓合.同时右腿逆缠里转,脚五指抓地,湧泉穴要虚.同时,左腿顺缠外转,脚指起脚尖里侧擦地,划里弧向右脚里合迈步,脚尖先着地脚跟后着地,脚尖向外,脚掌踏实,约40°左右.五指抓地,湧泉穴要虚.同时,右拳在左肘下,逆缠里转,贴左肘里侧螺旋上升变掌,经左胸前向前上推出,至眼中线逆缠再变顺缠外转向左外略上升开展约到45°,螺旋略下沉,劲松到中指肚,掌心向前指尖向上.同时,左手由左上逆缠下沉经右胸前再经腹前向左侧后外变顺缠下沉住在左大腿外侧上,掌心向下指尖略偏左前,掌心指尖向左外下,眼瞻前顾后,耳听身右后,呼气.

the left buttock. Then sink the shoulders, hollow the chest, and relax the kuà. The left buttock slightly turns over the right buttock. Bend the knees closing in. In the legs, first the left reels shùn, the right reels nì, then changes to left reeling nì, right reeling shùn. Close the crotch. The toes of the right foot grasp the ground. The Bubbling Well is empty. The toes of the left foot touch the ground. At the same time, the right hand, moving from the right front of the right eye, first reels nì slightly. The thumb leads the energy rising slightly opening outward, then sinking and closing inward to in front of the abdomen (sink the shoulders and drop the elbows). The palm changes to reeling nì turning in, and with elbow bent rises closing to below the left elbow. With the index finger center-line outer edge propping the left elbow, slightly bend the wrist. The tiger's mouth faces up, the inside of the fist faces in. The right arm maintains a semi-circle. At the same time, the left hand moving from outside the left thigh, first reels nì slightly, the thumb leading the energy toward the left rear, opens slightly, changes to reeling shùn turning over outward and sinking. Then bend the elbow. With the little finger leading the energy [the left hand] moves from the upper left side, rotates, turns over, and rises to above and outside the left side of the head to in front of the left eye. Slightly closes inward it changes to reeling nì slightly closing inward. Bend the elbow, it drops to next to the middle joint of the index finger of the right fist, the palm toward the right, the fingers upward. The fingers are at height of the left eye. First exhale, then inhale, then exhale. The eyes look to the left and right then look forward. Listen behind. The center of gravity tends to the left.

Posture Number Twenty Two: Dào Juǎn Gōng

1. (1) The body quickly rotates to the right about 45°, above the waist spiraling and rising, below the waist spiraling and sinking. The center of gravity shifts tending right. Inhale. At the same time with the mid-section directing, gathering in the dan tian quickly delivering energy, the chest and midsection fold, first slightly closing rearward upper and lower open in a slanted line. At the same time, sink the shoulders and slightly drop the elbows. Slightly open the chest and push out the abdomen, relax the kuà the right rotates, sink left then roll the right buttock. The knees bend and close. At the same time, the right leg reeling shùn turns out. The knees are brought inward. The toes grasp the ground. The Bubbling Well is empty. At the same time, in the left leg the toes empty step touching the ground. With the toes as the axis, reel nì turning in, the heel turning out toward the outer left rear about 45°. At the same time, the right fist under the left elbow first reels nì, slightly changes to slightly reeling shùn, rotates maintaining contact still propping under the left elbow the tiger's mouth tending to the upper front, the inside of the fist tending up and in, the fist is lightly closed. The right fist props the left elbow, spiraling and rising, the inside of the right arm maintains a semi-circle. The péng energy is not lost. At the same time, the left palm first slightly reels shùn and up, rotating, the thumb rotating upward leads the energy changes to outward bent-wrist, the little finger leads the energy spiraling and rising. The thumb closes, the palm tending to the upper center-line, the fingers toward the upper left the little finger closes, the palm is empty. At the same time, the eyes look toward outside of the left elbow.

(2)The body turns to the left about 45°, spiraling and sinking, The center of gravity shifts tending right forward. At the same time sink the shoulders, hollow the chest, and relax the kuà, sink the

right buttock turn over the left buttock, bend the knees, executing such that "opening contains closing". At the same time the right leg reels nì turning in, the toes grasping the ground. The Bubbling Well must be empty. At the same time, the left leg reels shùn and turns out. The toes, rising and the inside of the toes scraping the ground, arc inside toward the right foot and close inward with a step. The toes touch down first, the heel touches ground rearward, the toes outward. The sole of the foot is firmly placed, about 40° to the left and right. The toes grasp the ground. The Bubbling Well must be empty. At the same time, the right fist is on under the left elbow, reels nì turning in, sticking to the inside of the left elbow spiraling and rising changes to the palm, passing in front of the left chest toward to the upper front pushing out, and reels nì to the eyes center-line then changes to reeling shùn and turns out toward the outer left rising slightly and opening to about 45°, spiraling and sinking slightly. The energy relaxes to the pad of the middle finger, the palm toward the front, the fingers upward. At the same time, the left hand moving from the upper left, reels nì and sinks passing in front of the right chest then passing in front of the abdomen toward the outer rear left, changes to reeling shùn and sinks stopping above the outside of the left thigh. The palm faces down, the fingers slightly tending to the left front, the palm and the fingers toward the outer lower left. The eyes look to the front and the rear. Listen behind and to the right. Exhale.

2. 身向左略转，重心再向有前移，吸气，同时，沉开胸实腹松胯，沉左翻右臀，开中离合，同时两腿左逆右顺缠，两脚五指抓地，涌泉穴要虚，同时，双手顺缠分向有外前左后外旋转开，眼瞻前顾后，同时双手变略逆缠分向有前左后，重心在前，眼瞻前顾后，耳听身有后，吸气。

3. 身先略向左转再向有转约近90°螺旋下沉，重心由有前移偏左，同时，沉开胸实腹松胯以有腰先带功左腰随功，再变沉舍松，沉左翻右臀，屈膝合，两腿先左顺右逆缠变左逆右顺缠，两脚五指抓地，涌泉穴要虚，同时，右手由有外变顺缠外开上升里合至眼前中线上略下沉变逆缠，掌心向左，指尖向前上腕外折，臂里侧保持半圆棚劲不去，同时左手由左侧后变顺缠，翻屈肘变逆缠至左耳下，大指领劲掌心偏右前，指尖在左耳后，略壁肘两肘横在一条线上，两手前后上下在一条线上。眼是瞻前顾后最后看前。先快吸后呼，重心偏左后两膝屈合，作到合中离开。

4. 身向有转约45°螺旋下沉，重心在左前，同时沉舍松屈，沉左翻右臀，屈膝合作到开中离合，同时，左手由左耳下逆缠略下沉，经胸前中线向左偏前至两眼前中线推出，变顺缠向左略上升外开至45°时，略下沉位在左眼左侧前，掌心向前偏下，指尖向前偏上，臂伸展至七八分劲松到中指肚，同时右手由眼前中线逆缠向里略合，经左胸腹前右后侧外下沉位在有大腿右膝略外侧上，掌心向右下，指尖偏右下，吸气。眼瞻前顾后，耳听身左后。

5. 与第二动作相同。

6. 与第三动作相同。

7. 与第四动作相同。

## 第二十三式 退步压肘

1. 註明连续动作：身向左转约45°螺旋下沉，呼气，同时沉舍胸实腹松胯，再变沉舍松，沉左翻右臀屈合，两腿左顺右逆缠两脚五指抓地，涌泉穴要虚。同时，右手由有右略有前方变顺缠外转开胸再以小指领劲大指合，掌心空略上升里合至眼前中线外折腕，掌心偏左上，指尖偏右前略上，臂伸展至七八分，同时，左手由左大腿上略外侧逆缠大指领劲略划外弧向左侧后领劲，位在左膝外侧约15公分至20公分，掌心向下指尖向左下，重心有左有右，动作如断续右手开始由有右有前方先逆变顺缠里合略上升至两眼前中

2. 身先左略转,重心再向右前移,吸气.同时,沉开胸突腹松胯,沉右翻左臀,开中寓合,同时两腿左逆右顺缠,两脚五指抓地,湧泉穴要虚,同时,双手顺缠分向右外前左后外旋转开,眼瞻前顾后,同时双手变略逆缠分向右前左后,重心在前,眼瞻前顾后,耳听身右后,吸气.

3. 身先略向左转再向右转约近90°,螺旋下沉,重心由右前移偏左,同时,沉肩先略开胸,突腹松胯以右腰先带劲左腰随劲,再变沉含松,沉左翻右臀,屈膝合,两腿先左顺右逆缠变左逆右顺缠,两脚五指抓地,湧泉穴要虚.同时,右手由右外变顺缠外开上升里合至眼前中线略下沉变逆缠,掌心向左,指尖向前上腕外折,臂里侧保持半园棚劲不丢,同时左手由左侧后变顺缠外翻屈肘变逆缠至左耳下,大指领劲掌心偏右前,指尖在左耳后.略墜肘两肘横在一条线上.两手前后上下在一条线上.眼是瞻前顾后最后看前.先快吸后呼,重心偏左后两膝屈合,作到合中寓开.

4. 身向右转约45°,螺旋下沉,重心在左前,同时沉含松屈,沉左翻右臀,屈膝合作到开中寓合,同时,左手由左耳下逆缠略下沉,经胸前中线向左偏前至两眼前中线推出,变顺缠向左略上升外开至45°时,略下沉位在左眼左侧前.掌心向前偏下,指尖向前偏上,臂伸展至七八分劲松到中指肚,同时右手由眼前中线逆缠向里略合,经左胸腹前右后侧外下沉位在右大腿右膝略外侧上,掌心向右下,指尖偏右下,吸气.眼瞻前顾后,耳听身左后.

5. 与第二动作相同.

6. 与第三动作相同.

7. 与第四动作相同.

### 第二十三式： 退步压肘

1. 註明连续动作：身向左转约45°螺旋下沉,呼气.同时沉含胸突腹松胯,再变沉含松,沉左翻右臀屈合,两腿左顺右逆缠两脚五指抓地,湧泉穴要虚.同时,右手由右肩略右前方变顺缠外转开胸再?小指领劲大指合.掌心空略上升里合至眼前中线外折腕,掌心偏左上,指尖偏右前略上,臂伸展至七八分.同时,左手由左大腿上略外侧逆缠大指领劲略划外弧向左侧后领劲.位在左膝外侧约15公分至20公分.掌心向下指尖向左下,重心右左右.动作如断续右手开始由右肩右前方先逆缠变顺缠里合略上升至两眼前中

2. The body first turns the slightly left. The center of gravity then shifts to the right front. Inhale. At the same time, sink open the chest and push out the abdomen, relax the kuà, sinking right then rolling the left buttock, "opening contains closing". At the same time, the left leg reels nì, the right leg reels shùn, the toes grip the ground. The Bubbling Well must be empty. At the same time, the hands reel shùn and separate toward the outer right front and the left rear, rotating out and opening. The eyes look to the front and the rear. At the same time the hands, changing to reeling nì, slightly separate toward the right front and the left rear. The center of gravity is on front foot. The eyes look to the front and the rear. Listen behind and to the right. Inhale.

3. The body first turns slightly left then turns right about 90°, spiraling and sinking. The center of gravity moving from the right front shifts tending left. At the same time, sink the shoulders, first slightly open the chest, push out the abdomen, relax the kuà with the right mid-section first delivering energy, the left mid-section following the energy. Then change to sink the shoulders, hollow the chest, and relax the kuà, sink left then roll the right buttock. The knees bend and close, first the left leg reeling shùn, the right leg reeling nì changes to left reeling nì, right reeling shùn. The toes grip the ground. The Bubbling Well must be empty. At the same time, the right hand moving from the outside right changes to reeling shùn, opens outward and rises closing inward to the center-line in front of the eyes, sinks slightly, changes to reeling nì. The palm is toward the left, the fingers are toward the upper front. The wrist bends out. The inside of the arms maintain a semi-circle; the péng energy is not lost. At the same time, the left hand moving from the left side rear changes to reeling shùn, turns over outward, and bending the elbows changes to reeling nì to below the left ear. The thumb leads the energy. The palm tending to the right front, the fingers are behind the left ear. Slightly drop the elbows. The elbow are parallel in a line. The hands are in a line front to rear and up to down. The eyes look to the front and to the rear and finally look forward. First quickly inhale and exhale. The center of gravity tends to the left rear. The knees bend and close, executed such that "closing contains opening".

4. The body turns to the right about 45°, spiraling and sinking. The center of gravity is at the left front. At the same time, sink the shoulders, hollow the chest, relax the kuà, and bend the knees. Sink left then roll the right buttock, the knees bending and closing, executed such that "opening contains closing". At the same time, the left hand moving from below the left ear reels nì sink slightly, passing in front center-line of the chest toward the left tending to the front center-line of the eyes pushes out. When it changes to reeling shùn toward the left, rising slightly and opening outward to 45°, it sink slightly and is positioned at the left front of the left eye. The palm faces front tending downward, the fingers toward the front tending upward. The arms extend to 70-80 percent, the energy relaxes to the pad of the middle finger. At the same time the right hand moving from the front center-line of the eyes reels nì faces in slightly closing, passing by the front of left chest-abdomen to the outside right rear, sinks and is positioned slightly out from and above the right the thigh and knee, the palm toward the lower right, the fingers tending lower right. Inhale. The eyes look to the front and the rear. Listen behind and to left.

Moves Number Five and Number Two are identical.

Moves Number Six and Number Three are identical.

Moves Number Seven and Number Four are identical.

Form Number Twenty Three: Tui Bù Yā Zhǒu

1. Detailed explanation of the movement: The body turns to the left about 45°, spiraling and sinking. Exhale. At the same time, sink, hollow the chest and push out the abdomen, relax the kuà. Then changing, sink the shoulders, hollow the chest, and relax the kuà. Sink left then roll the right buttock, bend the knees closing in. The left leg reels shùn, the right leg reels nì, the toes grip the ground. The Bubbling Well must be empty. At the same time, the right hand moving from slightly to the right and in front of the right shoulder changes to reeling shùn and turns out. Open the chest. Then the little finger leads the energy, the thumb closes. The palm is empty and rises slightly closing inward to the center in front of the eyes, bent-wrist outward, the palm tending upper left, the fingers tending slightly up to the right front. The arms extend to 70-80 percent. At the same time, the left hand moving from above and slightly outside the left the thigh, reels nì, the thumb leading the energy, slightly trace an outward arc toward the left rear leading the energy. It is positioned out from and to the side of the left knee about 15 to 20 centimeters. The palm faces down, the fingers toward the lower left. The center of gravity moves right, left, and right. The movement is intermittent. The right hand begins moving from the right front of the right shoulder first reeling nì, changes to reeling shùn closing inward and rising to slightly to in front of and between the eyes.



眼睛前顾后，最后看右前，耳听身左后。

2. 身向右转约 $45^\circ$ ，先呼后吸，重心由右前移偏左后，同时，沉含松沉左翻右臀两膝屈开中窝合，两腿左逆右顺缠，两脚五指抓地，湧泉穴要虚同时，右手由眼前中线领劲变逆缠身随手下沉，高度不降低，侧右略上开展大指领劲，坐腕，掌心向前略偏左，指尖向上略偏左里上，位在右眼右前方同时，左手由左膝外侧变顺缠外转下沉，小指领劲大指合外折腕，屈肘里合至腹前中线，掌心偏右前，指尖偏左前，眼左顾右盼，耳听身后。

3. 身先快速略向左转，再向右转约近 $50^\circ$ ，螺旋下沉，重心左右左。先呼后吸，同时，先闭胸突腹松胯，沉右翻左臀再下沉，收腹吸气提肛，松胯沉左臀翻右臀，两膝屈做到开中窝合，合中窝开，两腿先左顺右逆缠变左逆右顺缠，两脚五指抓地，湧泉穴要虚，最后左外胯要向左外突出，同时右手逆缠向有外略开展，变顺缠外转里合屈肘变逆缠里折腕至左肘下，掌心向里指尖向右后，臂里侧保持半圆棚劲不去。

同时，左手由腹前中线逆缠里转，屈肘里下折腕以左手虎口处贴于腹前，变顺缠向中线前沉肘，左肘与左膝相合，眼左顾右盼最后向前下看，耳听身后。

4. 身先快速略向左转再向右转约 $50^\circ$ ，螺旋下沉，重心左右左。先快吸后呼，同时沉含松胯，先沉右略翻左臀，再沉左略翻右臀，左腿先顺后逆缠，屈肘，两脚五指抓地，湧泉穴要虚，同时右脚先屈膝逆缠，五指抓地，湧泉穴要虚，变顺缠外转脚跟提起，脚头里侧擦地划里弧经左脚里侧旁向右侧后划弧，脚跟蹬地发劲，是虚，位在左脚跟与右脚头在横同一条线上，脚头略向外，五指抓地湧泉穴要虚，同时，左手虎口贴于腹前先顺缠略向左外快速旋转再变逆缠（左手虎口仍贴于腹前）沿逆旋转再经右胸至右腋下，先由右臂上掏出向右侧划弧上旋大指领劲至眼前中线，掌心向右指尖偏右上臂伸展至六七分，臂保持半圆棚劲不去。\*（下先略顺缠外开，再里合经左肘下）

同时，右手由左肘里合上升至左胸前，里折腕以指尖插入左胸，臂里侧离胸肚约50公分，棚劲不去，掌心向里，指尖向里，五指半弯曲劲在指肚，先吸后呼。

要求：左手安劲，右手撑左胸，右脚跟向右侧后发劲，同时完成，眼左顾右盼再看前，耳听身后。

眼瞻前顾后,最后看右前,耳听身左后.

2. 身向右转约 45°,先呼后吸,重心由右前移偏左后,同时,沉含松沉左翻右臀两膝屈开中寓合,两腿左逆缠右顺缠,两脚五指抓地,湧泉穴要虚同时,右手由眼前中线领劲变逆缠身随手下沉,高度不降低,向右略上开展大指领劲,坐腕,掌心向前略偏左,指尖向上略偏左里上,位在右眼右前方同时,左手由左膝外侧变顺缠外转下沉,小指领劲大指合外折腕,屈肘里合至腹前中线,掌心偏右前,指尖偏左前,眼左顾右盼,耳听身后.

3. 身先快速略向左转,再向右转约近 50°,螺旋下沉,重心左右左.先呼后吸.同时,先开胸突腹松胯,沉右翻左臀再变沉,收腹吸气提肛,松胯沉左臀翻右臀,两膝屈做到开中寓合,合中寓开,两腿先左顺右逆缠变左逆右顺缠,两脚五指抓地,湧泉穴腰虚.最后左外胯要向左外突出.同时右手先逆缠向右外略开展,变顺缠外转里合屈肘变逆缠里折腕至左肘下,掌心向里指尖向左后,臂里侧保持半园棚劲不丢.

同时,左手右眼前中线逆缠里转,屈肘里下折腕以左手虎口处贴于腹前,变顺缠向中线前沉肘.左肘与左膝相合,眼左顾右盼最后向前下看,耳听身后.

4. 身先快速略向左转再向右转约 ?45°,螺旋下沉,重心左右左.先快吸后呼.同时沉含松胯,先沉右略翻左臀,再沉右略翻左臀,左腿先顺后逆缠,屈肘,两脚五指抓地,湧泉穴要虚.同时右脚先屈膝逆缠,五指抓地,湧泉穴要虚,变顺缠外转脚跟提起,脚尖里侧擦地划里弧经左脚里侧旁向右侧后划弧,脚跟擎地发劲,是虚,位在左脚跟与右脚尖?横向一条线上,脚尖略向外.五指抓地湧泉穴要虚.同时,左手虎口贴于腹前先顺缠略向左外快速旋转再变逆缠《左手虎口仍贴于腹前》沾连旋转再经右胸至右腋下,先由右臂上掏出向右侧划弧上旋大指领劲至眼前中线.掌心向右指尖偏右上臂伸展至六七分,臂保持半园棚劲不丢.\*\*\*《下先略顺缠外开,再里合经左肘下》

同时,右手右左肘\*\*\*里合上升至左胸前,里折腕以指尖搂入左胸,臂里侧里胸肚约 50 公分,棚劲不丢,掌心向里,指尖向里,五指半弯曲劲在指肚.先吸后呼.

要求:左手发劲,右手搂左胸,右脚跟向右侧后发劲,同时完成.眼左顾右盼再看前,耳听身后.

the eyes look to the front, to the rear, and finally look to the right front. Listen behind and to left.

2. The body turns to the right about 45°. First exhale, then inhale. The center of gravity, moving from the right front, shifts tending left rearward. At the same time, sink the shoulders, hollow the chest, and relax the kuà. Sink left then roll the right buttock. The knees bend, "opening contains closing", the left leg reels nì, the right leg reels shùn. The toes grip the ground. The Bubbling Well must be empty. At the same time, the right hand moving from the front center-line of the eyes leads the energy, changes to reeling nì. The body follows the hand and sinks, the height does not drop, toward the right slightly opening upwards. The thumb leads the energy, sitting-wrist, the palm toward the front, slightly tending to the left. The fingers point upward slightly tending to the left up and in, and are positioned at the right front of the right eye. At the same time, the left hand moving from the outside of the left knee changes to reeling shùn and turns out sinking. The little finger leads the energy, the thumb closes, bent-wrist outward. The elbows bend and close to the center-line in front of the chest, the palm tending to the right front, the fingers tending left forward. The eyes look to the left and right. Listen behind.

3. The body first quickly turns slightly left, then turns right about 50°, spiraling and sinking. The center of gravity moves left, right, left. First exhale, then inhale. At the same time, first open the chest and push out the abdomen, relax the kuà, sink right then roll the left buttock. Then change to sinking, bring in the abdomen, inhale raise the anus, relax the kuà, sink the left buttock turning over the right buttock, the knees bend and do "opening contains closing", "closing contains opening". In the legs, first the left reels shùn, the right reels nì changing to left reeling nì, right reeling shùn. The toes grip the ground, the Bubbling Well is empty. Finally the outer left kuà must protrude toward the outer left. At the same time, the right hand first reels nì toward the outer right slightly open, changes to reeling shùn and turns out closing inward. Bend the elbows and change to reeling nì, bent-wrist inward, to under the left elbow. The palm faces in, the fingers toward the left rear. The inside of the arms maintain a semi-circle and the péng energy is not lost.

At the same time, the left hand reels nì from the front of the abdomen and turns in, bend the elbows, bent-wrist down and in with the left hand the tiger's mouth sticks to the front of the abdomen, changes to reel shùn toward the front center-line. Sink the elbow. The left elbow and the left knee mutually close. The eyes look to the left and right, finally look toward the lower front. Listen behind.

4. Turn the body first quickly slightly left, then turn right about [45°], spiraling and sinking. The center of gravity moves left, right, left. First quickly inhale and exhale. At the same time, sink the shoulders, hollow the chest, and relax the kuà. First sink right then slightly roll the left buttock, then sink right and slightly roll the left buttock. The left leg first reels shùn then reels nì. Bend the elbows. The toes grip the ground. The Bubbling Well must be empty. At the same time, with the right foot, first bend the knees and reel nì. The toes grasp the ground. The Bubbling Well must be empty. Change to reeling shùn and turn out. The heel rises, the inside of the toes scrape the ground and arc inside passing the inside of the left foot tracing an arc toward the right rear. The heel strikes the ground, fā jìn. It is empty, is positioned at the heel of the left foot and the

toes of the right foot? horizontal toward in a line, the toes slightly outward. the toes grasp the ground The Bubbling Well must be empty. At the same time, the left hand the tiger's mouth sticks to the front of the abdomen first reeling shùn slightly toward the outer left quickly rotating then changing to reel nì (the left hand tiger's mouth still sticks to the front of the abdomen) maintaining contact rotates then passes the right chest to the right armpit the lower, first moving from the right forearm is brought out toward the right side traces an arc upward, rotating. The thumb leads the energy to the center-line in front of the eyes, the palm toward the right, the fingers tending to the upper right. The forearm extends to 60-70%, the arms maintain a semi-circle the péng energy is not lost.

At the same time, the right hand moving from below the left elbow first slightly reels shùn, opens outward, then closes inward passing under the left elbow, closes inward and rises to the left in front of the chest, bent-wrist inward with the fingers gathering into the left chest, the inside of forearm about 50 centimeters from the chest and abdomen. The péng energy is not lost. The palm faces in, the fingers face in. The fingers are half bent. The energy is at the pads of the fingers. First inhale, then exhale.

Important: In the left hand fā jìn, the right hand is brought in to the left chest, the heel of the right foot fā jìn toward the right rear finishing at the same time. The eyes look to the left and right then look forward. Listen behind.

1. 身先向左转约 $45^\circ$ 、螺旋略上升、再向右转约近 $90^\circ$ 、螺旋下沉再向左转约 $90^\circ$ 继续下沉、重心由左移偏右、再移偏左再移略偏右、再移偏左先吸后呼。同时先沉开胸突腹左旋松胯沉右略翻左臂更沉含松、沉左翻右臂再略沉右翻左臂、再略沉左翻右臂、两膝屈作到开中寓合中寓开。两腿先左顺右逆缠更左逆右顺缠再更左顺右逆缠、两脚五指抓地、湧泉穴要虚。同时、右手由左胸部顺缠向右侧抖出外折腕、掌心偏右前、指尖偏右后、位在右肩后侧、臂伸展至七八分、放松绷劲不去。

同时、左手屈肘逆缠里合至右胸前、以右腕及虎口贴于胸前由逆更略顺缠、掌心向下、指尖偏右前下、沉肩略坠肘左肘弯里侧略有空间、绷劲不去。同时、双手再更右逆左顺缠、右手由右肩右侧屈肘里折腕合于左肘下、掌心向里、屈肘里折腕、指尖向左后。同时左手以左腕臂里侧虎口处仍贴于腹前、逆缠指尖向下掌心偏前、右手掌心向里、屈肘里折腕、粘逆旋转手位至右腋下、再左手由右腋下上提、屈肘里下折腕、左肘向前略沉、左手上提经右大臂上向有划弧再向上经眼前中线略沉发劲坐腕。掌心偏右前、指尖略偏里右侧上、指尖位在两眼前中线、臂伸展至七八分、绷劲不去。同时、右手由左肘下仍里折腕五指弯曲里合略上升至右胸前、以五指贴住向有下方滑至右脚下、五指贴住、掌心向里、沉肩坠肘里折腕、右臂里侧略有空间。眼先看右手里合着左肘再左顾右盼、向前看左手、耳听身后。

2. 身向右转约 $50^\circ$ 、螺旋下沉、重心由左前下沉移偏右后、呼气。同时、沉含松、先沉左略翻右臂再沉右翻左臂、两膝屈合两腿左逆右顺缠、两脚五指抓地、湧泉穴虚。同时、左手由眼前中线更顺缠下沉里合至两膝前中线、外折腕、掌心向右、指尖偏左前、同时右手由右胸下逆缠里转仍先里折腕下沉、以五指向下先使采劲儿、再向右后变掌至右膝外侧坐腕、指尖偏右前上、掌心向右前下。眼看左前、耳听身后。

3. 身先快速以腰带劫向右略转、下沉再向左转约近 $90^\circ$ 螺旋上升、先快呼再吸。同时、沉收腹吸气提肛松胯、先沉右略翻左臂再更沉左臂略翻右臂、左膝屈同时左腿先逆里转、五指抓地湧泉穴虚、再以脚跟为轴脚尖快速顺缠向右旋转落地后五指抓地、湧泉穴要虚。

同时、右腿先顺转外转、膝里扣脚五指抓地、当中心快速移右时脚跟

## 第二十四式： 中盘

1. 身先向左转 45°，螺旋略上升，再向右转约近 90°，螺旋下沉再向左转约 90°继续下沉，重心由左移偏右，再移偏左再移略偏右，再移偏左先吸后呼。同时先沉开胸突腹左旋松胯沉右略翻左臀变沉含松，沉左翻右臀再略沉右翻左臀。再略沉左翻右臀，两膝屈作到开中寓合合中寓开。两腿先左顺右逆缠变左逆右顺缠再变左顺右逆缠，两脚五指抓地，湧泉穴要虚。同时，右手由左胸部顺缠向右侧抖出外折腕，重心偏右前，指尖偏右后，位在右肩后侧，臂伸展至七八分，放松棚劲不丢。

同时，左手屈肘逆缠里合至右胸前，以右腕及虎口贴于胸前由逆变略顺缠，掌心向下，指尖偏右前下《沉肩略墜肘左肘弯里侧略有空间，棚劲不丢。》同时，双手再变右逆左顺缠，右手由右肩右侧屈肘里折腕合于左肘下，掌心向里，屈肘里折腕，指尖向左后。同时左手以左腕臂里侧虎口处仍贴于腹前，逆缠指尖向下掌心偏前，右手掌心向里，屈肘里折腕，粘连旋转手位在右腋下。再左手由右腋上下提，屈肘里下折腕，左肘向前略沉，左手上提经右大臂上向右划弧再向上经眼前中线略沉发劲坐腕，掌心偏右前，指尖略偏里右侧上，指尖位在两眼前中线。臂伸展至七八分，棚劲不丢。同时，右手由左肘下仍里折腕五指弯曲里合略上升至右胸前，以五指贴住向右下方滑至右胸下，五指贴住，掌心向里，沉肩墜肘里折腕，右臂里侧略有空间。眼先看右手里合看左肘再左顾右盼，向前看左手，耳听身后。

2. 身向右转约 50°，螺旋下沉，重心由左前下沉移偏右后，呼气。同时，沉含松，先沉左略翻右臀再沉右翻左臀，两膝屈合两腿左逆右顺缠，两脚五指抓地，湧泉穴虚。同时，左手右眼前中线变顺缠下沉里合至两膝前中线，外折腕，掌心向右，指尖偏左前，同时右手由右胸下逆缠里转仍先里折腕下沉，以五指向下先采劲儿，再向右后变掌至右膝外侧坐腕，指尖偏右前上，掌心向右前下。眼看左前，耳听身右后。

3. 身先快速以要带劲向右略转，下沉再向左转约近 90°螺旋上升，先快呼再吸。同时，沉收复吸气提肛松胯，先沉右略翻左臀再变沉左臀略翻右臀，左膝屈同时左腿先逆里转，五指抓地湧泉穴虚，再以脚跟为轴脚尖快速顺缠向右旋转落地后五指抓地，湧泉穴要虚。

同时，右腿先顺转外转，膝里扣脚五指抓地，当中心快速移右时脚跟

## Posture Number Twenty Four: Zhōng Pán

1. First the body turns left 45°, spiraling and rising slightly. Then turn right about 90°, spiraling and sinking. Then turn left about 90° continuing to sink. The center of gravity, moving from the left, shifts tending right, then shifts tending left, then shifts slightly tending to the right, then shifts tending left. First inhale, then exhale. At the same time, first sink, open the chest, and push out the abdomen, rotate left, relax the kuà, sink right. Then slightly roll the left buttock and change to sink the shoulders, hollow the chest, and relax the kuà. Sink left then roll the right buttock. then slightly sink right, then roll the left buttock. Then slightly sink left, then roll the right buttock. The knees bend such that "opening contains closing" and "closing contains opening". In the legs, first the left reeling shùn, the right reeling nì, changes to left reeling nì, right reeling shùn, then changes to the left reeling shùn, the right reeling nì. The toes grip the ground. The Bubbling Well must be empty. At the same time, the right hand moving from the left chest reels shùn toward the right side and shoots out bent-wrist outward. The center of gravity tends to the right front. The fingers tending to the right rear are positioned at behind the right shoulder. The arm extend to 70-80 percent. Relaxing, the péng energy is not lost.

At the same time, with the left hand, bend the elbows, reel nì, close inward to in front of the right chest. With the right wrist, the tiger's mouth sticking to the front of the chest, change from reeling nì to slightly reeling shùn, palm facing down, the fingers tending to the lower right front. (Sink the shoulders and slightly drop the elbows. There is a little space at the inside of the bend of the left elbow. The péng energy is not lost.) At the same time, the hands then change to the right reeling nì, the left reeling shùn. With the right hand moving from the right side of the right shoulder, bend the elbows, bent-wrist inward closing to below the left elbow. The palm faces in, bend the elbows, bent-wrist inward, the fingers toward the left rear. At the same time, the left hand with the inside of the left wrist and the tiger's mouth still sticking to the front of the abdomen, reel nì, the fingers downward, the palm tending to the front. The right palm faces in. WORK Bend the elbow, bent-wrist inward, sticking together and rotating, the hands moving from the right armpit upper and lower rises, bend the elbows bent-wrist down and in, the left elbow toward the front slightly sink, the left hand rises passing the right on the upper arm toward the right traces an arc then upward traversing the center-line in front of the eyes slightly sink fā jìn sitting-wrist. the palm tending to the right front, the fingers slightly tending inward the upper right side, the fingers is positioned at the front center-line of the eyes. The arms extend to 70-80 percent, the péng energy is not lost. At the same time, the right hand moving from under the left elbow still bent-wrist inward the fingers bent close inward rises slightly to in front of the right chest, with the fingers sticking to toward the lower right slides to the right chest the lower, the fingers sticking to, the palm faces in, sink the shoulders and drop the elbows bent-wrist inward, the inside of the right arm slightly there is space. the eyes first look at the right hand close inward look at the left elbow then look about left and right, toward the front look at the left hand, Listen behind.

2. The body turns to the right about 50°, spiraling and sinking, the center of gravity moving from the left front sink and shift tending right rearward, exhale. At the same time, sink the shoulders, hollow the chest, and relax the kuà, first sink left then slightly roll the right buttock then sink right then roll the left buttock, the knees bend and close the left leg reels nì, the right leg reels shùn, the toes grip the ground, The Bubbling Well is empty. At the same time, the left hand the right the front center-line of the eyes changes to reel shùn and sink close inward to center-line in front of the knees, bent-wrist outward, the palm toward the right, the fingers tending left

forward. At the same time the right hand moving from the right chest the lower reel nì turning in still first bent-wrist inward sink, with the fingers downward first[not clear] cǎi jìn, then toward the right rear changes to the palm to outside of the right knee sitting-wrist, the fingers tending to the upper right front, the palm is toward the lower right front. the eyes look to the left front, Listen behind and to the right.

3. The body first quickly use the mid-section to deliver energy turn slight right, sink then turn left about 90° spiraling and rising, first quickly exhale then inhale. At the same time, sink and withdraw the abdomen inhale raise the anus, relax the kuà, first sink right then slightly roll the left buttock then changes to sink the left buttock slightly turns over the right buttock, the left knee bends At the same time the left leg first reels nì turn inward, the toes grasp the ground The Bubbling Well is empty, then with the heel as the axis the toes quickly reel shùn rotates to the right drops to the ground rearward the toes grasp the ground, The Bubbling Well must be empty.

At the same time, the right leg first reels shùn rotating out, the knees are brought inward, the toes grasp the ground. When the center quickly shifts the heel of the right foot



4. 隨身逆纏左轉屈膝上提脚，膝护腿脚头护左膝。同时，左手先顺缠快速向右侧后以小指领劲快速领劲变逆缠屈肘里合经在胸前向中线上翻起变顺缠屈肘呈折腕，指尖掌心向里位在鼻尖前中线，约40公分左右，同时，右手由左膝右侧先逆缠大指领劲快速向右侧后略开变顺缠，由左侧经头左侧向前上翻至头前上中线，变逆缠大指领劲，大指位在两眼前略上中线，臂伸展约七八分，半圆棚劲不去，掌心偏左前，指尖偏左后上。

要求：上下相合，提时要注意沉着坠时，收腹吸气提肛，左膝略屈，眼先看右后，再看前，耳听身左后。

5. 身微向右侧螺旋下沉，重心在左，呼气，同时沉舍松，沉左翻右臂屈合，两腿左逆右顺缠，两脚五指抓地，湧泉穴虚，同时右腿随身微右转下沉发脚发劲，是虚位在左脚里侧旁，横向距离约10公分，要求两脚方向按压末的位置偏左前，同时，双手由眼前中线以双顺缠下沉，交叉合，右腕在上左腕在下交叉合至腹前中线，发劲更有逆左顺缠，左手里上坐腕右手坐腕右手掌心偏右前下，指尖偏前上，左手指尖掌心向上。〈要求：双手下沉双腕交叉合发劲与右脚发劲呼气同时完成，身勾左歪右斜，前俯后仰。〉

6. 身向右侧约30°螺旋下沉，重心由左移右吸气，同时沉舍收腹吸气提肛，松胯先沉，略沉左略翻右臂，再沉右略翻左臂，屈膝合，作到开中寓合，同时右腿顺缠外转膝里扣，五指抓地湧泉穴要虚，同时，左腿屈膝上提向左侧后〈按实际方向是左侧后〉逆缠屈膝里转提脚向左迈步，以脚跟里侧着地，脚头上翘里合，同时双手仍交叉由腹前中线略下沉，再略上升向右侧偏前方以右逆左顺缠引进，位在右膝上略偏前，眼看身右侧，耳听身右后。

7. 身快速略向右侧，螺旋下沉，重心先略右，吸气，同时沉舍收腹吸气提肛，松沉右翻左臂，同时，两腿以左逆右顺缠快速调腿跳起腾空，双脚五指抓地，湧泉穴要虚，两膝里合，同时双手快速以双顺缠，由腕部由上左下活连旋转滑至左肘窝上，左掌心向右下，指尖偏左前下，眼看左，耳听身左侧。

8. 身向右侧约45°螺旋下沉，重心由右下略移偏左呼气，同时沉舍松先沉右翻左，再沉左翻右臂，屈膝合，两腿左顺右逆缠，两脚五指抓地，湧泉穴要虚，同时，右手逆缠坐腕里转经左肘里侧上〈右肘与右膝合，右胯相合〉再经左掌心上相错向右膝上下沉位在右膝右上方约五公分左右，掌心向前下，指尖向上，同时，左手顺缠里折腕里合经右肘下〈左肘右肘膝合〉再

着地, 随身逆缠左转屈膝上提脚, 膝护裆脚尖护左膝. 同时, 左手先顺缠快速向右侧后以小指领劲快速领劲变逆缠屈肘里合经右胸前向中线上翻起变顺缠屈肘里折腕, 指尖掌心向里位在鼻尖前中线, 约 40 公分左右, 同时, 右手由左膝右侧先逆缠大指领劲快速向右侧后略开变顺缠, 由左侧经头左侧向前上翻至头前上中线, 变逆缠大指领劲, 大指位在两眼前略上中线. 臂伸展约七八分, 半圆棚劲不丢. 掌心偏左前, 指尖偏左后上.

要求: 上下相合, 提肘要注意沉肩坠肘, 收腹吸气提肛. 左膝略屈, 眼先看右后再看前, 耳听身左后.

4. 身微向右转螺旋下沉, 重心在左, 呼气, 同时沉含松, 沉左翻右臀屈合, 两腿左逆右顺缠, 两脚五指抓地, 湧泉穴虚. 同时右腿随身微右转下沉震脚发劲. 是虚位在左脚里侧旁, 横向距离约 10 公分, 要求两脚方向按原来的位置偏左前, 同时双手由眼前中线以双顺缠下沉, 交叉合, 右腕在上左腕再下交叉合至腹前中线, 发劲变右逆左顺缠, 左手里上坐腕右手坐腕右手掌心偏右前下, 指尖偏前上, 左手指尖掌心向上. 《要求: 双手下沉双腕交叉合发劲与右脚发劲呼气同时完成, 身勿左歪右斜, 前俯后仰.》

5. 身向右转约 30°, 螺旋下沉, 重心由左移右吸气. 同时沉含收腹吸气提肛, 松胯先沉, 略沉左略翻右臀, 再沉右略翻左臀, 屈膝合, 作到开中离合, 同时右腿顺缠外转膝里扣, 五指抓地湧泉穴要虚. 同时, 左腿屈膝上提向左侧后《按实际方向是左侧后》逆缠屈膝里转提脚向左迈步, 以脚跟里侧着地, 脚尖上翘里合. 同时双手仍交叉由腹前中线略下沉, 再略上升向右略偏前方以右逆左顺缠引进, 位在右膝上略偏前, 眼看身右侧, 耳听身右后.

6. (1) 身快速略向右转, 螺旋下沉, 重心先略右, 吸气, 同时沉含收腹吸气提肛, 松沉右翻左臀, 同时, 两腿以左逆右顺缠快速调裆跳起腾空, 双脚五指抓地, 湧泉穴要虚. 两膝里合, 同时双手快速以双顺缠, 由腕部右上左下沾连旋转滑至左肘弯上, 左掌心向右下, 指尖偏左前下, 眼看左, 耳听身右后.

(2) 身向右转约 45°, 螺旋下沉, 重心由右下略移偏左呼气, 同时沉含松先沉右翻左, 再沉左翻右臀, 屈膝合, 两腿左顺右逆缠, 两脚五指抓地. 湧泉穴要虚. 同时, 右手逆缠坐腕里转经左肘里侧上《右肘与右膝合, 肩胯相合》再经左掌心上相错向右膝上下沉位在右膝右上约五公分左右, 掌心向前下, 指尖向上, 同时, 左手顺缠里折腕里合经右肘下《左肘肩胯肘膝合》再

Land on the ground, turn backwards with your body, bend your knees and lift your feet. Protect your left knee with your knees, crotch, and toes. At the same time, first move your left hand forward and quickly to the right, then use your little finger to lead the strength quickly, then reverse the movement, bend your elbows inward, and move your right chest forward. Turn up the midline and wrap it smoothly. Bend your elbows and fold your wrists inward. The fingertips and palms should be facing inward at the midline in front of the tip of the nose, about 40 centimeters. At the same time, start from the right side of your left knee and wrap your right hand backwards around your big finger and quickly move back to the right. Open and wrap smoothly, turn forward and upward from the left side of the head to the upper midline in front of the head, then reversely wrap the big fingers and lead the strength, with the thumbs slightly above the midline in front of both eyes. Stretch the arms for about seven or eight minutes, half-circle. Don't lose your strength. The palms are pointed to the left and forward, and the fingertips are pointed to the left and back.

Requirements: Up and down are consistent. When raising the elbows, pay attention to sinking the shoulders and lowering the elbows. Keep the abdomen in and inhale to lift the anus. Bend the left knee slightly, look to the right first and then to the front, and listen to the left and back of the body.

4. Turn the body slightly to the right and sink in a spiral, with the center of gravity on the left, exhale, and at the same time relax the chest, turn to the left and bend the right hip, wrap the legs left and right, grasp the ground with both feet and five fingers, and the Yongquan point is empty. At the same time, the right leg is slightly turned to the right and lowered to stimulate the foot. The virtual position is on the inside and side of the left foot, about 10 centimeters laterally. The direction of the feet is required to be left and forward according to the original position. At the same time, the hands are wrapped smoothly from the midline in front of the eyes. Sink, cross and close, the right wrist is crossed over the left wrist and then down to the midline of the front of the abdomen, the force is turned to the right and against the left, the left hand is sitting on the wrist, the right hand is sitting on the wrist, the palm of the right hand is tilted forward and to the right, the fingertips are tilted forward and upward, and the fingers of the left hand The pointed palms are upward. (Requirements: Lower your hands, cross your wrists, and exhale at the same time as you exhale with your right foot. Do not lean left or right, bend forward or backward.)

5. Turn your body about 30° to the right, sink in a spiral, move your center of gravity from left to right, and inhale. At the same time, sink your chest, tighten your abdomen, inhale and lift your anus. Release your hips and sink first, sink slightly to the left and turn your right hip, then sink and turn your right hip slightly. Bend your left hip and bring your knees together until you reach the open clutch. At the same time, turn your right leg outwards and buckle your knees inward, and grasp the Yongquan point on the ground with your five fingers to make it weak. At the same time, bend your left leg at the knees and lift it up to the left (according to the actual direction, it is the left side). (Back) Bend your knees and turn inwards, lift your feet and step towards the left, with your heels on the ground on the insides, and your toes turned up and inwards. At the same time, your hands are still crossed and slightly lowered from the midline in front of the abdomen, then slightly raised to the right and slightly in front, and the right is reversed to the left. Bring it in, position it on the right knee slightly in front, look to the right side of the body, and listen to the right back of the body.

6. (1) Turn the body quickly and slightly to the right, sink in the spiral,

center of gravity slightly to the right first, inhale, and at the same time lower your chest, tighten your abdomen, inhale and lift your anus, relax and turn your left hip to the right, and at the same time, move your legs forward from left to right. Quickly adjust the crotch to jump into the air, grip the ground with five fingers of both feet, and make the Yongquan point empty. Bring the knees together, and at the same time, quickly wrap the hands with both hands, and rotate and slide from the upper right to lower left side of the wrist to the crook of the left elbow and the center of the left palm. Turn to the right and down, fingertips to the left, forward and down, look to the left, listen to the right and behind the body. (2) Turn the body about 45° to the right, sink in a spiral, slightly shift the center of gravity from the lower right to the left, exhale, and at the same time, Shen Hansong first Turn right and turn left, then turn left and right hip, bend your knees together, wrap your legs left and right, and grasp the ground with your feet and five fingers. The Yongquan point should be weak. At the same time, sit with your right hand counter-wrapped and turn your wrist inward to pass on the inside of the left elbow. (The right elbow and right knee are together, and the shoulders and hips are together.) Then, move the palm of the left hand toward the right knee and sink it about five centimeters to the right of the right knee. The palm of the hand is forward and downward, and the fingertips are upward. At the same time, the left hand is folded inwards. In the wrist, the meridian joins below the right elbow (the left elbow, shoulder, hip, elbow and knee join) and then

经右掌心下相错向左前上方提，里折腕，位在左眼左前方，掌心指尖偏里下虎口要圆，捌劲不丢。

### 第二十五式 白鹤亮翅

身快速先略向右转再向左转约45°，螺旋先略下沉再略上升，先呼后吸。同时，先沉肩略开胸突腹右旋，略沉右略翻左臂再变沉含收腹吸气提肛，松胯沉左翻右臂屈膝，开中寓合，合中寓开。

同时，左腿先快速逆缠里转再变顺缠屈膝里合，脚五指抓地湧泉穴虚，右腿先顺缠外转屈膝里合，五指抓地湧泉穴虚，再逆缠里转，脚五指抓地，膝<重心移左时有脚跟提起以右脚划里弧并于左脚里侧旁，位在左脚里侧旁略后，圆膝，同时右手由右膝右上先逆缠里上略合划上弧变顺缠下沉，经腹前中线前合于左腕臂下，同时左手里折腕由左眼左侧前先略顺变逆缠，仍里折腕合于右肘旁上，掌心向下指尖向前，两臂交叉点位在胸前中线，眼左顾右盼，再向身右侧，耳听身后。

### 第二十六式 斜行拗步

<动作同前>。

### 第二十七式 闪通背

1. 身先向左转约30°，螺旋略上升，再向右转约75°，螺旋下沉，重心先有后走下弧移偏左，先吸后呼再吸，同时先沉肩开胸突腹松胯，沉右翻左臂沉含松，再沉左翻右臂，两膝屈合，两腿先左顺右逆缠，再变右顺左逆缠<当重心偏右时，以左脚跟为轴左脚脚尖贴地里转，下沉移偏左，两脚五指抓地，湧泉穴要虚。>

同时，两手由两眼两侧前里合上升，双手大指领劲双逆缠，指尖偏向上，双手指尖相对，再双手变双顺缠，外开下沉屈肘里合至胸前中线交叉，左手大指位在鼻尖前中线，腕外折掌心向右，指尖偏左前上，右手以小指贴于左小臂里侧，外折腕侧掌，掌心偏左上，指尖偏右前上。

要求：手合肘开，两肩肘与两膝胯相合，眼左顾右盼，再看前，耳听身后。

配合？合身  
合膝

经右掌心下相错向左前上方提,里折腕,位在左眼左前方,掌心指尖偏里下虎口要园,棚劲不丢。

### 第二十五式： 白鹤亮翅

身快速先略向右转再向左转约45°螺旋先略下沉再略上升,先呼后吸,同时,先沉肩略开胸突腹右旋,略沉右略翻左臀再变沉含收腹吸气提肛,松胯沉左翻右臀屈膝,开中寓合,合中寓开。

同时,左腿先快速逆缠里转再变顺缠屈膝里合,脚五指抓地湧泉穴虚。右腿先顺缠外转屈膝里合,五指抓地湧泉穴虚。再逆缠里转,脚五指抓地,裆 《重心移左时右脚跟提起以右脚划里弧并于左脚里侧旁,位在左脚里侧旁略后,园裆,同时右手由右膝右上先逆缠里上略合划上弧变顺缠下沉,经腹前中线前合于左腕臂下,同时左手里折腕由左眼左侧前先略顺便逆缠,仍里折腕合于右肘旁上,掌心向下指尖向前,两臂交叉点位在胸前中线,眼左顾右盼,再向身右侧,耳听身后。

### 第二十六式： 斜行拗步 《动作同前》

### 第二十七式： 闪通背

1. 身先向左转约30°,螺旋略上升,再向右转约75°,螺旋下沉,重心先右后走下弧移偏左,先吸后呼再吸,同时先沉肩开胸突腹松胯,沉右翻左臀沉含松,再沉左翻右臀,两膝屈合,两腿先左顺右逆缠,再变右顺左逆缠 《当重心偏右时,以左脚跟为轴左脚脚尖贴地里转,下沉移偏左,两脚五指抓地,湧泉穴要虚。》

同时两手由两眼两侧前先里合上升,双手大指领劲双逆缠,指尖偏向里上,双手指尖相对,再双手变双顺缠,外开下沉屈肘里合至胸前中线交叉,左手大指位在鼻尖前中线,腕外折掌心向右上,指尖偏左前上,右手以小指贴于左小臂里侧,外折腕侧掌,掌心偏左上,指尖偏右前上。

要求： 手合肘开,两肩肘与两膝胯相合,眼左顾右盼,再看前,耳听身后。

Pass through the lower part of the right palm and lift it toward the front and upper part of the left hand. Fold the wrist inward and position it in front of the left eye.

#### Posture 25: White Crane Spreads Wings

Quickly turn the body first slightly to the right and then to the left about 45°. The spiral sinks slightly first and then rises slightly. Exhale first and then inhale. At the same time, first lower the shoulders, slightly open the chest and protrude the abdomen, rotate to the right, lower slightly to the right and slightly turn the left hip before changing. Sink the abdomen, inhale and lift the anus. Release the crotch, sink the hips, turn left and right hip, bend the knees, open the middle to close, close the middle to open.

At the same time, the left leg first quickly turns backwards and then turns forward, bends the knees and closes them inward, and grasps the Yongquan point on the ground with the five fingers of the toes. Turn, grasp the ground with the five fingers of the foot, crotch (when the center of gravity moves to the left, lift the right heel, draw an inward arc with the right foot and place it on the inner side of the left foot, slightly behind the inner side of the left foot, in the crotch, at the same time, the right hand starts from the upper right side of the right knee Wrap it backwards and upwards, draw an arc, then wrap it forward and sink, and join it under the left wrist through the midline of the front of the abdomen. At the same time, fold the wrist of your left hand inward, from the left side of the left eye. Beside your elbows, palms down and fingertips forward, the cross point of your arms is at the midline of your chest, look left and right, then to the right side of your body, and listen behind you.

#### Posture 26: Oblique walking and bending steps (same action as before)

#### Type 27: Flash back

1. Turn left about 30° first, spiral up slightly, then turn right about 75°, spiral down, center of gravity first to the right, then down, then to the left, inhale first, then exhale, then inhale, and at the same time lower your shoulders first The chest is raised, the abdomen is loosened, the hips are loosened, the left hip is bent to the right and the left hip is loosened, then the right arm is bent to the left, the knees are bent together, the legs are first left and right and then twisted right and left (when the center of gravity is to the right, Use the left heel as the axis, turn the left toe inward against the ground, sink to the left, grasp the ground with both feet and five fingers, and make the Yongquan point weak.)

At the same time, the hands move from the front of the eyes to the inside and then upward. The big fingers of both hands are led by the big fingers and the fingers are turned inward and upward. The fingertips of both hands are facing each other. Then the hands become double-folded. They open outwards and sink, bend the elbows and close to the chest. The front midline crosses, the big finger of the left hand is on the midline in front of the tip of the nose, the wrist is folded outward, the palm is facing up to the right, the fingertips are towards the left front and up, the little finger of the right hand is attached to the inside of the left forearm, the palm of the left hand is folded outward, the palm is towards the upper left, and the fingertips are towards the left Right front top.

Requirements: Keep your hands together and your elbows apart, your shoulders and elbows and your knees and hips together. Look left and right, look in front of you, and listen behind you.





2. 身向左转约近 $135^\circ$ ，螺旋先下沉再上升，重心先左后移偏右，先呼后吸。同时，沉含松，沉左翻右臂再变沉右翻左臂，两膝屈作到开中寓合，合中寓开。同时，两腿先左逆右顺缠，两脚五指抓地，湧泉穴要虚，左腿再变顺缠脚跟提起脚尖擦地向左侧后外划弧，虚步脚尖点地，脚尖向外，脚跟提起约 $45^\circ$ ，同时，右腿逆缠里转以脚跟为轴脚掌略上翘，随身左转右脚尖向左前方与左脚尖指向在一条线上，右脚变实五指抓地，湧泉穴要虚。

同时，右手小指仍贴于左小臂里侧，以双逆缠略下沉，再螺旋上升，右手指逆由右小臂里侧继续里缠旋转上升至左大臂上，掌心向下指尖向左，以指尖贴于左大臂上，同时，左手屈肘里合仍逆缠合于右肘外侧，掌心向里指尖向右，位在两胸前，眼先着左再看右前，耳听身左后。

3. 身先向右转约 $45^\circ$ 略旋略上升，再左转约 $45^\circ$ 螺旋下沉，重心由右先移左再移偏右，先吸后呼，同时沉含，收腹吸气提肛，松胯沉左翻右臂屈膝合，再变沉含松，沉右翻左臂两膝屈开，作到开中寓合。同时，右腿先顺后逆缠，右脚五指抓地，湧泉穴要虚，左腿脚尖点地逆缠旋转，脚跟向左后外侧旋转合胯，再以脚尖为轴变顺缠脚跟由左后里合开胯，胯要虚要圆，顺缠外转，虚步脚尖点地。

同时，双腕双手臂以双顺缠向右上以双手小指领劲，交叉点位在鼻尖前中线，按压方向在右前方，左掌心向左后上，指尖向右前上，右手掌心向左指尖向前上，左手外折腕，右掌坐腕，再变双逆缠，略下沉双腕仍交叉沾连左外右里至眼前中线，双掌心相错分向两眼两侧展开，左手里折腕，指尖掌心向右，右掌心向右前，指尖偏左里上，双臂伸展至七八分，掬劲不去。

要求：双臂里侧保持半圆，肘要比手低，眼先向右前方看，再左顾右盼耳听身后。

4. 身向右转约 $90^\circ$ ，螺旋略下沉，重心移偏左后，吸气，同时沉含收腹吸气提肛，沉左翻右臂两膝屈合，右腿以脚跟为轴脚掌擦地顺缠外转约 $45^\circ$ 脚掌变实，五指抓地湧泉穴要虚。

同时，左腿以左脚尖为轴，脚跟提起逆缠里转，左脚跟向后外翻是尖，同时，右手由右眼左侧前，先略逆缠再变顺缠下沉里合至腹前中线，掌心向上，指尖向左，小指贴于腹前中线，里上折腕，沉肩坠肘右臂保持半圆，掬劲不去，左手由左眼左侧前，先向左后上逆缠略开又同时，以腰为主宰，左胯松，以脚尖为轴，左腿先逆缠里转，再继续逆缠经头左侧上向前下沉至

2. 身向左转约近 135°, 螺旋先下沉再上升, 重心先左后移偏右, 先呼后吸. 同时, 沉含松, 沉左翻右臀再变沉右翻左臀, 两膝屈作到开中寓合, 合中寓开. 同时, 两腿先左逆右顺缠, 两脚五指抓地, 湧泉穴要虚, 左腿再变顺缠脚跟提起脚尖擦地向左侧后外划弧, 虚步脚尖点地, 脚尖向外, 脚跟提起约 45°, 同时, 右腿逆缠里转以脚跟为轴脚掌略上翘, 随身左转右脚尖向左前方与左脚尖指向直? 一条线上. 右脚变实五指抓地, 湧泉穴要虚.

同时, 右手小指仍贴于左小臂里侧, 以双逆缠略下沉, 再螺旋上升, 右手沾连由右小臂里侧继续里缠旋转上升至左大臂上. 掌心向下指尖向左, 以指尖贴于左大臂上. 同时, 左手屈肘里合仍逆缠合于右肘外侧, 掌心向里指尖向右, 位在两胸前, 眼先看左再看右前, 耳听身左后.

3. 身先向右转约 45°略旋略上升, 再左转约 45°, 螺旋下沉, 重心由右先移左再移偏右, 先吸后呼, 同时沉含, 收复吸气提肛, 松胯沉左翻右臀屈膝合, 再变沉含松, 沉右翻左臀两膝屈开, 作到开中寓合. 同时, 右腿先顺后逆缠, 右脚五指抓地, 湧泉需要虚. 左腿脚尖点地逆缠旋转, 脚跟向左后外侧旋转合裆, 再以脚尖为轴变顺缠脚跟由左后里合开裆, 裆要虚要圆, 顺缠外转, 虚步脚尖点地.

同时, 双腕双手臂以双顺缠向右上以双手小指领劲, 交叉点位在鼻尖前中线, 按原方向在右前方. 左掌心向左后上, 指尖向右前上. 右手掌心向左指尖向前上. 左手外折腕, 右掌坐腕. 再变双逆缠, 略下沉双腕仍交叉沾连左外右里至眼前中线, 双掌心相错分向两眼两侧展开, 左手里折腕, 指尖掌心向右, 右掌心向右前, 指尖偏左里上, 双臂伸展至七八分, 棚劲不丢.

要求: 双臂里侧保持半圆, 肘要比手低, 眼先向右前方看, 再左顾右盼, 耳听身后.

4. 身向右转约 90°, 螺旋略下沉, 重心移偏左后, 吸气, 同时沉含收腹吸气提肛, 沉左翻右臀两膝屈合, 右腿以脚跟为轴脚掌擦地顺缠外转约 45°脚掌变实, 五指抓地湧泉穴要虚.

同时, 左腿以左脚尖为轴, 脚跟提起逆缠里转, 左脚跟向后外翻是实, 同时, 右手由右眼左侧前, 先略逆缠再变顺缠下沉里合至腹前中线, 掌心向上, 指尖向左, 小指贴于腹前中线, 里上折腕, 沉肩墜肘后臂保持半圆, 棚劲不丢. 左手由左眼左侧前, 先向左后上逆缠略开 《同时, 以腰为主宰, 左胯松, 以脚尖为轴, 左腿先逆缠里转.》 再继续逆缠经头左侧上向前下沉至

2. Turn the body nearly 135° to the left, the spiral first sinks and then rises, the center of gravity moves first to the left and then to the right, exhale first and then inhale. At the same time, sinking and loosening, turn the right hip to the left, then turn to the right and left hip, Bend your knees so that they open in the middle and close together, and close in the center and open. At the same time, first twist your legs forward to the left and right, grasp the ground with the five fingers of both feet, make the Yongquan point weak, and then twist your left leg smoothly, lift the heel and rub the ground with your toes. Draw an arc from the left side back and forth, point your toes on the ground in an empty step, point your toes outwards, and lift your heels about 45 degrees. At the same time, turn your right leg backwards and inward with the heel as the axis, the sole of your foot is slightly upward, and turn left with your right toes forward and to the left. Point to a [not clear] line. The right foot becomes firm and the five fingers grasp the ground, and the Yongquan point should be empty.

At the same time, the little finger of the right hand is still attached to the inner side of the left forearm, twisting backwards with both hands, sinking slightly, and then spiraling up. The right hand is attached to the inner side of the right forearm and continues to rotate inward and upward to the left upper arm. The palm of the hand is facing downwards and the fingertips are facing downwards. To the left, place the fingertips on the left forearm. At the same time, bend the elbow of the left hand inward and still wrap around the outside of the right elbow, with the palm facing inward and the fingertips pointing to the right, in front of both chests. Look first to the left and then to the right. , listen to the left side of the body.

3. First turn the body about 45° to the right and slightly rise, then turn left about 45°, spiral down, move the center of gravity from right to left and then to the right, first inhale and then exhale, and at the same time sink the breath, and then inhale and lift. Anus, loosen the crotch, turn to the left, bend the right hip and close the knee, then become loose and loose, turn to the right, bend the knees to the left hip, until the center is open and closed. At the same time, wrap the right leg first and then backward, and grasp the ground with the five fingers of the right foot. , Yongquan needs to be empty. The toes of the left leg point to the ground and rotate counter-twisting, the heel rotates to the left back and outside to close the crotch, and then the toes are used as the axis to change the heel to close and open the crotch from the left back. The crotch should be virtual and round, and the crotch should be round and smooth. Turn around, take a virtual step and point your toes on the ground.

At the same time, wrap both wrists and arms upward and to the right, with the little fingers of both hands leading the way. The intersection point is at the midline in front of the tip of the nose, in front of the right according to the original direction. The left palm points to the left, back and upward, and the fingertips point to the right and forward. The right palm points to the left. Fingertips point forward and upward. Fold the wrist of the left hand outward, and sit on the right palm. Then turn into a double-wrapped position, sink slightly, and still cross the left and right sides to the midline of the front of the eyes. The palms of both hands are staggered and spread out to both sides of the eyes. , Fold the wrist of your left hand inward, with the fingertips and palm facing right, and the right palm facing forward to the right, with the fingertips facing left and upward, and stretch your arms to seven or eight points without losing strength.

Requirements: Keep the inner sides of your arms half-circled, with your elbows lower than your hands. Look to the right and front first, then look left and right, and listen behind you.

4. Turn the body about 90° to the right, sink the spiral slightly, shift the center of gravity to the left, inhale, and at the same time sink the chest, tighten the abdomen, inhale and lift the anus, sink to the left, turn the right hip, bend the knees, and use the heel of the right leg as the axis. Rub the soles of your feet smoothly on the ground and turn them outwards at about 45°. The soles of your feet will become firm, and the Yongquan point on the ground will be weak when you hold it with your five fingers.

At the same time, use the left toe as the axis of the left leg, lift the heel and turn it inward and backward, and turn the left heel backward and outward. At the same time, move your right hand in front of the left side of the right eye, first slightly inversely and then straighten it, then sink inward and close to the abdomen. Front midline, palm up, fingertips to the left, little finger attached to the front midline of the abdomen, fold the wrist inward, lower the shoulder, lower the elbow, keep the back arm half-circled, without losing strength. The left hand starts from the left side of the left eye, first to the left and back slightly open the upward reverse wrapping (at the same time, with the waist as the main body, the left hip is loose, and the toes are the axis, the left leg is first reversely wrapped and turned inward.) Then continue to reverse the left side of the meridian head and sink forward to

两眼前中线，掌心向前（按反方向，何右）指尖偏前下。

要求：右手在眼前，左手在腹前，上下在一条线上。两眼先左顾右盼，再向前看，耳听身后。

5. 身微向右转螺旋下沉，重心在右后，先吸后呼，同时沉含收腹吸气，横肘松沉，右翻左臂两膝屈合，右腿逆缠略向里转，脚掌踏实，五指抓地湧泉穴要虚，同时，左腿屈膝上提略顺缠外转，向右脚前迈步，脚尖略向里合，脚掌踏实，五指抓地湧泉穴要虚。见详

同时，左掌由两眼前中线逆缠下沉，缠腰前中线向左至左大腿外侧，大指领劲，掌心向左后下，指尖向左前下，同时，右手由腹前中线先提再向前外折腕顺缠，小指领劲大指合掌心虚，以食指中线合劲向前上棚出，位在两眼前中线，掌心向上，指尖向前上，眼看前耳听身后。

6. 身快速先微向左转，螺旋微上升，重心再向右略移，再下沉移偏左，先吸后呼，同时沉肩略开胸收腹吸气松胯，先沉右翻左臂再沉左翻右臂，两膝屈合，两腿先快顺左顺右逆缠略转，两脚五指抓地，湧泉穴要虚，再变左逆右顺缠两脚以前脚掌为轴脚跟略上提，向左前外旋转，左胯突出，左脚跟转至按反方向两脚落地，再变右脚跟提起右脚尖擦地，向左脚右侧后划弧跟脚跟发劲，同时，左脚以前脚掌为主脚尖与脚跟随身里转，两脚五指抓地，湧泉穴要虚，同时，右手由两眼前中线先快速顺缠变逆缠，大指领劲旋转经头前上中线，向右侧下沉至右膝略外上坐腕，大指领劲，掌心何右下，指尖偏右上。

同时，左手在左大腿外侧先快速微逆缠，大指领劲再屈肘外翻上升至左耳左侧，指尖向左后，掌心向上，再领劲变逆缠经头左侧向前下臂，最后以采劲下沉，立掌掌心何右，指尖向上，位在鼻左侧，在左脚上，劲在掌跟外缘，眼左顾右盼，瞻前顾后，耳听身后。

## 第二十八式：掩手肱捶

1. 以腰为主宰结合丹田快速带功，身先向左转约25°，再向右转约70°，螺旋下沉，重心先右后移左，同时，沉先略开胸夹腹左旋松胯，沉右翻左臂再变沉含松，沉左翻右臂，两膝屈开中屈合，同时左腿先顺后逆缠，膝里合脚掌踏实，五指抓地，湧泉穴要虚，右腿先逆缠里转，脚五指抓地，湧泉穴

两眼前中线,掌心向前 《按原方向,向右》 指尖偏前下.

要求: 右手在眼前,左手在腹前,上下在一条线上. 两眼先左顾右盼,再向前看,耳听身右.

5. 身微向右转螺旋下沉,重心在右后,先吸后呼,同时沉含收复吸气提肛松沉右翻左臀两膝屈合. 右腿逆缠略向里转,脚掌踏实,五指抓地湧泉穴要虚,同时,左腿屈膝上提略顺缠外转,向右脚前迈步,脚尖略向里合,脚掌踏实,五指抓地湧泉穴要虚.

同时,左掌由两眼前中线逆缠下沉,缠腹前中线向左至左大腿外侧,大指令经,掌心向左后下,指尖向左前下. 同时,右手由腹前中线先提再向前外折腕顺缠,小指领劲大指合掌心虚,以食指中线合劲向前上棚出,位在两眼前中线,掌心向上,指尖向前上,眼看前耳听身后.

6. 身快速先微向左转,螺旋微上升,重心再向右略移,再下沉移偏左,先吸后呼,同时沉肩略开胸略收腹吸气松胯,先沉右翻左臀再沉左翻右臀,两膝屈合,两腿先快速左顺右逆缠略转,两脚五指抓地,湧泉穴要虚. 再变左逆右顺缠两脚以前脚掌为轴脚跟略上提,向左前外旋转,左胯突出,右脚跟转至按原方向两脚落地,再变右脚跟提起右脚尖擦地,向左脚右侧划弧?脚跟发劲. 同时,左脚以前脚掌为主脚尖与脚跟随身里转,两脚五指抓地湧泉穴要虚. 同时,右手由两眼前中线先快速顺缠变逆缠,大指领劲旋转经头前上中线,向右侧下沉至右膝略外上坐腕,大指领劲,掌心向右下,指尖偏右上.

同时,左手在左大腿外侧先快速微逆缠,大指领劲再屈肘外翻上升至左耳左侧,指尖向左后,掌心向上,再领劲变逆缠经头左侧向前下劈. 最后以采劲下沉,立掌掌心向右,指尖向上,位在鼻左侧,在左脚上,劲在掌跟外缘. 眼左顾右盼,瞻前顾后,耳听身后.

## 第二十八式: 掩手肱捶

1. 以腰为主宰结合丹田快速带劲,身先向左转约 $25^{\circ}$ ,再向右转约 $70^{\circ}$ 螺旋下沉,重心先右后移左,同时,沉先略开胸突腹左旋松胯,沉右翻左臀再变沉含松,沉左翻右臀,两膝屈开中寓合,同时左腿先顺后逆缠,膝里合脚掌踏实,五指抓地,湧泉穴要虚. 右腿先逆缠里转,脚五指抓地,湧泉穴

In the middle line of the eyes of both eyes, the palms are forward (according to the original direction, to the right) and the fingertips are forward and downward. Requirements: The right hand is in front of the eyes, the left hand is in front of the abdomen, and the up and down are in a line. The eyes first look left and right, then look forward, and the ears listen. Body right.

5. Turn the body slightly to the right and sink in a spiral, with the center of gravity behind the right. Inhale first and then exhale. At the same time, sink and recover, inhale, lift the anus, relax, turn to the right, and bend the left hip and knees. Turn the right leg inwards slightly, with the soles of the feet Be steady, hold the Yongquan point on the ground with your five fingers to make it weak. At the same time, bend your left leg, lift it up and twist it slightly outwards, step in front of your right foot, turn your toes slightly inward, keep your feet firm, and hold the Yongquan point on the ground with your five fingers to make it feel weak.

At the same time, the left palm is wrapped backwards and downwards from the midline of the front of both eyes, and wrapped from the midline of the front of the abdomen to the left to the outside of the left thigh. The large command meridian is directed to the left, back and downward, and the fingertips are forward and downward to the left. At the same time, the right hand is lifted first from the midline of the front of the abdomen and then Fold your wrists forward and outward, fold your little finger forward and hold your big finger together with your heart empty, use the middle line of your index finger to hold it forward and upward, position it at the center line of the front of your eyes, palms upward, fingertips forward and upward, look in front of you, listen in front of you, hear behind you.

6. Quickly turn the body slightly to the left, spiral upward slightly, then move the center of gravity slightly to the right, then sink to the left, first inhale and then exhale, at the same time lower the shoulders, slightly open the chest, slightly tighten the abdomen, inhale and loosen the hips, first lower to the right Turn the left hip and then lower the left hip, then turn the right hip, bend the knees together, quickly turn the legs to the left and right, and grasp the ground with the five fingers of both feet. Lift your heels slightly as the axis, rotate forward and outward to the left, protrude your left hip, turn your right heel to the original direction and land on both feet, then change your right heel and lift your right toes to wipe the floor, draw an arc to the right side of your left foot [not clear] and let your heels Jin. At the same time, turn the body with the forefoot of the left foot, the toes and heels, and grasp the Yongquan point on the ground with the five fingers of both feet. At the same time, quickly twist the right hand from the middle line in front of the eyes to the reverse, and use the big finger to lead the Jin to rotate the meridian. On the front and upper midline, sink to the right until the right knee is slightly outside and sit on the wrist, with the big finger leading the force, the palm of the hand facing down and to the right, and the fingertips pointing to the upper right.

At the same time, first use your left hand to quickly and slightly reverse the wrapping on the outside of your left thigh. Then use your big finger to lead the strength, then bend your elbow and turn it eversion up to the left side of your left ear. With your fingertips facing back to the left and your palm upward, use the strength to reversely wrap the left side of the meridian head forward. Down split. Finally, use force to sink. Stand with the palm of your hand facing right, fingertips upward, on the left side of the nose, on the left foot. The force is on the outer edge of the heel of the palm. Look left and right, look forward and backward, and listen behind you.

Posture 28: Covering the hands and beating with the humerus

1. Using the waist as the main body and combining with the Dantian to bring energy quickly, first turn the body about 25° to the left, then turn to the right about 70° and sink in a spiral. The center of gravity first moves to the right and then to the left. At the same time, Shen first slightly opens the chest, protrudes the abdomen, and turns left to loosen the hips. , turn your left hip to the right and then turn it to the right hip, turn your right hip to the left, bend your knees in the middle and bring them together, at the same time, wrap your left leg forward first and then backwards, bring your knees together and soles of your feet firmly, grasp the ground with your five fingers, and make the Yongquan point weak . Turn your right leg backwards and forwards first, grasp the ground with five fingers of your feet, and press Yongquan point



要虚。变顺缠外转屈膝上提，脚再下沉震脚发劲。位在左脚里侧旁、左脚尖向有前方，是虚。同时，左手由翼左侧先顺缠小指领劲，略下沉走下弧再向左略上，大指领劲里合下沉外里下折腕，合于右腕臂上，掌心向有前下，指尖向有前偏下。同时，右手由有膝上里折腕顺缠变拳外翻，再变逆缠屈肘上升，经右胸前至胸前中线下沉，位在右胸前下，右拳心向有后方虚握，双腕交叉合在胸前中线，交叉点比两肘略高，臂里侧保持半圆，棚劲不丢。重心左右互，先吸后呼。

要求：双手上翻下沉至胸前交叉提膝下震脚发劲吸气同时完成。有背勾上耸起。提有膝时是上下相合。身要正勿前俯后仰，左歪右斜两肘平。眼左顾右盼，再看右前方耳听身后。

2. 身微向有转，螺旋略下沉重心移偏左吸气，同时沉含收腹吸气提肛松胯，臀部沉有翻左臂，两膝屈开中寓合。右腿顺缠外转膝里合，右脚五指抓地，湧泉穴要虚。左腿逆缠里转屈膝上提，脚向有前方迈步，以脚跟里侧着地，脚头上翘里合。同时，右拳左掌以微双逆缠向有微前领劲微下沉，眼看左前方，耳听身左后。

第一功作第二种练法。

身向左转约 $20^\circ$ ，再向右转约 $45^\circ$ ，螺旋下沉，先吸后呼。重心由左移右再移偏左。同时，沉略开胸突腹左旋松胯，先沉左略翻右臂，再沉右略翻左臂，两膝屈开中寓合。右腿先逆缠里转，脚五指抓地，湧泉穴要虚，变顺缠外转脚跟提起前脚掌擦地，划里后弧向左脚跟有侧并步，脚跟落地变实，五指抓地湧泉穴要虚。〈当右脚跟落地时左脚跟随即提起，脚尖点地再向左前方迈步，脚跟里侧着地，脚头上翘里合松胯，两膝屈作到开中寓合。双手动作同第一种练法速度较慢。眼左顾右盼，再看左前，耳听身右后。〉

第一功作第三种练法。

身先向左转约 $45^\circ$ ，螺旋下沉，再向右转约近 $90^\circ$ ，螺旋上升再下沉。重心左右互，呼吸呼。同时，先沉含松，沉右翻左臂屈膝合，再沉略开胸收腹吸气提肛松胯，沉左翻右臂再变沉含松，沉右翻左臂，两膝屈作到开中寓合。〈跳跃时有腿先起，右腿先落，左腿后起左腿后落〉同时，两腿先左顺有逆缠，两脚五指抓地湧泉穴要虚，变左逆右顺缠，当两脚跳起落地时右脚五指抓地湧泉穴要虚，左脚随即提脚向左前方落下，脚跟里侧着地，脚尖略上翘里合，同时双手顺缠里折腕下沉至两膝略前方，再分向左右划外弧上升至头

要虚。变顺缠外转屈膝上提,脚再下沉震脚发劲。位在左脚里侧旁,左脚尖向右前方,是虚。同时,左手由鼻左侧先顺缠小指领劲,略下沉走下弧再向左略上,大指领劲里合下沉外里下折腕,合于右腕臂上,掌心合右前下,指尖向右前偏下,同时,右手由右膝上里折腕顺缠变拳外翻,再变逆缠屈肘上升,经右胸前至胸前中线下沉,位在右胸前下,右拳心向右后方虚握,双腕交叉合在胸前中线,交叉点比两肘略高,臂里侧保持半圆,棚劲不丢。重心左右左,先吸后呼。

要求:双手上翻下沉至胸前交叉提膝下震脚脚发劲吸气同时完成。肩背勿上起。提右膝时是上下相合。身要正勿前俯后仰,左歪右斜两肘平。眼左顾右盼,再看右前方耳听身后。

2. 身微向右转,螺旋略下沉重心移左吸气,同时沉含收腹吸气提肛松胯,臀部沉右翻左臀,两膝屈开中寓合。右腿顺缠外转膝里合,右脚五指抓地,湧泉穴要虚。左腿逆缠里转屈膝上提,脚向右前方迈步,以脚跟里侧着地,脚尖上翘里合,同时,右拳左掌以微双逆缠向右微前领劲微下沉,眼看左前方,耳听身左后。

### 第一动作第二种练法

身向左转约20°,再向右转约45°,螺旋下沉,先吸后呼,重心由左移右再移偏右,同时,沉略开胸突腹左旋松胯,先沉左略翻右臀,再沉右略翻左臀两膝屈,开中寓合。右腿先逆缠里转,脚五指抓地湧泉穴要虚,变顺缠外转脚跟提起前脚掌擦地,划里后弧向左脚跟右侧并步,脚跟落地变实,五指抓地湧泉穴要虚。《当右脚跟落地时左脚跟随即提起,脚尖点地再向左前方迈步,脚跟里侧着地,脚尖上翘里合松胯,两膝屈作到开中寓合。双手动作同第一种练法速度较慢。眼左顾右盼,再看左前,耳听身右后。

### 第一动作第三种练法:

身先向左转约45°,螺旋下沉,再向右转约近90°,螺旋上升再下沉,重心左右左右,呼吸呼,同时,先沉含松,沉右翻左臀屈膝合,再沉略开胸收腹吸气提肛松胯,沉左翻右臀再变沉含松,沉右翻左臀,两膝屈作到开中寓合,《跳跃时右腿先起,右腿先落,左腿后起左腿后落》同时,两腿先左顺右逆缠,两脚五指抓地湧泉穴要虚,变左逆右顺缠,当两脚跳起落地时右脚五指抓地湧泉穴要虚,左脚随即提脚向左前方落下,脚跟里侧着地,脚尖略上翘里合,同时双手顺缠里折腕下沉至两膝略前方,再分向左右划外弧上升至头

To be weak. Turn outwards, bend your knees and lift them up, and then lower your feet to stimulate the feet. Position it on the inside side of your left foot, with the left toe pointing to the right and front. This is a weak point. At the same time, wrap your left hand smoothly around the little finger collar from the left side of your nose. Jin, go down slightly and go down the arc and then slightly upward to the left. The big finger leads the Jin inside and sinks down and folds the wrist outward and downward, and joins it on the right wrist and arm. The palms of the palms join the right front and bottom, and the fingertips tilt forward and to the right. At the same time, the right hand moves from Fold the wrist in and out above the right knee and turn it into a fist, then turn it in the opposite direction and bend the elbow to rise. It goes from the front of the right chest to the midline of the chest and sinks to the front and bottom of the right chest. The heart of the right fist is held empty to the right rear, both wrists Cross each other at the midline of the chest. The intersection point is slightly higher than the two elbows. Keep the inner side of the arms half-circled without losing strength. The center of gravity is left and right, inhale first and then exhale.

Requirements: Turn your hands up and down to your chest, cross them, lift your knees, shake your feet, and inhale at the same time. Do not raise your shoulders and back. When you lift your right knee, the up and down should be consistent. The body should be upright, do not lean forward or backward, or tilt to the left or right. The elbows are level. Look left and right with your eyes, then look in front of you and to the right, and listen behind you with your ears.

2. Turn your body slightly to the right, spiral slightly downward, shift your weight to the left, and inhale. At the same time, sink your abdomen, inhale, lift your anus, and loosen your hips. Lower your buttocks, turn your left hip to the right, and bend your knees to open and close together. The right leg should be wrapped around the outside. Turn the knees inward and close, grasp the ground with the five fingers of the right foot, and the Yongquan point should be empty. Turn the left leg inward, bend the knee and lift it up, step forward to the right, touch the ground with the inside of the heel, and the toes turn upward and close inward. At the same time, fist the right hand to the left. The palms are slightly twisted backwards to the right, and the strength is slightly lowered. Look to the left and front, and listen to the left and back of the body.

The first movement and the second practice method

Turn the body about 20° to the left, then turn to the right about 45°, sink in a spiral, inhale first and then exhale, shift the center of gravity from left to right and then to the right. At the same time, sink slightly, open the chest, protrude the abdomen, turn left to loosen the hips, sink left first. Slightly turn your right hip, then lower your right hip and slightly turn your left hip, bend your knees, and open the middle and close together. First, turn your right leg backwards and inward, and grasp the Yongquan point on the ground with the five fingers of your feet. Make sure the Yongquan point is weak, then turn outwards and turn your heels forward to wipe the floor with your forefoot. , draw the back arc and step forward to the right side of the left heel. When the heel touches the ground, it becomes firm. The five fingers grasp the ground and the Yongquan point should be weak. (When the right heel touches the ground, lift the left heel immediately, touch the ground with the toes and then step forward to the left, with the inner side of the heel Land on the ground, raise your toes and close your hips, bend your knees until they are open and together. The movements of your hands are the same as in the first exercise at a slower speed. Look left and right, then look left and front, and listen to your body and back.

The first movement and the third practice method:

First turn the body about 45° to the left, spiral down, then turn to the right about 90°, spiral up and then sink, the center of gravity left and right, breathing out, at the same time, first sink and loosen, sink to the right, bend the left hip and close the knees, Then lower slightly, open the chest, close the abdomen, inhale, lift the anus and loosen the hips, lower to the left and turn the right hip, then lower to the left hip, lower to the right and turn the left hip, bend the knees until they open and close together, (when jumping, the right leg rises first, and the right leg The legs fall first, then the left leg comes up and the left leg falls backward.) At the same time, the legs are first left and right, and the two feet and five fingers grasp the Yongquan point on the ground. When the point is weak, it becomes left and right, and when the two feet jump up and land, they are right. Grasp the Yongquan point on the ground with the five fingers of the foot to make it weak, then lift the left foot and lower it to the left front, with the heel on the inside, the toes slightly upward and inwards. At the same time, the hands are wrapped around the inside and the wrists are lowered to slightly in front of the knees, and then divided. Draw left and right outward arcs to rise to the head

前上两侧，逆缠左上右下腕背交叉，右拳左掌下沉双手大指领劲，交叉点在胸前里臂保持半圆、棚劲不丢。

2、3、4、5劫作同前。

区别：第二劫作速度加快在空中完成落地。3、4劫作快速调档。第五劫作快速碾膝合步 丹田发劲。

## 第二十九式：大六封四闭

1. 身先向右略转略上升，再向左转约 $45^\circ$ 螺旋下沉，重心先移略右再移偏左，先吸后呼。同时，沉略开胸收腹吸气提肛，先沉右略翻左臂再沉含松，沉左翻右臂屈膝合，同时，两腿先左逆有顺缠、变左顺右逆缠，五指抓地湧泉穴要虚。同时，右拳由右肩略右前方先略放松略逆缠上升变顺缠里合下沉至腹前中线，外折腕拳心偏左前下虎口向左上，拳虚握，同时左拳由左胸下肋旁，拳心沿逆贴住左肋，先略顺缠及略逆缠下沉，眼看右拳再看右前下，耳听身后。

2. 身向左转约 $15^\circ$ 螺旋略上升，重心由左再向左前移，吸气，同时沉右含胸收腹吸气提肛松胯，沉左翻右臂两膝屈合，两腿左顺右逆缠，两脚五指抓地湧泉穴要虚。同时，左拳由右胸肋处逆缠里转变掌，里下折腕以虎口外贴于腹前，变顺缠折腕至鼻前中线，里下折腕掌心指尖倒里下，臂伸展至七八分，里侧保半圆棚劲不丢。同时在拳由腹前中线里合，大指领劲至左肘下，掌心向前下再活转向前上棚出，位在右腕背外侧，掌心向前指尖偏左后上，臂里侧保持半圆、棚劲不丢。双腕交叉点上在鼻尖前中线，下对左膝，后背劲不丢。眼看双手前，耳听身后。

3. 身向左转约近 $90^\circ$ 先螺旋略下沉，重心移偏右后，当重心移偏左前时身体螺旋上升，同时沉右含胸收腹吸气提肛，重心由右肩移偏左前，先呼后吸，同时，沉右含胸踮腰松胯，沉右翻左臂屈膝开中寓合，再沉含收腹吸气提肛松胯，沉左翻右臂屈膝合，同时左腿顺缠外转以脚为轴脚掌擦地约 $90^\circ$ 变突五指抓地湧泉穴要虚。同时，右腿逆缠里转，脚五指抓地湧泉穴要虚（当左脚变突后）右腿屈膝上提，脚与右肘上下相合，膝盖护膝脚尖护左膝，同时双手在鼻前中线以左逆右顺缠，先略下沉再螺旋略上升，右手指停在右肩右侧前，掌心向上指尖向前，外折腕，小指领劲大指合掌心要虚，同时，左手

前上两侧,变逆缠左上右下腕背交叉,右拳左掌下沉双手大指领劲,交叉点在胸前里臂保持半园,棚劲不丢.

2,3,4,5 动作同前.

区别:第二动作速度加快在空中完成落地.3,4 动作快速调裆.第五动作快速磋裆合步,丹田发劲.

### 第二十九式: 大六封四闭

1. 身先向右略转略上升,再向左转约 45°螺旋下沉,重心先移略右再移偏左,先吸后呼.同时,沉略开胸收腹吸气提肛,先沉右略翻左臀再沉含松,沉左翻右臀屈膝合,同时,两腿先左逆右顺缠,变左顺右逆缠,五指抓地湧泉穴要虚.同时,右拳由右肩略右前方,先略放松略逆缠上升变顺缠里合下沉至腹前中线,外折腕拳心偏左前下虎口向左上,拳虚握,同时左拳由左胸下肋旁,拳心沾连贴住左肋,先略顺缠变略逆缠下沉,眼看右拳再看右前下,耳听身左后.

2. 身向左转约 15°螺旋略上升,重心由左再向左前移,吸气.同时沉肩含胸收腹吸气提肛松胯,沉左翻右臀两膝屈合,两腿左顺右逆缠,两脚五指抓地湧泉穴要虚.同时,左拳由右胸肋处逆缠里转变掌,里下折腕以虎口处贴于腹前,变顺缠折腕至鼻前中线,里下折腕掌心指尖向里下,臂伸展至七八分,里侧保半园棚劲不丢.同时右拳由腹前中线里合,大指领经至左肘下,掌心向前下再沾连向前上棚出,位在右腕背外侧,掌心向前指尖偏左后上.臂里侧保持半园,棚劲不丢.双腕交叉点上在鼻尖前中线,下对左膝.后背劲不丢.眼看双手前,耳听身后.

3. 身向左转约近 90°先螺旋略下沉,重心移偏右后,当重心移偏左前时身体螺旋上升,同时沉肩含胸收腹吸气提肛.重心由右后移偏左前,先呼后吸,同时,沉肩含胸塌腰松胯,沉右翻左臀屈膝开中寓合,再沉含收腹吸气提肛松胯,沉左翻右臀屈膝合,同时左腿顺缠外转以脚为轴脚掌擦地约 90°变实五指抓地湧泉要虚.同时,右腿逆缠里转,脚五指抓地湧泉穴要虚 《当左脚变实后》 右腿屈膝上提,脚与右肘上下相合,膝盖护裆脚尖护左膝,同时双手再鼻前中线以左逆右顺缠,先略下沉再螺旋略上升,右手位在右肩右侧前,掌心向上指尖向前,外折腕,小指领劲大指合掌心要虚.同时,左手

On both sides of the front and upper body, cross the back of the upper, left, right and lower wrists in reverse, sink the right fist and left palm, and lead the strength with the big fingers of both hands. The intersection point is in front of the chest and the inner arm is kept half a circle, without losing the strength.

The actions of 2,3,4,5 are the same as before.

Difference: The speed of the second movement is accelerated, and the landing is completed in the air. The movements 3 and 4 are to quickly adjust the crotch. The fifth movement is to quickly touch the crotch and join the step, and generate energy in the Dantian.

Posture 29: six major closures and four closures

1. First turn your body slightly to the right and rise slightly, then turn left about 45° and sink in a spiral. Move your center of gravity first slightly to the right and then to the left. Inhale first and then exhale. At the same time, sink slightly, open your chest, close your abdomen, inhale and lift your anus. First turn your left buttocks slightly to the right, then turn your left buttocks to the left, turn your right buttocks to the left and bring your knees together. At the same time, your legs first turn left and right, then turn left and right, and grasp the Yongquan point on the ground with your five fingers to make it weak. At the same time, right The fist starts from the right shoulder and slightly in front of the right. First, relax it slightly and twist it upward, then twist it smoothly and close it and sink to the midline of the front of the abdomen. Fold the wrist outwards and move the center of the fist to the left front and down the tiger's mouth to the upper left. The fist is held empty, and at the same time, the left fist is raised from the bottom of the left chest. On the side of the ribs, the heart of the fist is attached to the left rib, first slightly along the side and then slightly against the side, then downward and downward. Look at the right fist, then look at the right front and bottom, and listen to the left side of the body.

2. Turn the body to the left about 15°, spiral slightly upward, move the center of gravity from the left to the left, and inhale. At the same time, lower the shoulders, hold the chest, tighten the abdomen, inhale, lift the anus and loosen the hips, lower the body, turn to the left, bend the right hip, bend the knees, and legs Wrap the left hand forward and the right hand backward, grasp the Yongquan point on the ground with both feet and five fingers to make it empty. At the same time, use the left fist to turn the left fist from the right chest rib to the inner hand, fold the wrist from the inside down and stick it to the front of the abdomen with the tiger's mouth, then twist the left fist smoothly and fold the wrist to At the midline in front of the nose, fold the wrists inward, palms, and fingertips inward, extend the arms to seven or eight points, and keep half a circle on the inside without losing strength. At the same time, the right fist is closed inward from the midline in front of the abdomen, and the big finger leads the meridian to the bottom of the left elbow. , palm forward and downward, then connected forward and upward, located on the outside of the back of the right wrist, with the palm forward and the fingertips to the left and back. Keep the inner side of the arm half-circled, without losing strength. The intersection point of the two wrists is in front of the tip of the nose. Center line, lower to the left knee. Keep your back strength intact. Look at your hands in front of you and listen behind you.

3. Turn the body nearly 90° to the left. First, the spiral sinks slightly, and the center of gravity shifts to the right and back. When the center of

gravity moves to the left and front, the body spirals upward. At the same time, the body sinks the shoulders, holds the chest, tightens the abdomen, inhales and lifts the anus. The center of gravity shifts from the right to the front to the left. , first exhale and then inhale, at the same time, lower the shoulders, hold the chest, collapse the waist and loosen the hips, lower the shoulders, turn to the right, bend the left hip, bend the knees, open the center and close the knees, then lower the shoulders, close the abdomen, inhale, lift the anus and loosen the hips, lower the shoulders, turn to the left, bend the right hips, bend the knees, and close the left legs at the same time. Turn outwards and turn outwards with the foot as the axis, rub the sole of the foot at an angle of about 90° to make it firmer and hold the Yongquan point on the ground with your five fingers until it becomes weak. At the same time, turn your right leg inward and backward, and grasp the Yongquan point with your five fingers on the ground until it becomes empty (when the left foot becomes firm) Bend your right leg and lift it up, with your foot and right elbow touching each other up and down. Protect your left knee with your knees, crotch and toes. At the same time, place your hands on the midline in front of your nose, twisting them from left to right, first sinking slightly and then spiraling up slightly. Your right hand is on the right side of your right shoulder. In front of you, with the palm facing up and the fingertips facing forward, fold the wrist outward, with the little finger leading the way and the big finger closing the palm to make it empty. At the same time, with the left hand



逆缠提至鼻尖左侧里下折腕，掌心指尖向里，距鼻尖约45公分左右。眼看右前，耳听身左后。

4. 身向左转螺旋下沉约45°，重心在左后，吸气。同时沉肩开胸突腹，松胯左旋。沉左翻右臀两膝屈要求作到开中寓合，同时，左腿顺缠外转膝里合，脚掌踏实五指抓地，涌泉穴要虚。同时，右腿逆缠里转向右侧偏前迈步以脚跟里侧着地，脚尖上翘里合，两膝屈作到开中寓合。同时，右手顺缠屈肘向右后旋转，变逆缠至右耳下，掌心偏左，手指在耳后偏左后。同时，左手由鼻尖左侧顺缠屈肘，向在外后旋转变逆缠至左耳下，掌心向右前，指尖在耳后偏右后。

要求：两肘外开两肩沉开中寓合，开中寓合的含意是肘与膝合，肩与胯合。眼看右前方，耳听身左后。

5. 身略向右转螺旋下沉再略上升，重心由左后下沉移偏右前，呼气。同时，沉舍松，先沉左翻右臀，再沉右翻左臀，两膝屈作到开中寓合，合中寓开。右腿顺缠外转，先以脚跟为轴脚尖略向外转落地，脚掌踏实五指抓地涌泉穴要虚。同时，左腿当右脚变实后，脚跟提起脚尖里侧着地划里弧并于右脚里侧旁，以右脚为主，左脚为辅，虚步脚尖点地，左脚尖向左前方，不要超出右脚尖，胯会阴穴要虚要圆。同时两手由两耳先略逆缠下沉至胸前再向右前略下沉再略上升，变双顺缠推出，劲松到双手中指肚，双手中指尖都偏向里上，两掌心外缘宽度略与肩同，两臂伸展至七八分，拥劲不丢，右臂高左臂低以右臂为主，以左臂为辅，眼看右前方，耳听身左后。

第三十式：单鞭

<同前第鞭第四式>

第三十一式：云手

1. 身向左转约45°螺旋上升，重心由右移偏左（如身法低，步法大，架子大时）右腿为轴右脚尖随身转，重心由右移偏左，吸气。同时，沉肩开胸，收腹吸气提肛松胯，沉左翻右臀，两膝屈合，两脚五指抓地，涌泉穴要虚。同时，右手由右肩右侧前由五指撑挑，变掌顺缠外翻小指领劲至头前上中线外折腕，掌心偏左上，指尖偏右前上。同时，左手逆缠向里上合再向左前上领劲，位在左眼左侧前上，掌心向左前，指尖向右前上，两手间距约35

逆缠提至鼻尖左侧里下折腕,掌心指尖向里,距鼻尖约45公分左右.眼看右前,耳听身左后.

4. 身向左转螺旋下沉约45°,重心在左后,吸气,同时沉肩开胸突腹,松胯左旋,沉左翻右臀两膝屈要求作到开中寓合,同时,左腿顺缠外转膝里合,脚掌踏实五指抓地,湧泉穴要虚.同时,右腿逆缠里转向右侧偏前迈步以脚跟里侧着地,脚尖上翘里合,两膝屈作到开中寓合.同时,右手顺缠屈肘向右后旋转,变逆缠至右耳下,掌心偏左,手指在耳后偏左后.同时,左手由鼻尖左侧顺缠屈肘,向左外后旋转变逆缠至左耳下,掌心向右前,指尖在耳后偏右后.

要求:两肘外开两肩沉开中寓合.开中寓合的含意是肘与膝合,肩与胯合,眼看右前方,耳听身左后.

5. 身略向右转螺旋下沉再略上升,重心由左后下沉移偏右前,呼气.同时,沉含松,先沉左翻右臀,再沉右翻左臀,两膝屈作到开中寓合,合中寓开.右腿顺缠外转,先以脚跟为轴脚尖略向外转落地,脚掌踏实五指抓地湧泉穴要虚.同时,左腿当右脚变实后,脚跟提起脚尖里侧着地划里弧并于右脚里侧旁,以右脚为主,左脚为辅,虚步脚尖点地,左脚尖向左前方,不要越出右脚尖,裆会阴穴要虚要圆.同时两手由两耳先略逆缠下沉至胸前再向右前略下沉再略上升,变双顺缠推出,劲松到双手中指肚,双手中指尖都偏向里上,两掌心外缘宽度略与肩同,两臂伸展至七八分,棚劲不丢,右臂高左臂低以右臂为主,以左臂为辅,眼看右前方,耳听身左后.

第三十式: 单鞭 《同前第鞭第四式》

第三十一式: 云手

1. 身向左转约45°螺旋上升,重心由右移偏左 《如身法低,步法大,架子大时》 右脚为轴右脚尖随身转,重心由右移偏左,吸气.同时,沉肩略开胸,收腹吸气提肛松胯,沉左翻右臀,两膝屈合,两脚五指抓地,湧泉穴要虚.同时,右手由右肩右侧前由五指捏拢,变掌顺缠外翻小指领劲至头前上中线外折腕,掌心偏左上,指尖偏右前上.同时,左手逆缠向里上合再向左前上领劲,位在左眼左侧前上,掌心向左前,指尖向右上,两手间距约35

Wrap it backwards and lift it to the left side of the tip of the nose. Fold your wrist inward and downward, with the palms and fingertips facing inward, about 45 cm away from the tip of the nose. Look to the right and front, and listen to the left and back of the body.

4. Turn the body to the left and spirally sink about 45°, with the center of gravity on the left back, inhale, and at the same time lower the shoulders, open the chest and protrude the abdomen, loosen the hips and rotate to the left, sink to the left, turn the right hip, and bend the knees to open the center, and at the same time, the left leg is bent outwards, the knees are closed inward, the soles of the feet are firm and the five fingers are grasping the ground, and the Yongquan point should be empty. At the same time, the right leg is bent backwards, turned to the right, and stepped forward, with the heel on the inside, the toes are turned up, and the two knees are bent until you open the center and join together. At the same time, bend your right hand forward and bend your elbow to the right, then twist it backwards to under the right ear. The palm of your hand is to the left, and your fingers are behind the ear and to the left. At the same time, your left hand is bent and bent from the left side of the tip of the nose. Elbow, rotate outward and backward to the left and wrap it inversely under the left ear, with the palm of the hand facing forward to the right, and the fingertips behind the ear to the right.

Requirements: Two elbows are spread out, two shoulders are sunk, and the middle is joined together. The meaning of open and joined together is that the elbows and knees are together, the shoulders and hips are together, the eyes are looking to the right in front, and the ears are listening to the left and back of the body.

5. Turn the body slightly to the right, spiral down and then rise slightly. The center of gravity moves from the left back to the right front. Exhale. At the same time, sinking loosely, first sink to the left and turn the right hip, then sink to the right and turn the left hip, bend both knees. Do it until the center of the opening is closed, and the center of the closing is opened. Turn the right leg smoothly and outwards. First, use the heel as the axis, turn the toes slightly outwards and land on the ground. The soles of the feet should be firm and the five fingers should grasp the ground and the Yongquan point should be empty. At the same time, the left leg becomes the right foot. After that, lift your heel and point your toes to the ground and make an inward arc and place it next to the inside of your right foot. With your right foot as the main body and your left foot as the supplement, take a virtual step with your toes on the ground and your left toe pointing forward to the left. Don't go beyond your right toe and crotch. The Huiyin point should be empty and round. At the same time, the hands should be twisted backwards from the ears and sink to the chest, then sink slightly forward to the right and then rise slightly. They become double-wrapped and pushed out, and the strength is relaxed to the belly of the middle finger of both hands. The tips of the middle fingers of both hands are tilted inwards and upwards. , the width of the outer edges of the two palms is about the same as the shoulders, the arms are stretched to seven or eight points, and the strength is not lost. The right arm is high and the left arm is low. The right arm is the main one, supplemented by the left arm. Look to the right front and listen to the left side. back.

Form 30: Single Whip (same as the previous 4th Form of Whip)

Form 31: Cloud Hand

1. Turn the body to the left about 45° and spiral upward, shifting the center

of gravity from right to left (such as when the body is low, the footwork is large, and the frame is large). Use the right foot as the axis and turn the right toes with you, shift the center of gravity from right to left, inhale. . At the same time, lower your shoulders and slightly open your chest, close your abdomen, inhale, lift your anus and loosen your hips, lower your left and right hips, bend your knees together, grasp the ground with your feet and five fingers, and make the Yongquan point weak. At the same time, move your right hand forward from the right side of your right shoulder. Pinch the five fingers together, turn the palm forward and turn the little finger forward to lead the strength to the midline above and in front of the head, fold the wrist outward, the palm of the hand is tilted to the upper left, and the fingertips are tilted to the right and front. At the same time, the left hand is reversely wrapped inward and upward, and then the left hand is forward and upward to lead the strength. In front of and on the left side of the left eye, with the palm facing to the left and the fingertips facing to the upper right, the distance between the two hands is about 35 cm.

公分。眼看右前方，耳听身左后。

2. 身向右转约 $45^\circ$ ，螺旋下沉先再略上升，重心由左下沉移至右，先呼后吸。同时沉含松，沉左翻右臀变沉右翻左臀，屈膝合。同时，右腿顺缠外转膝里合，脚五指抓地，湧泉穴要虚。同时，左腿先逆缠里转，五指抓地湧泉穴要虚。当中心移至右脚时，左脚跟先提起，脚尖点地向右脚里侧旁并步脚尖向外，脚跟提起虚步脚尖点地。同时右手由头前上中线逆缠坐腕下沉至眼前中心，再向右略上棚出，大指领劲臂里侧保持半圆，右肘不要掀起。掌心向右前，指尖向左里上，位在右眼右侧前方。同时左手在左眼左侧前上逆缠外转向左划外弧下沉里合，腕外折至腹前中心，小指领劲大指合。掌心向右前，指尖偏左前，眼先看右手兼顾左，再向身右侧看，耳听身后。

3. 身向右转约 $15^\circ$ ，螺旋略下沉，重心在右，吸气。同时沉含收腹吸气提肛松胯，沉左翻右臀，屈膝作到开中寓合。同时，右腿顺缠外转膝里合脚五指抓地湧泉穴要虚。同时，左腿逆缠里转上提膝〈先上下左右相合〉再向左侧插甸迈步脚跟踮着地，脚尖上翘里合。同时，右手由右眼右前方，大指领劲再略向右前上略棚，位在右眼右侧前方，同时左手在腹前中线，以小指领劲大指合，微向右前领劲眼看身左侧，耳听身右后。

4. 以腰为主宰结合丹田带劲，身先快速向右下沉旋转约 $45^\circ$ ，再向左旋转约近 $90^\circ$ ，螺旋再上升，重心由右再向右移，至左，先吸后呼再吸。同时，先沉肩略开胸收腹吸气提肛，右旋松胯沉右翻左臀，变沉含松，沉左翻右臀再变沉含收腹吸气提肛松胯，沉左翻右臀屈膝合。同时左腿以脚跟为轴，脚尖上翘里合，先逆缠随身里转，再变顺缠向左外转约近 $90^\circ$ ，脚掌落地变实，五指抓地湧泉穴要虚。同时，右腿先顺缠外转膝里合，右脚五指抓地湧泉穴要虚〈当重心移至左脚时〉右脚跟提起脚尖点地，屈膝上提脚向左侧旁并步脚尖向右前方，虚步脚尖点地。

(2) 右腿逆缠里转脚五指抓地，湧泉穴要虚〈当中心移至左脚后，右脚跟才提起〉屈膝上提脚向左脚左侧后插步，虚步脚尖点地。同时，右手在右眼右侧前方先逆缠里转，略走上弧里合，位在右眼右前上，大指领劲指尖向右偏后，掌心向前，位在头前上右眼略偏右前指尖上方。同时，左手由腹前中线先略向左上逆缠里转，再变顺缠里合下沉至两膝前中线外折腕，掌心向右前指尖向左前。然后右手由右眼右前上略右方顺缠向右侧外旋转，下沉划里弧里合至腹前中线外折腕，小指领劲大指合，掌心空。掌心向左前方，指

公分,眼看右前方,耳听身左后。

2. 身向右转约 45°,螺旋下沉先再略上升,重心由左下沉移至右,先呼后吸。同时沉含松,沉左翻右臀变沉右翻左臀,屈膝合。同时,右腿顺缠外转膝里合,脚五指抓地,湧泉穴要虚。同时,左腿先逆缠里转,五指抓地湧泉穴要虚。当中心变至右脚时,左脚跟先提起,脚尖点地向右脚里侧旁并步脚尖向外,脚跟提起虚步脚尖点地,同时右手由头前上中线变逆缠坐腕下沉至眼前中心,再向右略上棚出,大指领劲臂里侧保持半圆,右肘不要掀起。掌心向右前,指尖向左里上,位在右眼右侧前方。同时,左手在眼左侧前上变顺缠外转向左划外弧下沉里合,腕外折至腹前中心,小指领劲大指合。掌心向右前,指尖偏左前,眼先看右手兼顾左,再向身右侧看,耳听身后。

3. 身向右转约 15°,螺旋略下沉,重心在右,吸气。同时沉含收腹吸气提肛松胯,沉左翻右臀,屈膝作到开中寓合。同时,右腿顺缠外转膝里合脚五指抓地湧泉穴要虚。同时,左腿逆缠里转上提膝 《先上下左右相合》再向左侧横向迈步脚跟里侧着地,脚尖上翘里合,同时,右手由右眼右前方,大指领劲再略向右前上略棚,位在右眼右侧前方,同时左手在腹前中线,以小指劲大指合,微向右前领劲眼看身左侧,耳听身右后。

4. (1) 以腰为主宰结合丹田带劲,身先快速向右下沉旋转约 45°,再向左旋转约近 90°,螺旋再上升,重心由右再向右移至左,先吸后呼再吸,同时,先沉肩略开胸收腹吸气提肛,右旋松胯沉右翻左臀,变沉含松,沉左翻右臀再变沉含收腹吸气提肛松胯,沉左翻右臀屈膝合,同时左腿以脚跟为轴,脚尖上翘里合,先逆缠随身里转,再变顺缠向左外转约近 90°,脚掌落地变实,五指抓地湧泉穴要虚。同时,右腿先顺缠外转膝里合,右脚五指抓地湧泉穴要虚 《当重心移至左脚时》右脚跟提起脚尖点地,屈膝上提脚向左里侧旁并步脚尖向右前方,虚步脚尖点地。

(2) 右脚逆缠里转脚五指抓地,湧泉穴要虚 《当中心变至左脚后,右脚跟才提起》屈膝上提脚向左脚左侧后插步,虚步脚尖点地,同时,右手在右眼右侧前方先逆缠里转,略走上弧里合,位在右眼右前方,大指领劲指尖向左偏后,掌心向前,位在头前上有眼略偏右前指尖上方。同时,左手由腹前中线先略向左上逆缠里转,再变顺缠里合下沉至两膝前中线外折腕,掌心向右前指尖向左前。然后右手由右眼右前上略右方顺缠向右侧外旋转,下沉划里弧里合至腹前中线外折腕,小指领劲大指合,掌心空。掌心向左前方,指

Centimeter, look to the right and front, listen to the left and back of the body.

2. Turn the body about 45° to the right, spiral down first and then rise slightly, the center of gravity moves from the left to the right, exhale first and then inhale. At the same time, sink and loosen, turn left and right buttocks to sink, turn right and left buttocks, bend the knees together. At the same time, twist your right leg outwards and turn your knees inward, and grasp the ground with your five fingers. The Yongquan point should be empty. At the same time, turn your left leg backwards and inward, and grasp the ground with your five fingers. The Yongquan point should be empty. When the center changes to the right foot, lift the left heel first, point the toes to the inside of the right foot and step with the toes outward. Lift the heels and point the toes in a virtual step. At the same time, the right hand changes from the front of the head to the midline, wraps around the sitting wrist, sinks to the center of the front of the eye, and then slightly to the right. Pull out the upper arm, hold the inner side of the arm half round with your big finger, and do not lift the right elbow. The palm is facing forward to the right, and the fingertips are facing left and upward, in front of the right side of the right eye. At the same time, the left hand is smoothed in front of the left side of the eye. Wrap outwards, turn to the left, make an outward arc, sink in and close, fold the outside of the wrist to the center in front of the abdomen, and bring the little finger together with the big finger. The palm of the hand is forward to the right, and the fingertips are forward to the left. Look first at the right hand and the left, and then look at the right side of the body. Listen behind you.

3. Turn the body about 15° to the right, sink the spiral slightly, with the center of gravity on the right, and inhale. At the same time, lower the abdomen, tighten the abdomen, inhale, lift the anus, and loosen the hips, lower the left hip, turn the right hip, and bend the knees to open the center. At the same time, Turn your right leg forward and outward, turn your knee inward and close your foot, and grasp the Yongquan point on the ground with your five fingers to make it empty. At the same time, turn your left leg backward and inward and lift your knee (first, up, down, left, and right are aligned), then step sideways to the left, with your heel on the ground on the inside, and your toes turned up and in. At the same time, use your right hand from the right front of the right eye, and use the big finger to hold the force slightly forward and upward to the right, in front of the right side of the right eye. At the same time, the left hand is on the midline in front of the abdomen, use the little finger to hold the big finger together, and slightly move forward to the right. Look to the left side of the body and listen to the right side of the body.

4. (1) With the waist as the main body and the energy in the Dantian, the body first quickly sinks and rotates to the right about 45°, then rotates to the left about 90°, spirals up again, moves the center of gravity from the right to the left, and inhales first. Then exhale and inhale again. At the same time, first lower the shoulders, slightly open the chest, close the abdomen, inhale and lift the anus. Turn right to loosen the hips, then lower the hips and turn right to turn the left buttocks to the left. It will become lower and lower, and then lower the right buttocks to the left. Then lower the abdomen, tighten the abdomen, inhale and lift the anus. Loosen your hips, turn to the left, bend your right hip, and hug your knees. At the same time, your left leg is centered on the heel, and your toes are turned up and inward. First, turn your body backwards and inward, then turn it forward and outwards to the left by about 90 degrees. The soles of your feet will become solid when they land on the ground. Grasp the Yongquan point on the ground with five fingers to make it weak. At the same time, first wrap your right leg outwards and turn

the knee inward, then grasp the Yongquan point on the ground with five fingers of your right foot to make it weak (when the center of gravity moves to the left foot), lift the right heel and point the toes on the ground, bend the knees. Lift your foot to the left side and step with your toes forward to the right. Take an empty step and point your toes on the ground. (2) Turn your right foot inward and grasp the ground with five fingers. The Yongquan point should be empty (when the center changes to the back of the left foot, the right heel Lift it up) Bend your knees and lift your foot, step forward to the left side of your left foot, and point your toes on the ground while taking an empty step. At the same time, first turn your right hand backwards and forwards in front of the right side of your right eye, then move forward slightly and close in an arc, positioning it in front of the right side of your right eye. , the fingertips of the big finger are tilted back to the left, the palms are forward, and the eyes are located in front of the head and slightly above the right front fingertips. At the same time, the left hand is first slightly turned from the midline of the front of the abdomen to the upper left and then reversed, and then becomes smooth. Lihe sinks to the midline in front of both knees, folds the wrists outward, palms point forward to the right, and fingertips point to the left. Then the right hand wraps from the right eye above and slightly to the right, rotates outwards to the right, sinks and draws an arc, and folds Lihe to the midline in front of the abdomen. Fold your wrist outwards, and bring your little finger together with your big finger. The palm is empty. The palm is facing left and forward, pointing



尖向有前方，位在腹上中线。同时，右手由两膝前中线逆缠里转，沉肩坠肘含胸踏膝，沉肩有松胯经右膝向上翻起，经右胸再向两眼前中线向左侧前方棚出。大指领劲小指合，掌心要虚，坐腕位在左眼左侧旁，指尖向有上，掌心向左前，眼先看身左侧，再看右手，再看左手，耳听身后。

5. 身向有转约近45°，螺旋下沉，重心由左移右，先呼后吸。同时，先沉含松，沉有翻左臂，屈合，再变收腹吸气提取，沉有翻左臂，两膝屈开中寓合。同时，右脚脚尖点地，先顺缠略向外转，膝里扣脚跟落地变实，五指抓地涌泉穴空虚，再继续顺缠外转膝里合，脚五指抓地涌泉穴要虚。同时，左腿先逆缠里转，松胯屈膝脚腕放松，脚跟上提脚尖点地，再屈膝继续逆缠上提，脚向左侧横向迈步，脚跟里侧着地，脚尖上翘里合，同时，右手由腹上中线变逆缠里转向左上翻，经左胸前再向右上翻起，经两眼前中线大指领劲向右侧上略划上弧棚出。掌心向有指尖向左略偏上，位在右眼右侧前方。同时，右手由右眼右侧前方变顺缠略划外弧下沉里合（左肩胯肘膝先上下相合）再继续里合至腹前中线，外折腕，掌心要虚，眼先看右手，再看左手，再看身右侧，耳听身后。（若一趟完毕）

往回运：小身向转约近90°，先螺旋上升再下沉，重心由右变至左脚，吸气，同时，沉含收腹吸气提取松胯沉左翻右臂，两膝屈作到开中寓合。左腿顺缠外转脚跟着地外旋约近90°，脚掌落地踏实五指抓地涌泉穴要虚，膝里合。同时，右腿当左脚变实后逆缠里转，屈膝略上提脚向身右侧方迈步，脚跟里侧着地，脚尖上翘里合变虚。同时左手由腹前中线逆缠里转里合上翻，经右胸略右侧前再向左上翻，经两眼前中线向左侧略前方划上弧棚出。大指领劲指尖向有里上，掌心偏左前位在左眼左侧前，坐腕。同时右手由右眼右侧前方顺缠外转向右略划外弧下沉里合（右肩肘膝上下相合）再继续顺缠里合外折腕，小指领劲大指合掌心虚至腹前中线，掌心向左前，指尖偏右前方。眼由左前方移至身右侧方，耳听身后。

动作说明：2、3、4、5与第一趟这手相反相同。最后定势还是有脚向右侧方迈出。

若三趟云手第一动作与第一趟云手接第二趟云手第一动作相反相同。2、3、4、5与第一趟云手的2、3、4、5动作完全相同。

说明：这手练一趟亦可，三趟亦可，五趟亦可，七趟亦可，趟数均为单数，动作亦为单数。另外，云手中完全用并步亦可，完全用插步亦可。若三

尖向右前方,位在腹上中线,同时,右手由两膝前中线逆缠里转,沉肩坠肘含胸踏腰,沉右肩松胯经右膝向上翻起,经右胸再向两眼前中线向左侧前方棚出,大指领劲小指合,掌心要虚,坐腕位在左眼左侧傍,指尖向右上,掌心向左前,眼先看身左侧,再看右手,再看左手,耳听身后。

5. 身向右转约近45°,螺旋下沉,重心由左移右,先呼后吸。同时,先沉含松,沉右翻左臀,屈合,两变收腹吸气提肛,沉右翻左臀,两膝屈开中寓合。同时,右脚脚尖点地,先顺缠略向外转,膝里扣脚跟落地变实,五指抓地湧泉穴空虚。再继续顺缠外转膝里合,脚五指抓地湧泉穴要虚。同时,左腿先逆缠里转,松胯屈膝脚腕放松,脚跟上提脚尖点地,再屈膝继续逆缠上提,脚向左侧横向迈步,脚跟里侧着地,脚尖上翘里合,同时,右手由腹上中线变逆缠里转向左上翻,经左胸前再向右上翻起,经两眼前中线大指领劲向右侧上略划上弧棚出。掌心向右指尖向左略偏上,位在右眼右侧前方。同时,右手由右眼右侧前方变顺缠略划外弧下沉里合《左肩胯肘膝先上下相合》再继续里合至腹前中线,外折腕。掌心要虚。眼先看右手,再看左手,再看身右侧,耳听身右后。《第一趟完毕》

往回运：(1)身向右转约近90°,先螺旋上升再下沉,重心由右变至左脚,吸气。同时,沉含收腹吸气提肛松胯沉左翻右臀,两膝屈作到开中寓合。左腿顺缠外转脚跟着地外旋约近90°,脚掌落地踏实五指抓地湧泉穴要虚,膝里合。同时,右腿当左脚变实后逆缠里转,屈膝略上提脚向身右侧方迈步,脚跟里侧着地,脚尖上翘里合变虚。同时左手由腹前中线逆缠转里合上翻,经右胸略右侧前再向左上翻,经两眼前中线向左侧略前方划上弧棚出。大指领劲指尖向右里上,掌心偏左前位在左眼左侧前,坐腕,同时右手由右眼右侧前方顺缠外转向右略划外弧下沉里合《肩胸肘膝上下相合》再继续顺缠里合外折腕,小指领劲大指合掌心虚至腹前中线,掌心向左前,指尖偏右前方。眼由左前方移至身右侧方,耳听身后。

动作说明：2,3,4,5与第一趟运手相反相同。最后定势还是右脚向右侧方迈出。

第三趟云手 第一动作与第一趟云手接第二趟云手第一动作相反相同。2,3,4,5与第一趟云手的2,3,4,5动作完全相同。

说明:运手练一趟亦可,三趟亦可,五趟亦可,七趟亦可,趟畷均为单畷(数?),动作亦单畷。另外,云手中完全用并步亦可。完全用插步亦可。第三

The tip points to the right front, located on the midline of the upper abdomen. At the same time, the right hand twists inward and backward from the midline in front of the two knees, sinks the shoulders, lowers the elbows, holds the chest and steps on the waist, sinks the right shoulder, loosens the hips, turns upwards through the right knee, passes through the right chest and then toward the two sides. The midline in front of the eyes is stretched out to the left and front. The big finger is connected with the little finger. The palm should be empty. The wrist is next to the left side of the left eye. The fingertips are upward to the right. The palm is forward to the left. Look first at the left side of the body, then at the right hand. Look at your left hand again and listen behind you.

5. Turn the body nearly 45° to the right, sink in a spiral, shift the center of gravity from left to right, exhale first and then inhale. At the same time, sink and relax first, sink to the right, turn the left hip, flex and close, tighten the abdomen, inhale and raise the anus. , turn the left hip to the right, bend the knees to open and close together. At the same time, point the toes of the right foot on the ground, twist it slightly outward first, buckle the knees in and the heels to the ground to become solid, and grasp the empty Yongquan point on the ground with your five fingers. Then continue to move forward. Turn your knees outwards and close them inward, and grasp the Yongquan point on the ground with the five fingers of your feet. At the same time, turn your left leg backwards and inward, loosen your hips, bend your knees and relax your ankles, lift your heels and point your toes on the ground, then bend your knees and continue to lift your feet backwards. Step sideways to the left, with your heels on the ground on the inside, and your toes turned up and in. At the same time, your right hand changes from the midline on the upper abdomen to the left and up, passes through the left chest and then up to the right, passing through the big fingers of the middle line in front of both eyes. Make a slight upward arc to the right side and pull it out. The palm of your hand is pointing to the right and the fingertips are slightly upward to the left, located in front of the right side of the right eye. At the same time, the right hand changes from in front of the right eye to a slightly outer arc and then sinks in and close. (The left shoulder, hip, elbow and knee are first brought together up and down.) Then continue to join inward to the midline in front of the abdomen, and fold the wrists outward. The palms should be empty. Look first at the right hand, then at the left hand, then at the right side of the body, and listen to the right back of the body. (First trip completed)

Backward movement: (1) Turn the body nearly 90° to the right, first spiral up and then sink, change the center of gravity from the right to the left foot, inhale. At the same time, sink the abdomen, tighten the abdomen, inhale, lift the anus, relax the hips, sink left and turn right Hips, bend both knees until they are open and closed. Turn the left leg outwards and turn the heel to the ground approximately 90°. The soles of the feet are firmly on the ground. The five fingers should grasp the ground. The Yongquan point should be empty and the knees should be closed. At the same time, the right leg should be used as the left foot. After it becomes firm, reverse the twist, turn inwards, bend the knees slightly, lift the feet and step towards the right side of the body. The heels touch the ground on the inside, and the toes are turned up and inwards to become weak. At the same time, the left hand reverses the twists, turns inwards and upwards from the midline of the front of the abdomen, and passes through the right chest. Slightly forward to the right, then upward to the left, and draw an upward arc to the left slightly forward through the midline of the eyes of both eyes. With the big finger leading the fingertips to the right and upward, the palm of the hand is forward to the left and in front of the left eye. Sit on the wrist, and at the same time The right hand moves from the front of the right eye to the right and makes a slight outward

arc, then sinks in and closes (shoulders, chest, elbows and knees meet up and down), then continues to wrap in and close outwards, folds the wrist outwards, the little finger leads the big finger, and the center of the palm is empty to the midline of the front of the abdomen. The palms are forward to the left, and the fingertips are to the front and right. The eyes are moved from the front left to the right side of the body, and the ears are behind the back.

Action instructions: 2, 3, 4, 5 are the same as the reverse of the first move. The final position is still to step forward with the right foot to the right.

The first movement of the third cloud hand is the opposite and the same as the first movement of the first cloud hand followed by the second cloud hand.

2,3,4,5 are exactly the same as the 2,3,4,5 movements of the first cloud hand.

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Note: You can practice hand movement once, three times, five times, or seven times. The number of times is an odd number, and the movements are also an odd number. In addition, you can also use the parallel step in the cloud hand. You can also use the intervening step completely. Okay. Third

伸交叉运用亦可，没有固定的先后次序。

远手从翘手未說沒限，动作也不限，第二趟沒限，第三趟也沒限。在一般情況下地方大之七个动作再回七个动作，第三趟动作作到三或五都行，從整介姿势排來說，這是一個方位和体力的调正。

脚在前者为盖，脚在后者为跟步，总起来为拗步。

### 第三十二式：高探马

1. 身略向右转再向左转45°，螺旋先下沉再上升，重心由右移偏左先呼后吸，同时，先沉含松，沉右翻左臂，屈膝开中寓合，再沉含收腹吸气提肛松胯，沉左翻右臂，屈膝开中寓合，同时，左腿以脚跟为轴，脚尖略上翘随身向右旋转约近90°，脚掌踏实，五指抓地涌泉穴要虚，左腿顺缠外转。

同时，右腿逆缠里转脚五指抓地，涌泉穴要虚。同时左手由腹前中线逆缠里转大指领劲坐腕，经右胸前向上向左至眼前中线再向左上棚出，位在左眼左前方，掌心向前指尖向右里中线上，高与眼同。同时，右手由右眼右侧前顺缠略外开下沉划弧，屈肘里合外折腕，小指领劲大指合掌心虚至腹前中线掌心向左前方，指尖偏右前方，眼光看左手再看右，耳听身后。

2. 身继续向左旋转约45°，螺旋略上升，重心移至左脚吸气，同时沉含收腹吸气提肛松胯，沉左翻右臂两膝屈作到开中寓合，同眼左腿顺缠外转膝里合脚掌踏实，五指抓地涌泉穴要虚。同时，右腿逆缠里转屈膝上提脚，先略上下左右相合，再向右后方迈步以脚跟里侧着地，脚头上翘里合，同时左手在左眼左前方略逆缠，大指领劲棚劲不丢，右手继续顺缠外转，先左肩胯右肘膝上下相合，再继续顺缠，小指领劲合于左手腕下，左手位在右肘里侧上，高于鼻尖同，左手由逆变顺再变逆，合于右肘腕上，指尖与鼻尖同，掌心向右前，指尖向右上。

右手位在两眼前中线，小指领劲大指合，掌心虚，掌心向上，指尖向前略外折腕。眼看身右侧耳听身左后。

3. 身先向左转约25°，螺旋下沉，重心移偏右后，再向右转约45°，重心移偏左前，先吸后呼，同时，先沉含收腹吸气提肛松胯，沉右翻左臂两膝屈合，再沉含松，沉左翻右臂两膝虚开中寓合，两腿先左顺右逆缠左膝里合，再左逆右顺缠，右膝里合两脚五指抓地，涌泉穴要虚。同时，右手以小指领

种交叉运用亦可,没有固定的先后次序.

运手从趟手来说没有限,动作也不限,第二趟没有限,第三趟也没有限.在一般转沉下地方大之七个动作再回七个动作,第三趟动作作到三或五都行.从整个拳势按排来说,这是一个方位和体力的调节?.

脚在前者为盖,脚在后者为贝步,总起来为拗步.

### 第三十二式：高探馬

1. 身略向右转再向左转 45°,螺旋先下沉再上升,重心由右移偏左先呼后吸,同时,先沉含松,沉右翻左臀,屈膝开中寓合.再沉含收腹吸气提肛松胯,沉左翻右臀,屈膝开中寓合,同时,左腿以脚跟为轴,脚尖略上翘随身向右旋转约 90°,脚掌踏实,五指抓地湧泉穴要虚,左脚顺缠外转.

同时,右腿逆缠里转脚五指抓地,湧泉穴要虚.同时左手由腹前中线逆缠里转大指领劲坐腕,经右胸前向上向左至眼前中线再向左上棚出.位在左眼左前方,掌心向前指尖向右里中线上,高与眼同.同时,右手由右眼右侧前顺缠略外开下沉划弧,屈肘里合外折腕,小指领劲大指合掌心虚至腹前中线掌心向左前方,指尖偏右前方,眼先看左手再看右,耳听身后.

2. 身继续向左旋转约 45°,螺旋略上升,重心移至左脚吸气,同时沉含收腹吸气提肛松胯,沉左翻右臀两膝屈作到开中寓合.同眼(同时?)左腿顺缠外转膝里合脚掌踏实,五指抓地湧泉穴要虚.同时,右腿逆缠里转屈膝上提脚,先略上下左右相合,再向右后方迈步以脚跟里侧着地,脚尖上翘里合,同时左手在左眼左前方略逆缠,大指领劲棚劲不丢.右手继续顺缠外转,先左肩膀右肘膝上下相合,再继续顺缠,小指领劲合于左手腕下,左手位在右肘里侧上,高于鼻尖同,左手由逆变顺再变逆,合于右肘腕上,指尖与鼻同,掌心向右前,指尖向右后上.

右手位在两眼前中线,小指领劲大指合,掌心虚,掌心向上,指尖向前略外折腕.眼看身右侧耳听身左后.

3. 身先向左旋转 25°,螺旋下沉,重心移偏右后,再向右转约 45°,重心移偏左前,先吸后呼.同时,先沉含收腹吸气提肛松胯,沉右翻左臀两膝屈合,再沉含松,沉左翻右臀两膝虚开中寓合.两腿先左顺右逆缠左膝里合,再左逆右顺缠,右膝里合两脚五指抓地,湧泉穴要虚.同时,右手以小指领

You can also use them cross-wise, there is no fixed order.

There is no limit to the movement of the hand in terms of hand movement, and there is no limit to the movements. There is no limit to the second wave, and there is no limit to the third wave. In a normal turn, there are seven movements, then seven movements, and the third movement is It can be up to three or five. From the perspective of the entire boxing posture, this is an adjustment of position and physical strength [not clear].

The foot in the former is a cover, the foot in the latter is a step, and the total is called a step.

#### Form 32: High Exploration Horse

1. Turn the body slightly to the right and then to the left 45°, the spiral first sinks and then rises, the center of gravity moves from right to left, first exhale and then inhale. At the same time, first sink in the chest, sink to the right, turn the left hip, bend the knees and open the center to integrate . Then lower the abdomen, inhale, lift the anus and loosen the hips, lower the left buttocks, bend the knees and open the center, and at the same time, use the heel as the axis of the left leg, with the toes slightly turned up and rotate about 90° to the right, with the soles of the feet firmly planted and the five fingers Hold the Yongquan point on the ground to make it weak, and turn the left foot smoothly and outward.

At the same time, twist your right leg backwards and turn your feet to grasp the ground with five fingers. The Yongquan point should be empty. At the same time, your left hand should twist backwards from the midline in front of your abdomen and turn your big finger to sit on your wrist. Go up and to the left through the right chest to the midline in front of your eyes and then upward to the left. Out. Positioned in front of the left eye, with the palm facing forward and the fingertips pointing toward the midline of the right, at the same height as the eye. At the same time, the right hand extends from the right side of the right eye forward and slightly outward, then sinks and draws an arc. Bend the elbow and fold it inwards and outwards. At the wrist, the little finger leads the big finger, and the palm is clasped to the midline in front of the abdomen, with the palm facing left and front, and the fingertips facing the right and front. Look at the left hand first and then the right, and listen behind you.

2. Continue to rotate the body about 45° to the left, spiral slightly upward, move the center of gravity to the left foot, inhale, and at the same time lower the abdomen, inhale, lift the anus and loosen the hips, lower the left hip, bend the right hip, and bend the knees until they open and close. [At the same time?] Wrap your left leg forward, turn your knees inward, and bring your soles of feet firmly together. Use your five fingers to grasp the Yongquan point on the ground to make it weak. At the same time, turn your right leg backwards, turn inward, bend your knees, and lift your feet. First, slightly up, down, left, and right, and then back to the right Step forward with your heels on the ground inside, and your toes turned up and in. At the same time, your left hand is slightly twisted backwards in front of the left eye, and the big finger is leading the force without losing the strength. The right hand continues to be twisted outwards, first the left shoulder, hip, right elbow and knee are connected up and down, and then continue Wrap it forward, the little finger leads the force under the left wrist, the left hand is on the inside of the right elbow, higher than the tip of the nose, the left hand changes from reverse to forward and then reverse, and joins the wrist of the right elbow, the fingertips are at the same level as the nose, and the palm faces Right front, fingertips to the right and back.

The right hand is located in the middle line of the eyes, with the little finger leading the big finger and the big finger together, the palm is empty, the palm is upward, the fingertips are slightly forward and the wrist is folded outward. Look to the right side of the body, listen to the left side of the body, and behind the body.

3. First rotate the body 25° to the left, then spiral downward, shift the center of gravity to the right and back, then turn to the right about 45°, shift the center of gravity to the left and forward, first inhale and then exhale. At the same time, first sink the abdomen, inhale and lift the anus to relax. Hips, bend to the right and bend the left hip, bend and close the knees, then bend and loosen, bend to the left, bend the right buttocks, open the knees and bring them together in the middle. The legs first bend left and right and bend the left knee inward, and then bend left and right. Put your right knee together with your two feet and five fingers to grasp the ground. The Yongquan point should be weak. At the same time, use the little finger of your right hand to guide the ground.



劲大指令，顺缠向左前方领劲，身随向左转，重心移偏右后（此处含有右后有靠）左手在右肘变处以大指领劲逆缠旋转，要求左肩肘不要上翻，然后双手变双逆缠左手由右腕贴右臂里侧清逆不脱棚至右腕里侧，双手大指向上双逆缠棚出，位在眼前中线略两侧。双腕交叉点在眼前中线，然后分向左右两侧分开，棚出由双逆变双顺劲松到双手中指肚，先吸后呼再吸再呼，两手位在两肩两侧前，中指尖高与两肩同，左掌心向前指尖向前上，右掌心向右侧后指尖偏右，眼先看身右侧再看前方再左顾右盼，耳听身后。

4. 身向右转约45°，螺旋略下沉，重心移偏左前，同时，沉肩开胸实腹有旋松胯，沉左翻右臂两膝屈合，同时左腿逆缠里转脚五指抓地，涌泉穴要虚，同时右腿以脚跟为轴脚掌擦地腿顺缠外转，脚尖擦地里勾，同时左手由左腿左前方顺缠外转，螺旋下沉位在左肩前方，掌心向上指尖向前高与肩同，臂伸展至七八分时略整与膝相合，同时右手由右肩有侧前方顺缠外转，屈肘向右后里旋转逆缠至右耳下，大指领劲掌心向前指尖向耳后，眼左顾右盼，耳听身后。

5. 身向左转约近225°，先螺旋下沉再螺旋上升再螺旋略下沉，重心由左下沉移偏右再移略偏左再移偏右前，先呼后吸再呼，两腿先左顺右逆缠屈膝合两脚五指抓地，涌泉穴要虚，（当身向左转至90°时）左脚跟提起脚尖擦地，划外弧向左后方退，再略向里合至右脚里侧后，左脚尖向外，虚步脚尖点地，与右脚尖形成横向一条线，右脚以脚跟为轴，脚掌擦地先走腰胯合，当左脚尖旋转后，前脚掌稍收劲点地重心变左，右脚跟为轴脚掌随身里转后脚掌落地踏实，重心变右前，左脚虚，右脚五指抓地涌泉穴要虚，右脚尖向有前方与左脚尖向左前方横向成一条线，同时，左手由左肩左前方略逆缠略里上折腕，略沉肩整肘先上相合左胸肋放松略下沉，变略顺缠经右掌下向错向左至腹前中线以小指贴于腹前，变略逆缠掌心向上偏里指尖向有大指偏里上，同时右手由右耳下大指领劲含胸踏腰沉肩略整肘，经胸前左掌上相错，再向有前上变顺缠棚出，劲松到中指肚，位在右肩有侧前方，掌心向有偏前下，指尖向有前偏上，眼左顾右盼，瞻前顾后，耳听身后。

### 第三十三式。右擦脚

1. 身先右转螺旋略上升约45°，重心移偏右前吸气，身再向左旋转约45°

劲大指合，顺缠向左前方领劲，身随向左转，重心移偏右后《此处含有右后肩靠》左手再右肘变处以大指领劲逆缠旋转，要求左肩肘不要上翻。然后双手变双逆缠左手由右腕右臂里侧沾连不脱棚至右腕里侧，双手大指上双逆缠棚出，位在眼前中线略两侧，双腕交叉点再眼前中线，然后分向左右两侧分开，棚出由双逆变双顺劲松到双手中指肚。先吸后呼再吸再呼。两手位在两肩两侧前，中指尖高与两肩同，左掌心向前指尖向前上，右掌心向右侧后指尖偏右上。眼先看身右侧再看前方再左顾右盼，耳听身后。

4. 身向右转约45°螺旋略下沉，重心移偏左前，同时，沉肩开胸突腹右旋松胯，沉左翻右臀两膝屈合，同时左腿逆缠里转脚五指抓地，湧泉穴要虚。同时右腿以脚跟为轴脚掌擦地腿顺缠外转，脚尖擦地里勾。同时左手由左腿左前方顺缠外转，螺旋下沉位在左肩前方，掌心向上指尖向前高与肩同，臂伸展至七八分肘略坠与膝相合，同时右手由右肩右侧前方顺缠外转，屈肘向右后里旋转逆缠至右耳下，大指领劲掌心向前指尖向右耳后。眼左顾右盼重点放在左前方，耳听身后。

5. 身向左转约近225°，先螺旋下沉再螺旋上升再螺旋略下沉，重心由左下沉移偏右再移略偏左再移偏右前。先呼后吸再呼。两腿先左顺右逆缠屈膝合两脚五指抓地，湧泉穴要虚。《当身向左转90°时》左脚跟提起脚尖擦地，划外弧向左后方退，再略向里合至右脚里侧后，左脚尖向外，虚步脚尖点地，与右脚尖形成横向一条线。右脚以脚跟为轴，脚掌擦地先走腰胯合，当左脚尖旋转后，前脚掌稍收劲点地重心变左，右脚跟为轴脚掌随身里转后脚掌落地踏实，重心变右前，左脚虚。右脚五指抓地湧泉穴要虚。右脚尖向右前方与左脚尖向左前方横向成一条线。同时，左手由左肩左前方略逆缠略里上折腕，略沉肩坠肘先上相合左胸肋放松略下沉，变略顺缠经右掌下向错向左至腹前中线以小指贴于腹前，变略逆缠掌心向上偏里指尖向右大指偏里上，同时右手由右耳下大指领劲含胸踏腰沉肩略坠肘，经胸前左掌上相错再向右前上变顺缠棚出，劲松到中指肚。位在右肩右侧前方，掌心向右偏前下，指尖向右前偏上。眼左顾右盼，瞻前顾后，耳听身后。

### 第三十三式： 右擦脚

1. 身先右转螺旋略上升约45°，重心移偏右前吸气。身再向左旋转约45°

The big fingers of Jin come together, lead the Jin to the left and front, turn the body to the left, and shift the center of gravity to the right and back (this includes the right back shoulder). The left hand then changes to the right elbow, and uses the big finger to lead the Jin and rotate in the opposite direction, requiring the left shoulder and elbow. Don't turn it up. Then, use your hands to double-wrap your left hand from the inside of your right wrist to the inside of your right wrist. Double-wrap your hands backwards above the big fingers, positioning them slightly on both sides of the midline in front of your eyes. The intersection of your wrists is then the midline in front of the eyes, and then separate to the left and right sides, stretch out the double inverse and double straight fingers to the belly of the middle finger of both hands. First inhale, then exhale, then inhale and exhale. The hands are placed in front of the shoulders, with the tips of the middle fingers at the same height as the shoulders. , the left palm is facing forward and the fingertips are forward and upward, the right palm is facing to the right and the fingertips are upward to the right. Eyes first look to the right side of the body, then forward, then left and right, and ears listen behind you.

4. Turn the body about 45° to the right, sink the spiral slightly, and shift the center of gravity to the left and front. At the same time, lower the shoulders, open the chest, protrude the abdomen, turn right to loosen the hips, sink to the left, turn the right hip, bend the knees, and at the same time turn the left leg inward and twist the foot. Grip the ground with five fingers, and the Yongquan point should be empty. At the same time, the right leg rubs the ground with the heel as the axis, the leg is turned outwards, and the toes are rubbed with the ground and hooked. At the same time, the left hand is turned outwards from the front of the left leg, and the spiral sinks to the left shoulder. In front, the palms are upward and the fingertips are forward as high as the shoulders. The arms are extended to seven or eight points, and the elbows are slightly lowered to meet the knees. At the same time, the right hand is wrapped around the front of the right shoulder and turned outwards. Bend the elbow and rotate it backwards and forwards to the right. Under the ears, the big finger leads the palm forward and the fingertips point behind the right ear. Eyes look left and right, focusing on the left front, and ears listen behind you.

5. Turn the body nearly 225° to the left, first spiral down, then spiral up, then spiral down slightly. The center of gravity moves from left to lower to right, then slightly to left and then to right forward. Exhale first, then inhale and then exhale. Both legs First, bend your knees forward and backward to the left and right, close your feet and grasp the ground with five fingers. The Yongquan point should be empty. (When you turn 90° to the left) lift your left heel and toes to wipe the floor, draw an outer arc to the left and back, and then close slightly inward. After reaching the inside of the right foot, point the left toe outward, and touch the ground with the toes in an empty step, forming a horizontal line with the toes of the right foot. With the heel of the right foot as the axis, the sole of the foot touches the ground first with the waist and hips together. After the left toe rotates, the front foot slightly tighten your position and shift your center of gravity to the left. With your right heel as the axis, turn your foot inwards and your feet will land firmly on the ground. Your center of gravity will shift to the right and forward, leaving your left foot weak. The five fingers of your right foot grasp the Yongquan point on the ground to make it weak. The toes of your right toes point forward to the right and the toes of your left toes point toward the ground. The left front forms a horizontal line. At the same time, the left hand wraps slightly backward from the left front of the left shoulder, slightly inwards and upwards, folding the wrist, slightly sinking the shoulder, lowering the elbow, connecting with the left chest and ribs,

relaxing and sinking slightly, becoming slightly along the meridian, and twisting the right palm down and to the left. To the midline of the front of the abdomen, place the little finger on the front of the abdomen, twist it slightly backwards and wrap the palm upward and inward, with the fingertip pointing toward the right big finger and upward. At the same time, the right hand is led by the big finger under the right ear, holds the chest, steps on the waist, sinks the shoulder and slightly lowers the elbow, passing through the chest. The front left palm is in contact with each other, and then straightened to the right, forward and upward, and stretched out to the belly of the middle finger. It is located in front of the right side of the right shoulder, with the palm of the hand tilted forward and downward to the right, and the fingertips tilted forward and upward to the right. Look left and right, look forward and backward, and listen behind you. .

Type 33: Wipe the foot with the right

1. Turn right first and spiral upward slightly by about 45°. Shift your center of gravity to the right and inhale. Then turn your body to the left by about 45°.

螺旋下沉，重心移偏左后呼气，同时先沉含收腹吸提肛松胯沉有翻左臂两膝屈合再沉含，沉左翻右臂两膝屈开中窝合，两腿先左逆右顺缠左脚以脚尖为轴，脚跟向左外旋转膝里合，右腿顺缠外转膝里合，五指抓地湧泉穴要虚，交两腿左顺右逆缠，左腿以前脚掌为轴膝外开脚跟里合至右脚跟里侧旁，右腿逆缠里转屈膝脚掌踏实，五指抓地湧泉穴要虚，膝外开胯要虚要圆，同时右手由右肩右侧前方先逆缠里合上升至右眼右侧前，再变顺缠外开下沉划弧屈肘里合至腹前略偏右外折腕，掌心向左前指头向右前，小指领劲大指合掌心要虚，同时左手由腹前以小指无名指头贴在腹前，沿逆旋转先顺后逆缠，掌心偏里上指尖向右，眼看身右侧，耳听身左后。

2. 身向右转约45°，从腰部以下螺旋下沉，腰部以上螺旋上升，重心由左下沉移偏右前，吸气，同时沉含收腹吸提肛松胯，沉有翻左臂两膝屈合两腿左逆右顺缠，左膝与右膝相合，左腿以前脚掌为轴，脚跟向左后外旋转逆缠，右腿顺缠外转屈膝里合，脚五指抓地，湧泉穴要虚。

同时，左手由腹前逆缠里转指尖向下里下折腕，屈肘旋转手腕由逆变顺缠向右前上棚出，手腕在鼻尖中线，掌心指尖向里下，虎口要圆，同时右手由腹前略偏右逆缠里转经左肘下贴左肘与小臂与左背沿逆向右前上棚出，掌心向右前指尖偏左后略上，眼看右前方，耳听身左后。

3. 身向左转约45°，螺旋先下沉再上升，重心先由右前下沉移偏左后，再向右前移偏右前，呼气，同时沉含松屈先沉左略翻右臂，再沉右翻左臂两膝屈开中窝合，两腿左逆右顺缠，右脚五指抓地湧泉穴要虚，左腿顺缠外转膝外开，以脚尖为轴左膝向左外开圆胯，同时右手与左手先沿逆旋转略下沉以左逆右顺缠旋转，再右手由右肩右侧前略上方，小指领劲大指合，掌心要虚，左手向鼻尖左侧外开，臂伸展至七八分，沉肩略坠肘，含胸里下折腕，掌心指尖向里下，位在鼻尖左侧约40公分左右，眼看右前，耳听身左后。

4. 身略向右转，腰部以上螺旋略上升，腰部以下略螺旋下沉，重心移偏至右脚，吸气，同时沉含收腹吸提肛松胯，沉有翻左臂两膝屈合，右腿顺缠外转脚五指抓地湧泉穴要虚，左腿略逆缠略里转，脚提起向右脚有侧前方迈步以脚跟外侧着地，脚尖上翘偏向左外，同时右手微顺缠继续领劲，小指领劲大指合掌心要虚，位在右眼右前方，掌心指尖向右侧前方，同时左手先沉右含胸逆缠里转，大指领劲坐腕合于右肘窝里侧上，掌心向上指尖向右侧

螺旋下沉,重心移偏左后呼气,同时先沉含收腹吸气提肛松胯,沉右翻左臀两膝屈合再沉含,沉左翻右臀两膝屈开中寓合.两腿先左逆右顺缠左脚以脚尖为轴,脚跟向左外旋转膝里合,右腿顺缠外转膝里合,五指抓地湧泉穴要虚.变两腿左顺右逆缠,左腿以前脚掌为轴膝外开脚跟里合至右脚跟里侧旁,右腿逆缠里转屈膝脚掌踏实,五指抓地湧泉穴要虚.膝外开裆要虚要圆,同时右手由右肩右侧前方先逆缠里合上升至右眼右侧前,再变顺缠外开下沉划弧屈肘里合至腹前略偏右外折腕,掌心向左前指尖向右前,小指领劲大指合掌心要虚.同时,左手由腹前以小指无名指尖贴在腹前,沾连旋转先顺后逆缠,掌心偏里上指尖向右,眼看身右侧,耳听身左后.

2.身向右转约45°,从腰部以下螺旋下沉,腰部以上螺旋上升,重心由左下沉移偏右前.吸气.同时沉含收腹吸气提肛松胯,沉右翻左臀两膝屈合两腿左逆右顺缠,左膝与右膝相合,左腿以前脚掌为轴,脚跟向左后外旋转逆缠,右腿顺缠外转屈膝里合,脚五指抓地,湧泉穴要虚.

同时,左手由腹前逆缠里转指尖向里下折腕,屈肘旋转手腕由逆变顺缠向右前上棚出,手腕在鼻尖中线,掌心指尖向里下,虎口要圆.同时,右手由腹前略偏右逆缠里转经左肘下贴左肘与小臂与左背沾连向右前上棚出.掌心向右前指尖偏左后略上,眼看右前方,耳听身左后.

3.身向左转约45°,螺旋先下沉再上升,重心先由右前下沉移偏左后,再向右前移偏右前,呼气.同时,沉含松屈先沉左略翻右臀,再沉右翻左臀两膝屈开中寓合.两腿左逆右顺缠,右脚五指抓地湧泉穴要虚.左腿顺缠外转膝外开,以脚尖为轴左膝向左外开圆裆.同时,右手与左手先沾连旋转略下沉以左逆右顺缠旋转,再右手向右肩右侧前略上方,小指领劲大指合,掌心要虚,左手向鼻尖左侧外开,臂伸展至七八分.沉肩略坠肘,含胸里下折腕,掌心指尖向里下,位在鼻尖左侧约40公分左右,眼看右前,耳听身左后.

4.身略向右转,腰部以上螺旋略上升,腰部以下略螺旋下沉.重心移偏至右脚,吸气.同时沉含收腹吸气提肛松胯,沉右翻左臀两膝屈合,右腿顺缠外转脚五指抓地湧泉穴要虚,左腿略逆略向里转,脚提起向右脚右侧前方迈步以脚跟外侧着地,脚尖上翘偏向左外.同时右手微顺缠继续领劲,小指领劲大指合掌心要虚.位在右眼右前方,掌心指尖向右前方.同时,左手先沉肩含胸逆缠里转,大指领劲坐腕合于右肘腕里侧上,掌心向上指尖向右侧

Spiral downwards, shift the center of gravity to the left and exhale. At the same time, first lower the chest, tighten the abdomen, inhale, lift the anus and loosen the hips. Lower the abdomen, turn to the right, bend and close the knees of the left hip, and then lower the abdomen. Lower the abdomen, turn to the left, bend the knees of the right hip, open and close the center. . First, wrap your legs left and right and wrap your left foot with the toes as the axis. Turn your heels outward to the left and close your knees inward. Wrap your right leg forward and turn outwards and close your knees inward. Grasp the Yongquan point on the ground with your five fingers to make it weak. Change your legs to the left and right. Wrap the left leg backwards, with the forefoot as the axis, open the knees outward and close the heels inward to the inside side of the right heel. Wrap the right leg backwards, turn inwards, bend the knees and soles of the feet, and grasp the Yongquan point on the ground with five fingers. At the same time, the right hand starts from the right side of the right shoulder and goes up to the right side of the right eye. Then it turns to the front of the right eye, then bends the elbow in an arc and bends the elbow inward to the front of the abdomen. On the right front, the little finger leads the big finger and the palm is empty. At the same time, the left hand moves from the front of the abdomen to the front of the abdomen with the tip of the little finger and ring finger, and rotates first forward and then backward, with the palm inward and the upper fingertip pointing to the right. Look at the right side of the body. Listen to the left side of the body.

2. Turn the body about 45° to the right, spiral downward from the waist down, and spiral upward from the waist up. The center of gravity moves from the left to the right. Inhale. At the same time, lower the abdomen, inhale, lift the anus and loosen the hips, sink to the right and turn the left hip. The knees are bent together, the legs are bent backwards and forwards, the left knee and the right knee are joined together, the left leg is centered on the forefoot, the heel is rotated backward and to the left, and the right leg is bent outwards and bent, the knees are folded inwards, and the five fingers of the feet are grasping the ground. Yongquan point should be empty.

At the same time, the left hand wraps backwards from the front of the abdomen and turns the fingertips inwards and downwards to fold the wrist. Bend the elbow and rotate the wrist from the reverse twist to the right front and upward. The wrist is at the midline of the tip of the nose, the fingertips of the palm are facing downwards, and the tiger's mouth is rounded. , the right hand moves from the front of the abdomen slightly to the right, twists inwards, passes under the left elbow, sticks to the left elbow and connects the forearm with the left back, and extends forward and upward to the right. The palm of the hand is facing the front of the right, and the fingertips are slightly upward to the left. Look to the front of the right, and listen to the body. Rear left.

3. Turn the body about 45° to the left, and the spiral first sinks and then rises. The center of gravity first sinks from the right front to the left back, then moves forward to the right and moves to the right front, exhale. At the same time, Shen Han loosens and bends, first sinks and turns slightly to the left. Right hip, then lower the right hip and turn the left hip, bend the knees and open the center. The legs should be twisted to the left and right, and the five fingers of the right foot should grasp the Yongquan point on the ground to make it weak. The left leg should be twisted outwards and the knees should be turned outward, with the toes as the axis. Open the crotch with the left knee outward to the left. At the same time, the right hand and the left hand first connect and rotate slightly downward, and then rotate left and right in reverse, and then the right hand moves forward and slightly above the right side of the right shoulder. The little finger leads the big finger and

the palm should be empty. Open outward to the left side of the tip of the nose, and extend the arms to seven or eight points. Sink your shoulders slightly and bend your elbows. Hold your chest and fold your wrists inward and downward. The fingertips of your palms should point inwards and downwards. They should be about 40 centimeters to the left of the tip of your nose. Look forward to the right with eyes and listen to the left side with eyes. back.

4. Turn your body slightly to the right, spiral up slightly above the waist, and sink slightly below the waist. Shift the center of gravity to the right foot, inhale. At the same time, lower the abdomen, inhale, lift the anus and loosen the hips, lower the knees to the right and turn the left hip. Flex your right leg, turn your right leg outwards, and grasp the Yongquan point on the ground with your five fingers. Make sure the Yongquan point is weak. Turn your left leg slightly inward, lift your foot and step forward to the right side of your right foot, with your heel on the outside. At the same time, your toes turn upward and toward the left. At the same time, The right hand is slightly smooth and continues to lead the energy. The little finger is leading the energy and the big finger is closed in the palm of the hand. It is in front of the right eye, and the fingertips of the palm are facing the right front. At the same time, the left hand is first lowering the shoulder and chest and turning inward, and the big finger is sitting on the wrist to lead the energy. Place it on the inner side of your right elbow, palm upward, fingertips to the right



前方。眼看右前，耳听身左后。

要求：双手交叉合时，左脚向左脚右侧前上步时，腰部要放松，肩沉勿上翻，手合脚落地，落脚要虚。

3. 身向左转螺旋下沉约90°，重心移偏左前呼气。同时，沉含松，沉左翻右臂两膝屈合，同时，左脚以脚跟顺缠外转偏外侧为轴，脚尖略向外转，脚掌落地踏实，五指抓地湧泉穴要虚。

同时，右脚跟提起以脚尖为轴，腿先逆缠里转，同时，双手先以双逆缠左手与右臂沿逆向左旋转以双手大指领向左旋转摊出，双手坐腕，双掌心互相左右前方，双手指尖互相左右后方，双臂里侧保持半圆，拥劲不丢。眼由右肘向右侧看，耳听身左后。

6. 身略向左转螺旋略上升，重心全部放在左脚先长吸气，再用鼻短呼同时，沉开胸收腹吸气提肛松胯，沉左翻右臂，屈膝升中寓合，同时左腿顺缠外转膝里合脚五指抓地，湧泉穴要虚。

同时，右腿先松胯屈膝逆缠里转向有前踢脚，脚腕放松膝弯屈不要伸直同时，双手由眼前中线以双逆缠何头上交叉上棚，再分向有前左后沉有略屈肘，变放松，以右手掌拍右脚面，右肘与胯膝相合，眼看右前，耳听身后。

要求：双手分向有前左后下拍时，关节放松，腕关节放松，以双顺缠下沉，右手拍右脚面。拍完后，双臂右膝略弯由流着整肘屈膝上下相合。

右擦脚第五动作身向左转双手逆缠先坐腕扬掌含胸踏腰，重心偏后。当大指领上劲之后身向左转，重心由右后移偏左前，左擦脚的第五动作与此相反相同。

### 第三十四式、左擦脚

<双沉含略收腹吸气提肛松胯沉左翻右臂>

1. 身先略向左转再向右转约近50°螺旋略下沉，重心全部放在左脚，吸气，沉开胸收腹吸气提肛松胯，沉左翻右臂两膝屈升中寓合。同时，左腿先顺缠外转膝里合，再逆缠里转脚五指抓地湧泉穴要虚。同时，右腿先屈膝上提，脚逆缠里转变顺缠外转，脚尖翘起外转向左脚里侧前方以脚跟偏外侧着地，脚尖上翘略外转。同时，双手由左前右后先里合以双逆缠上升大指领劲，再变双顺缠双外折腕以双手小指领劲大指合，左手在上右手在下交叉合于鼻尖前方，双掌心互相左右上方，指尖互相前上方。双手指尖位在两眼前

前方.眼看右前,耳听身左后.

要求: 双手交叉合时,左脚向左脚右侧前上步时,腰部要放松,肩沉勿上翻,手合脚落地,落脚要虚.

5.身向左转螺旋下沉约90°,重心移偏左前呼气.同时,沉含松,沉左翻右臀两膝屈合,同时,左脚以脚跟顺缠外转偏外侧为轴,脚尖略外转,脚掌落地踏实,五指抓地湧泉穴要虚.

同时,右脚跟提起以脚尖为轴,腿先逆缠里转,同时,双手先以双逆缠左手与右臂沾连向左旋转以双手大指领劲向左旋转棚出,双手坐腕,双掌心互相左右前方,双手指尖互相左右后方,双臂里侧保持半圆,棚劲不丢.眼由右肘向右侧看,耳听身左后.

6.身略向左转螺旋略上升,重心全部放在左脚先长吸气,再用鼻短呼,同时,沉开胸收腹吸气提肛松胯,沉左翻右臀,屈膝开中寓合,同时左腿顺缠外转膝里合脚五指抓地,湧泉穴要虚.

同时,右腿先松胯屈膝逆缠里转向右前踢脚,脚腕放松膝弯屈不要伸直同时,双手由眼前中线以双逆缠向头上交叉上棚,再分向右前左后沉肩略屈肘,变放松,以右手掌拍右脚面.肩肘与胯膝相合,眼看右前,耳听身后.

要求: 双手分向右前左后下拍时,关节放松,腕关节放松,以双顺缠下沉,右手拍右脚面.拍完后,双臂右膝略弯由沉肩坠肘屈膝上下相合.

右擦脚第五动作身向左转双手逆缠先坐腕杨掌含胸踏腰,重心偏后.当大指领上劲之后身向左转,重心由右后移偏左前,左擦脚的第二动作与此相反相同.

第三十四式: 左擦脚

\*《变沉含略收腹吸气提肛松胯沉左翻右臀》

1.身先略向左转再向右转约近50°螺旋略下沉,重心全部放在左脚,吸气,沉开胸收腹吸气提肛松胯,沉左翻右臀 \* 两膝屈开中寓合.同时,左腿先顺缠外转膝里合,再逆缠里转脚五指抓地湧泉穴要虚.同时,右腿先屈膝上提,脚逆缠里转变顺缠外转,脚尖翘起外转向左脚里侧前方以脚跟偏外侧着地,脚尖上翘略外转.同时,双手由左前右后先里合以双逆缠上升大指领劲,再变双顺缠双外折腕以双手小指领劲大指合,左手在上右手在下交叉合于鼻尖前方,双掌心互相左右上方,指尖互相前上方.双手指尖位在两眼前

Ahead. Look to the right and to the front, listen to the left and behind.

Requirements: When the hands are crossed and closed, when the left foot steps forward to the right side of the left foot, the waist should be relaxed and the shoulders should not be turned up.

5. Turn the body to the left and spiral down about 90°, shift the center of gravity to the left and exhale. At the same time, with your hands loose, turn your right hip to the left and bend your knees together. At the same time, turn your left foot outwards and outwards with the heel as the axis. , the toes are turned slightly outward, the soles of the feet are firmly on the ground, and the Yongquan point on the ground should be grasped with five fingers to make it weak.

At the same time, lift the right heel and use the toes as the axis, and twist the legs backwards and forwards. At the same time, use both hands to twist the left hand and the right arm together, rotate to the left, and use the big fingers of both hands to rotate to the left. Sit on the wrists with both hands, The palms of both hands are in front of and to the left of each other, the fingertips of both hands are behind and to the left and right of each other, and the inner sides of the arms are kept half-circled, without losing strength. Look from the right elbow to the right, and listen to the left and back of the body.

6. Turn the body slightly to the left and spiral slightly upward, with all the focus on the left foot. First inhale long, and then exhale short through the nose. At the same time, lower the chest, tighten the abdomen, inhale, lift the anus, loosen the hips, lower the left hip, turn the right hip, and bend the knees. Hold the center together, and at the same time, turn the left leg outward and turn the knee inward, close the foot, and grasp the ground with five fingers. The Yongquan point should be empty.

At the same time, first loosen the hip, bend the knee, and twist the right leg backwards, turn to the right front and kick the foot. Relax the ankle and bend the knee without straightening. At the same time, use both hands from the midline in front of the eyes to cross the head with both hands, and then divide to the right, front, left, and back. Bend your elbows slightly, then relax, and pat the top of your right foot with your right palm. Keep your shoulders, elbows, and hips in line, look to the right in front of you, and listen to behind you.

Requirements: When patting down with your hands divided to the right, front, left and back, relax your joints and wrists, wrap your hands down smoothly, and pat the top of your right foot with your right hand. After patting, your arms and right knee should be slightly bent from the shoulders down to the elbows and knees to meet up and down.

In the fifth step of wiping your feet with the right, turn your body to the left, wrap your hands backwards, sit on your wrists, put your palms on your chest, and step on your waist. The center of gravity is tilted back. When the big finger is strong, turn the body to the left, shift the center of gravity from the back of the right to the front of the left, and wipe the foot of the left foot. The second action is the opposite of this.

Posture 34: Wipe the feet with the left hand\* (becoming heavier, holding the abdomen slightly, inhaling, lifting the anus, loosening the crotch, turning left and right buttocks)

1. Turn the body slightly to the left and then turn to the right about 50°.

The spiral sinks slightly, with all the weight on the left foot. Inhale, lower the chest, open the chest, tighten the abdomen, inhale, lift the anus and loosen the hips, sink to the left and turn the right hip\* two times. Bend the knees and open the middle to close. At the same time, first bend the left leg outwards, turn the knees inward and close, then turn the feet backwards and grasp the Yongquan point on the ground with five fingers to make it weak. At the same time, bend the right leg first and lift the knees, then twist the feet backwards and turn the feet inwards. Turn outwards, lift your toes and turn outwards to the inside and front of your left foot, with your heel on the outside. Turn your toes up and turn slightly outwards. At the same time, move your hands from left to front, right to back, and inward together, then double backwards to raise the big finger to lead the strength, and then double Wrap your wrists outwards and fold them together, with the little fingers of both hands leading the big fingers. The left hand is on top and the right hand is on the bottom. They are crossed in front of the tip of the nose. The palms of both hands are above and left of each other, and the fingertips are in front and above each other. The fingertips of both hands are in front of the eyes.

中线，双臂伸展至七八分。要求作到：含胸沉肩肘略壁外开下坠与两膝相合  
两腕交叉合，双腕背由于外折腕，腕背形成半圆是开，双手指尖合，这就是开  
中寓合。另外要作到双手交叉合，有脚向前顺缠外转脚落地同时完成。眼看  
前方，耳听身后。

2. 3与有操脚的第五、六动作相反相同。

### 第三十五式：转身左蹬一根（左蹬脚）

1. 尔身先略向左转再微向右转再微向左转螺旋略下沉，重心全部放在  
右脚上。右脚五指抓地湧泉穴要虚，吸气。同时沉含收腹吸气提肛松胯，沉右翻  
左臀旋转右膝屈，左膝先逆后顺缠旋转上提，右腿先顺后逆缠，脚五指抓地  
湧泉穴要虚。同时左手由鼻尖前方顺缠里折腕向左前上棚出，臂伸展至七八  
分，肩略沉时略壁腕里上折腕，掌心指尖向里，位在眼前中线，距眼50公  
分左右。同时，右手由右肩右后方顺缠外转屈肘里合交叉逆缠至右耳下，大指  
领劲，掌心向前指尖向耳后偏左，眼看前耳听身后。

2. 身体同第一种练法，沉含收吸提松沉。第二种练法为一段，尔身  
先微向右再微向左转螺旋略下沉，吸气，重心全部放在右脚，右腿先顺后逆  
缠，脚五指抓地湧泉穴要虚。左腿屈膝上提先顺后逆缠旋转，同时，左手腕  
略放松手先略顺逆缠向前上，大指领劲，位在眼前中线，距眼50公分。  
掌心向前偏右，指尖向上偏右。同时右手由右肩右侧后方先顺缠外转，屈肘  
里合至右耳下，大指领劲掌心向前，指尖向耳后偏左。

要求：两种练法，第一种左手顺缠折腕向前上棚出，第二种练法先要摆  
何开胸沉肩壁肘，同时左膝先逆后提脚，横向先开肩胯肘膝手脚上下相合。

3. 第一种练法的第二段，身向左转约 $180^\circ$ 螺旋略下沉，重心全部  
放在右脚，吸气，同时，先沉含收腹吸气提肛松胯再变沉开胸收腹吸气提肛  
松胯，沉右翻左臀，右腿逆缠里转，以脚跟为轴，脚尖略上翘旋转约至 $180^\circ$ ，  
脚掌落地踏实，五指抓地湧泉穴要虚。同时左腿屈膝上提脚顺缠外转略下沉  
再略上升，上提左脚，位在右膝里侧，脚尖向右前下里合，同时右手由右耳  
下，大指领劲向右侧推出，位在右肩右侧方，掌心向右侧下，指尖向上。同  
时，左手由鼻尖前中线顺缠里折腕，小指领劲大指合，下沉经左膝外侧下交  
逆缠，大指领劲向左有左侧上棚出，坐腕，掌心向左前下，指尖向左上。位

中线,双臂伸展至七八分.要求作到:含胸沉肩肘略墜外开下墜与两膝相合  
两腕交叉合,双腕背由于外折腕,腕背形成半园是开.双手指尖合,这就是开  
中寓合.另外要作到双手交叉合,右脚向前顺缠外转角落地时完成.眼看  
前方,耳听身后.

2,3与右擦脚的第五,六动作相反相同.

### 第三十五式: 转身左蹬一根《左蹬脚》

1. (1) 身先略向左转再微向右转再微向左转螺旋略下沉,重心全部放在  
右脚上,右脚五指抓地湧泉要虚,吸气.同时沉含收腹吸气提肛松\_沉右翻  
左臀旋转右膝屈,左膝先逆后顺缠旋转上提,右腿先顺后逆缠,脚五指抓地  
湧泉穴要虚.同时左手由鼻尖前方顺缠里折腕向左前上棚出,臂伸展七八  
分,肩略沉肘略墜腕里上折腕,掌心指尖向里,位在眼前中线,距眼50公  
分左右.同时,右手由右肩右后方顺缠外转屈肘里合变逆缠至右耳下,大指  
领劲,掌心向前指尖向耳后偏左,眼看前耳听身后.

(2) 身体同第一种练法,沉含收吸提松沉.第二种练法第一小段,(一) 身  
先微向右再微向左转螺旋略下沉,吸气,重心全部放在右脚,右腿先顺后逆  
缠,脚五指抓地湧泉穴要虚.左腿屈膝上提先顺后逆缠旋转,同时,左手腕  
略放松手先略顺变逆缠向前上,大指领劲,位在眼前中线,距眼50公分.  
掌心向前偏右,指尖向上偏右.同时右手由右肩右侧后方先顺缠外转,屈肘  
里合至右耳下,大指领劲掌心向前,指尖向耳后偏左.

要求: 两种练法,第一种左手顺缠折腕向前上棚出,第二种练法先要横  
向开胸沉肩墜肘,同时左膝先逆后提脚,横向先开肩胯肘膝手脚上下相合.

(二) 第一种练法的第二段: 身向左转约180°螺旋略下沉,重心全部  
放在右脚,吸气,同时,先沉含收腹吸气提肛松胯再变沉开胸收腹吸气提肛  
松胯,沉右翻左臀,右腿逆缠里转,以脚跟为轴,脚尖略上翘旋转约至180°  
脚掌落地踏实,五指抓地湧泉穴要虚.同时左腿屈膝上提脚顺缠外转略下沉  
再略上升,上提左脚,位在右膝里侧,脚尖向右前下里合,同时右手由右耳  
下,大指领劲向右侧推出,位在右肩右侧方,掌心向右侧下,指尖向上.同  
时,左手由鼻尖前中线顺缠里折腕,小指领劲大指合,下沉经左膝外侧下变  
逆缠,大指领劲向左肩左侧上棚出,坐腕,掌心向左前下,指尖向左上.位

At the midline, stretch your arms to seven or eight points. Requirements: Hold your chest, lower your shoulders, elbows slightly lowered outwards, and meet your knees. Cross your wrists, fold the backs of your wrists outwards, and form a half-circle. The fingertips of both hands are open. Held, this is the opening of the center. In addition, it is completed when the hands are crossed and closed, and the right foot is forward and turned outwards to the corner. Look ahead and listen behind you.

2, 3 are the opposite of the fifth and sixth actions of wiping the right foot.

Posture 35: Turn around and push one foot to the left (left kick)

1. (1) First turn slightly to the left, then slightly to the right, then slightly to the left. The spiral sinks slightly. Put all the weight on the right foot. Grasp the ground with the five fingers of the right foot. Inhale. At the same time, hold the breath. Tighten the abdomen, inhale and lift the anus to loosen. Sink to the right, turn the left hip, rotate the right knee, bend the right knee, twist the left knee backward first and then twist it forward, twist the right leg first and then backward, and grasp the Yongquan point on the ground with the five fingers of the foot. At the same time, the left hand moves from in front of the nose, fold your wrists forward and to the left, stretch your arms seven or eight points, your shoulders should be slightly lowered, your elbows should be slightly lowered, and your wrists should be folded upwards. The palms and fingertips should be facing inward, at the midline in front of your eyes, about 50 centimeters away from your eyes. At the same time, the right hand wraps outward from the right back of the right shoulder, bends the elbow inward, and reversely wraps under the right ear. With the big finger leading the force, the palm is forward and the fingertip is tilted behind the ear to the left. Look at the front of the ear and listen behind the back.

(2) The body is the same as the first training method, sinking, absorbing, lifting and loosening. The first section of the second training method, (1) Turn the body slightly to the right and then to the left, spiral and sink slightly, inhale, center of gravity Place all on the right foot, twist the right leg first in a straight direction and then in a reverse direction, and grasp the Yongquan point on the ground with the five fingers of the foot to make it weak. Bend the left leg and lift it up, twist it first in a straight direction and then in a reverse direction. At the same time, relax the left wrist slightly and twist the hand first slightly in a straight direction and then in a reverse direction to twist it forward and upward. , the big finger leads the Jin, located in the midline of the front of the eye, 50 cm away from the eye. The palm is forward and to the right, and the fingertips are upward and to the right. At the same time, the right hand is wrapped around the right side of the right shoulder and outward, bending the elbow inward and closing to under the right ear. , the big finger leads the palm forward, and the fingertips move to the left behind the ear.

Requirements: Two training methods. The first one is to stretch the left hand forward and upward by folding the wrist. The second training method is to open the chest laterally, lower the shoulders and lower the elbows. At the same time, the left knee is first reversed and then the foot is lifted. Laterally, the shoulders and hips are opened first. The elbows, knees, hands and feet are aligned up and down.

(2) The second section of the first practice method: Turn the body about 180° to the left, the spiral sinks slightly, put all the weight on the right foot, inhale, and at the same time, first sink the abdomen, inhale, lift the anus, relax the hips, and then Open the chest, tighten the abdomen, inhale, lift the

anus and loosen the hips, lower the left hip to the right, twist the right leg inward and backward, take the heel as the axis, turn the toes slightly upward and rotate to about 180°, the soles of the feet are firmly on the ground, and the five fingers grasp the Yongquan point on the ground. Deficiency. At the same time, bend the left leg, raise the knee, lift the foot, twist it outwards, slightly sink and then rise slightly. Lift the left foot, position it on the inside of the right knee, and turn the toes forward and downward to the right. At the same time, the right hand is under the right ear, with the big finger leading the force. Push it out to the right, position it on the right side of your right shoulder, with the palm facing down to the right and the fingertips pointing upward. At the same time, the left hand wraps around the middle line in front of the tip of the nose and folds the wrist inwards. Change to reverse wrapping, stretch the big finger to the left side of the left shoulder, sit on the wrist, palms forward and downward to the left, and fingertips upward to the left.



在左肩左侧前上，高与耳同。眼先看左手再看右手，耳听身后。转过末时要上下相合。

第二种练法第二小段，左手在左前方逆缠大指领劲掌心向下，经左膝外侧下沉再向左侧上领劲棚出，位在左肩左侧上高与耳同，掌心位置同前。

2. 身向右转约近 $45^{\circ}$ ，螺旋下沉，重心全部放在右脚，呼气。同时沉舍松，沉有翻左臀屈膝合，右腿顺缠外转膝里合，五指抓地湧泉穴要虚。同时左腿逆缠里转屈膝脚里合悬空，脚腕放松。同时双手以双顺缠由左右两侧下沉合于两膝前，两手外折腕左手在上右手在下沾筵交叉，右掌心向前指尖偏前下，左掌心向下，指尖偏前下。眼着左侧耳听身后，两肘点位在两膝中线前。

3. 以腰为主宰结合丹田身快速先向右螺旋下沉，再继续向左旋转螺旋上升。先呼后吸再呼，重心全部放在右脚，同时先快速沉舍松，沉有翻左臀屈膝合，再沉开胸收腹吸气提肛松胯，沉有翻左臀两膝屈作到开中寓合，右腿顺缠外转膝里合脚五指抓地湧泉穴要虚，左腿屈膝上提脚，先逆缠里转下沉再松胯屈逆缠里转快速上提向身左侧横蹬，高与左肋同，脚尖高与向前上蹬完后放松，左膝上提，脚收回。

同时，两手由两膝前中线左上右下双腕交叉，腕放松先双逆双顺缠快速向右螺旋下沉，再快速变拳双里折腕螺旋上升，双臂里侧保持半圆，棚劲不去。分向左右两侧逆缠击出，掌心向下，击出后沉肩坠肘腕放松收回形成上下相合，左拳高右拳低，左拳高与耳同，右拳在右肩略下，掌心向下，眼着身右侧，耳听身右后。

### 第三十六式：前蹬抽步

身先略向右再向左转约近 $50^{\circ}$ 螺旋下沉，重心全部放在右脚吸气。同时沉肩开胸突腹胸腰折叠松胯，沉有翻左臀，再收腹吸气提肛，沉有翻左两膝屈合，同时右腿先顺缠外转膝里合变逆缠里转脚五指抓地湧泉穴要虚。

同时，左腿屈膝上提先逆缠里转变顺缠外转，以右腰控制中心，左小腿向前伸展脚尖上翘，脚跟向前迈步下沉着地，脚跟外侧着地，右左有脚里侧撞向前方，脚尖上翘略向左外。

同时双拳变掌先双逆缠双里合大指领劲上提，变双顺缠小指领劲大指合掌心虚，经两眼两侧合于眼前中线。右手在上左手在下交叉沾筵，指尖向前

在左肩左侧前上,高与耳同.眼先看左手再看右手,耳听身后.转过来时要上下相合.

第二种练法第二小段:左手再左前方逆缠大指领劲掌心向下,经左膝外侧下沉再向左侧上领劲棚出,位在左肩左侧上高与耳同,掌心位置同前.

2.身向右转约45°,螺旋下沉,重心全部放在右脚,吸气.同时沉含松,沉右翻左臀屈膝合,右腿顺缠外转膝里合,五指抓地湧泉穴要虚.同时左腿逆缠里转屈膝脚里合悬空,脚腕放松,同时双手以双顺缠由左右两侧下沉合于两膝前,两手外折腕左手再上右手在下沾连交叉,右掌心向前指尖偏前下,左掌心向右下,指尖偏前下,眼看左肩左侧,耳听身后.两手交叉点位在两膝中线前.

3.以腰为主宰结合丹田身快速先向由螺旋下沉,再继续向右旋转螺旋上升,先呼后吸再呼,重心全部放在右脚,同时先快速沉含松,沉右翻左臀屈膝合,再沉开胸收腹吸气提肛松胯,沉右翻左臀两膝屈作到开中寓合,右腿顺缠外转膝里合脚五指抓地湧泉穴要虚,左腿屈膝上提脚,先逆缠里转下沉再松胯屈逆缠里转快速上提向身左侧横蹬,高与左肋同,脚尖高与向前上蹬完后放松,左膝上提,脚收回.

同时,两手由两膝前中线左上右下双腕交叉,腕放松先双逆双顺缠快速向由螺旋下沉,再快速变拳双里折腕螺旋上升,双臂里侧报纸半园,棚劲不丢.分向左右两侧逆缠击出,拳心向下,击出后沉肩墜肘胯放松收回形成上下相合,左拳高右拳低.左拳高与耳同,右拳在右肩略下,拳心向下,眼看身左侧,耳听身右后.

### 第三十六式: 前蹚拗步

1.身先略向右再向左转约近50°螺旋下沉,重心全部放在右脚吸气.同时沉肩开胸突腹胸腰折叠松胯,沉右翻左臀,再收腹吸气提肛,沉右翻左两膝屈合,同时右腿先顺缠外转膝里合变逆缠里转脚五指抓地湧泉穴要虚.

同时,左腿屈膝上提先逆缠里转变顺缠外转,以右腰控制中心,左小腿向前伸展脚尖上翘,脚跟向前迈步下沉着地,脚跟外侧着地,位左右脚里侧横向前方,脚尖上翘略向左外.

同时双拳变掌先双逆缠双里合大指领劲上提,变双顺缠小指领劲大指合掌心虚,经两眼两侧合于眼前中线.右手在上左手在下交叉沾连,指尖向前

In front of and on the left side of the left shoulder, the height is the same as the ear. Look at the left hand first and then the right hand, and listen behind you. When turning around, the up and down should match.

The second section of the second practice method: Wrap the left hand backwards around the big finger in front of the left hand, with the palm facing downwards, sink through the outside of the left knee, and then pull out the leading force to the left side, positioning it on the left side of the left shoulder at the level of the ear. The palm position is the same as before.

2. Turn your body about 45° to the right, sink in a spiral, put all your weight on your right foot, inhale. At the same time, relax your body, turn your left hip to the right, bend your knees together, wrap your right leg outwards, turn your knees inward, and grasp the ground with your five fingers. The Yongquan point should be empty. At the same time, the left leg is twisted backwards and inwards, bent knees and feet are suspended in the air, and the ankles are relaxed. At the same time, the hands are wrapped smoothly from the left and right sides and lowered to join in front of the knees. Fold the wrists outwards with the left hand and put the right hand at the bottom. With the hands crossed, the right palm is facing forward and the fingertips are facing forward and downward. The left palm is facing downward and to the right, and the fingertips are facing forward and downward. Look to the left of the left shoulder and listen to the back. The crossing point of the two hands is in front of the midline of the knees.

3. With the waist as the main body and the Dantian body, quickly sink downwards in the spiral, then continue to spiral to the right and rise, exhale first, then inhale and then exhale, with all the focus on the right foot. At the same time, first quickly sink the loosen in the mouth, sink right and turn to the left. Bend the hips and close the knees, then lower the chest, close the abdomen, inhale, lift the anus and loosen the hips, lower the left hip and bend it to the right, bend the knees until the center is open and close, twist the right leg forward and outward, turn the knees inward and close the feet, grasp the Yongquan point on the ground with five fingers to make it weak. Bend the left leg at the knee and lift the foot up, first twist it inward and sink it, then release the hip, bend it backward and turn it inward, quickly lift it up and push it to the left side of the body, the height is the same as the left rib, the toes are as high as forward and then relax, left Lift your knees and retract your feet.

At the same time, cross the wrists from the upper left to the right lower side of the midline in front of the knees. Relax the wrists, first twist them backwards and forwards, then quickly spiral down, then quickly change into fists and fold the wrists inward to spiral upwards. Press the inside of both arms into a half-circle, and press Don't lose your strength. Strike out backwards to the left and right sides, with the center of the fist facing downwards. After striking out, sink your shoulders, drop your elbows, and relax your hips to form an up-and-down combination. The left fist is high and the right fist is low. The left fist is as high as the ear, and the right fist is at the same level. The right shoulder is slightly lowered, the center of the fist is downward, look to the left side of the body, and listen to the right side of the body.

Posture 36: Walking forward with awkward steps

1. First turn your body slightly to the right and then to the left about 50°, and sink in a spiral, placing all your weight on your right foot and inhale. At the same time, lower your shoulders, open your chest, protrude your abdomen, chest and waist, fold and loosen your hips, lower your right hip,

turn your left hip, and then tighten your abdomen. Inhale and lift the anus, turn to the right and bend the left knee together. At the same time, the right leg is first wrapped outward and the knee is turned inward, and then turned inward and backward. The five fingers grasp the Yongquan point on the ground to make it weak.

At the same time, bend the left leg and lift it up, first turn it inwards and then outwards, control the center with your right waist, stretch your left calf forward, tip your toes upward, step forward with your heels and sink to the ground, with the outside of your heels touching the ground, horizontally to the insides of your left and right feet. From the front, the toes are turned up and slightly outward to the left.

At the same time, the fists change into palms. First, they are wrapped backwards and forward, and the big fingers are brought together with strength. Then they are turned into double folds, and the little fingers are led by strength. The big fingers are brought together at the center of the palms. The two sides of the eyes are connected to the center line in front of the eyes. The right hand is at the top and the left hand is crossed and connected at the bottom. fingertips forward

上，作到含胸肘开略下墜，双腕略外折指尖合，双掌心互相左右外侧，指尖向前上，眼左顾右盼再看前，耳听身后。

以下所有动作同前，此前进拗步等于以前的此式接第二斜行的前进拗步的动作相同。

### 第三十七式 击地捶

1. 身向左转约近 $45^\circ$ 螺旋下沉，重心由右后下沉移偏左前，呼气，同时沉含松，先沉右翻左臀再沉左翻右臀，两膝屈合，右腿逆缠里转脚五指抓地，湧泉穴要虚，左腿顺缠外转膝里合，以脚跟为轴脚尖向外旋转约 $45^\circ$ ，脚掌落地踏实，五指抓地湧泉穴要虚。

同时，左手由鼻尖前中线受拳逆缠里转下沉，经腹前左膝前略向外开，沉肩坠肘腕里下放松，拳虚握上提至左眼左侧前，拳心向里下虎口向右，同时，右手由右耳右侧后方顺缠外转，渐变拳虚握屈肘里合，变逆缠至右耳下经左胸前左小腹前，下沉至两膝前中线，腕略向里折，掌心向左后，臂放松伸展至七八分，突出腕臂里侧上，眼左顾右盼再看右拳前下，耳听身左后。

### 第三十八式 二起脚〈踢二起〉

1. 身向右转约 $180^\circ$ ，先螺旋下沉再螺旋上升，重心由左下沉移偏右再下沉移偏左，先呼后吸，同时沉含松，先沉右翻左臀屈膝合，再沉略开胸时收腹吸气提取松胯，沉左翻右臀屈膝开中窝合，右腿顺缠外转膝里合，脚五指抓地湧泉穴要虚，当左曲右移偏左时右脚跟提起脚尖擦地划外弧，虚步脚尖点地，位在左脚里侧前方，同时，左腿先以脚跟为轴脚掌擦地里勾约近 $90^\circ$ ，脚掌落地再以前脚掌为轴，脚跟随身身转复实，五指抓地湧泉穴要虚。

同时，右拳由两膝前中线逆缠里转略屈肘，里下折腕虚握拳上提经左胸前下颚前，肩有经右耳再向右前下方以采劲下沉里上折腕，臂保持半圆棚劲不丢，位在右膝略右外上拳心偏里上，同时，左拳由左眼左侧前逆缠里转屈肘里折腕，以采劲下沉至左膝外侧下近地面〈拳心偏左后〉再向左前以至左脚头外侧前，变顺缠外转经身左侧屈肘上翻里合至左耳左侧，变略逆缠里折腕，拳心向左耳略偏里下，高与耳同，臂里侧保持半圆棚劲不丢，眼左顾右

上,作到含胸肘开略下墜,双腕略外折指尖合,双掌心互相左右外侧,指尖向前上,眼左顾右盼再看前,耳听身后.

以下所有动作同前.此前蹚拗步等于以前的此式接第二斜行的前蹚拗步的动作相同.

### 地三十七式： 击地捶

1. 身向左转约45°螺旋下沉,重心由右后下沉移偏左前,呼气.同时沉含松,先沉右翻左臀再沉左翻右臀,两膝屈合,右腿逆缠里转脚五指抓地,湧泉穴要虚.左腿顺缠外转膝里合,以脚跟为轴脚尖向外旋转约45°,脚掌落地踏实,五指抓地湧泉穴要虚.

同时,左手由鼻尖前中线变拳逆缠里转下沉,经腹前左膝前略向外开,沉肩墜肘腕里下放松,拳虚握上提至左眼左侧前,拳心向里下虎口向右.同时,右手由右耳由侧后方顺缠外转,渐变拳虚握屈肘里合,变逆缠至右耳下经左胸前左小腹前,下沉至两膝前中线,腕略向里折,掌心向左后,臂放松伸展至七八分,-突出腕臂里侧上,眼左顾右盼再看右拳前下,耳听身左后.

### 第三十八式： 二起脚 《踢二起》

1. 身向右转约180°,先螺旋下沉再螺旋上升,重心由左下沉移偏右再下沉移偏左,先呼后吸.同时沉含松,先沉右翻左臀屈膝合,再沉略开胸略收腹吸气提肛松胯,沉左翻右臀屈膝开中寓合.右腿顺缠外转膝里合,脚五指抓地湧泉穴要虚,当重心由右移偏左时右脚跟提起脚尖擦地划外弧,虚步脚尖点地,位在左脚里侧前方.同时,左腿先以脚跟为轴脚掌擦地里勾约近90°,脚掌落地再以前脚掌为轴,脚跟随身里转变实,五指抓地湧泉穴要虚.

同时,右拳由两膝前中线逆缠里转略屈肘,里下折腕虚握拳上提经左胸前下颚前,向右经右耳再向右前下方以采劲下沉里上折腕,臂保持半园棚劲不丢,位在右膝略右外上拳心偏里上.同时,左拳由左眼左侧前逆缠转屈肘里折腕,以采劲下沉至左胯外侧下近地面《拳心偏左后》再向左前以至左脚尖外侧前,变顺缠外转经身左侧屈肘上翻里合至左耳左侧,变略逆长里折腕,拳心向左耳略偏里下,高与耳同,臂里侧保持半园棚劲不丢.眼左顾右

Up, hold your chest open and your elbows slightly lowered, fold your wrists slightly outward and bring your fingertips together, palms facing each other to the left and right, fingertips pointing forward and upward, eyes looking left and right before looking in front, and ears listening behind you.

All the following movements are the same as before. The previous step is the same as the previous step followed by the second diagonal step.

Type 37: Hit the ground and thump

1. Turn the body to the left about 45° and sink in a spiral. The center of gravity moves from the back of the right to the front of the left. Exhale. At the same time, sink to the right and turn the left hip, then sink to the left and turn the right hip. Bend the knees together, right Turn your legs backwards and turn your feet inward, and grasp the ground with five fingers. The Yongquan point should be empty. Turn your left leg forward and turn outwards, close your knees inward, and rotate your toes outward about 45° with the heel as the axis. The soles of your feet should be firmly on the ground, and your five fingers should grasp the ground and Yongquan point should be empty. .

At the same time, the left hand changes from the midline in front of the tip of the nose to a fist, turning inwards and downwards. In front of the abdomen, the left knee opens slightly outwards. The shoulders sink and the elbows relax inward and downwards. The fist is held in a virtual position and raised to the left side of the left eye, with the center of the fist facing At the same time, the right hand is wrapped around the right ear from the side and behind, gradually turning into a fist and flexing the elbow to close inward, then reversely wrapping under the right ear, passing in front of the left chest and in front of the left lower abdomen, and then sinking to the front of the knees. At the midline, the wrist is slightly folded inward, the palm is turned to the left and back, the arm is relaxed and extended to seven or eight points, protruding on the inside of the wrist and arm, the eyes are looking left and right, then the right fist is looking forward and down, and the ear is listening to the left and back of the body.

Posture 38: Two Kicks (Two Kicks)

1. Turn the body about 180° to the right, first spiral down and then spiral up. The center of gravity moves from the left to the right and then to the left. Exhale first and then inhale. At the same time, sink to the right, bend the left hip and close the knee. , then lower slightly, open the chest, slightly close the abdomen, inhale, lift the anus, and loosen the hips, lower the body, turn to the left, bend the right hip, bend the knee, open the center, and close the center. The right leg should be wrapped smoothly and outward, turn the knee inward, and grasp the Yongquan point on the ground with the five fingers of the foot to make it weak. When the center of gravity is moved from When moving to the right and to the left, raise your right heel and use your toes to rub the ground and draw an outer arc. Take an empty step and point your toes on the ground, located in front of the inside of your left foot. At the same time, use your heel as the axis to rub the ground with your sole, hooking it approximately 90°, and then touch the ground with your sole. Then use the sole of the forefoot as the axis, turn the inside of the heel of the heel to become strong, and grasp the Yongquan point on the ground with the five fingers to make it weak.

At the same time, the right fist is twisted backward from the midline in front of the knees and turned inward, slightly bending the elbow, folding the wrist inwards and downwards, making a virtual fist, lifting it up through the left

chest in front of the chin, to the right, passing through the right ear, and then forward and downward to the right, sinking with force and folding the wrist inwards and upwards. , keep a half-circle fist with your arms without losing strength, and position your right knee slightly outside and above the center of the fist. At the same time, the left fist wraps forward from the left side of the left eye, bends the elbow and folds the wrist inwards, and uses the strength to sink to the left Lower the outside of the hip closer to the ground (the center of the fist is to the left and behind), then move forward to the left and even to the outside of the left toe, then turn outward and bend forward through the left side of the body, bend the elbow, turn upward and inward, and close to the left side of the left ear, then turn slightly backward and fold the wrist inwards. The center of the fist is slightly inward and downward toward the left ear, and the height is the same as the ear. Keep a half-circle punch on the inside of the arm without losing strength. Look left and right.



盼瞻前顾后耳听身后。

2. 身向有转约近 $90^\circ$ 螺旋上升，重心由左后移偏右前吸气，同时沉含收腹吸气提肛松胯，沉左翻右臀，两膝屈合，左腿逆缠里转，脚五指抓地湧泉穴要虚。右腿顺缠外转膝里合，前脚掌点地脚跟上提，同时，左拳由左耳左侧顺缠向前里合至眼前中线，拳心向里下，里上折腕，臂保持半圆拗劲不去。同时，右拳由右膝略右外上里折腕逆缠向右后上方棚起，位在右肩右后略下方，拳心向前偏左，虎口向上，眼看前兼顾后，耳听身后。

3. 身向左转螺旋上升，重心由右前移前脚掌脚尖点地，左脚先顺缠向前上踢腾空，当左腿下沉未着地时，右脚前脚掌蹬地，身跃起腾空，右腿逆缠上前上提与右手相合。〈这时左脚落地右脚不落地，落地下沉都是前脚尖先落地〉同时，左拳由两眼前中线下沉经左肘外侧逆缠向左上提起变掌，指尖向左后上，高度头左侧后上。同时，右拳由右肩右后略下方，变掌顺缠外转屈肘里合大指领劲，身跃起腾空〈此时右脚向前上踢〉同时，大指领劲腾空跃起右肘上提，当右脚向前上踢时，右肩肘腕放松向前下沉拍击右脚面，眼看前方耳听身后。〈左踢右踢均在空中完成〉吸气。

### 第三十九式：护心拳〈兽头式〉

1. 身快速先向左转约 $25^\circ$ 螺旋略下沉，再向右转约 $20^\circ$ 螺旋上升，再向左转螺旋下沉，重心由左变偏右，同时，先沉含松，沉左翻右臀再沉略开胸收腹吸气提肛松胯，沉左翻右臀再变沉含松，略收腹吸气提肛松胯，沉右翻左臀，两膝屈开中寓合，同时右腿先屈膝上提逆缠里转略下沉〈当左腿略弯曲左脚蹬地，身腾空跃起，右腿屈膝上提，脚顺缠外转螺旋上升再螺旋下沉〉，右脚脚尖前脚掌先着地，脚跟后着地脚掌踏实，五指抓地湧泉穴要虚，落脚基本上在尻末位置〈不要向右移动〉，同时左腿先顺缠外转膝里合弯曲下沉，脚先五指抓地湧泉穴虚。〈当右腿屈膝顺缠向右上略旋上升下沉时〈右脚未落地时〉左腿屈膝上提，脚跟逆缠提起离地，脚掌蹬地身腾空逆缠屈膝上提脚，向左略偏后迈步下沉，脚跟里侧先落下着地，脚掌上翘里合同时，右手由前上顺缠下沉里合经腹前，变逆缠大指领劲经左胸上棚，经左胸两眼前中线向左前略上棚出，掌心向前，指尖向左中线上，臂伸展七八分，坐腕着肘放松，同时，左手由左侧后上先顺缠下沉至左肘外侧，再变逆缠大

盼瞻前顾后耳听身后。

2. 身向右转约近90°螺旋上升,重心由左后移偏右前吸气,同时沉含收腹吸气提肛松胯,沉左翻右臀,两膝屈合,左腿逆缠里转,脚五指抓地湧泉穴要虚.右腿顺缠外转膝里合,前脚掌点地脚跟上提,同时,左拳由左耳左侧顺缠向前里合至眼前中线,拳心向里下,里上折腕,臂保持半园棚劲不丢.同时,右拳由右膝略右外上里折腕逆缠向右后上方棚起,位在右肩右后略下方,拳心向前偏左,虎口向上,眼看前兼顾后,耳听身后。

3. 身向左转螺旋上升,重心由右前移前脚掌脚尖点地,左脚先顺缠向前上踢腾空,当左腿下沉未落地时,右脚前脚掌蹬地,身跃起腾空,右腿逆缠上前上提与右手相合.《这时左脚落地右脚不落地,落地下沉都是前脚尖先落地》同时,左拳由两眼前中线下沉经左胯外侧逆缠向左上提起变掌,指尖向左后上,高度头左侧后上.同时,右拳由右肩右后略下方,变掌顺缠外转屈肘里合大指领劲,身跃起腾空《此时右脚向前上踢》同时,大指领劲腾空跃起右肘上提,当右脚向前上踢时,右肩肘腕放松向前下沉拍击右脚面.眼看前方耳听身后.《左踢右踢均在空中完成》吸气。

### 第三十九式：护心拳 《兽头式》

1. 身快速先向左转约25°螺旋略下沉,再向右转约20°螺旋上升,再略向右转螺向下沉,重心由左变偏右.同时,先沉含松,沉左翻右臀再沉略开胸收腹吸气提肛松胯,沉左翻右臀再变沉含松,略收腹吸气提肛松胯,沉右翻左臀,两膝屈开中寓合,同时右腿先屈膝上提逆缠里转略下沉《当左腿略弯曲左腿跟蹬地,身腾空跃起,右腿屈膝上提,脚顺缠外传螺旋上升再螺旋下沉》.右脚脚尖前脚掌先着地,脚跟后着地脚掌踏实,五指抓地湧泉穴要虚.落脚基本上再原来位置《不要向右移动》.同时左腿先顺缠外转膝里合弯曲下沉,脚先五指抓地湧泉穴虚.《当右腿屈膝顺缠向右上略旋上升下沉时《右脚未落地时》左腿屈膝上提,脚跟逆缠提起离地,脚掌蹬地身腾空逆缠屈膝上提脚,向左略偏后迈步下沉,脚跟里侧先落下着地,脚尖上翘里合同时,右手由前上顺缠下沉里合经腹前,变逆缠大指领劲经左胸上棚,经左胸两眼前中线向左前略上棚出,掌心向前,指尖向左中线上.臂伸展七八分,坐腕肩肘放松,同时,左手由左侧后上先顺缠下沉至左胯外侧,再变逆缠大

Look forward and look behind, listen behind you.

2. Turn the body to the right about 90° and spiral up, shift the center of gravity from left to back to right and forward. Inhale, at the same time, sink your belly, tighten your abdomen, inhale, lift your anus and loosen your hips, sink to the left, turn your right hip, bend your knees together, and wrap your left leg backwards. Turn inward, grasp the Yongquan point on the ground with the five fingers of the foot to make it empty. Turn the right leg outward, turn the knee inward, and lift the heel up with the ball of the forefoot. At the same time, the left fist is wrapped forward and inward from the left side of the left ear to the midline in front of the eye. The center of the fist is facing inwards and downwards, and the wrists are folded inwards and upwards, and the arms should be kept in a half-circle grip without losing strength. At the same time, the right fist should be lifted from the right knee slightly to the outside and above the right side, folding the wrists inward and upwards, towards the right back and top, and positioning it slightly behind the right shoulder. Below, the center of the fist is forward and to the left, the tiger's mouth is upward, look forward and behind, and listen behind you.

3. Turn your body to the left and spiral up. Move your center of gravity forward from the right, with the toes of your front feet touching the ground. First, wrap your left foot forward and kick up into the air. When your left leg sinks but has not yet landed, push off the ground with the front of your right foot and jump up. In the air, the right leg is wrapped around the front and lifted up to meet the right hand. (At this time, the left foot lands on the ground and the right foot does not land on the ground. When landing and sinking, the front toes land first.) At the same time, the left fist sinks from the middle line of the front of both eyes through the outside of the left hip. Lift the palm up and to the left, fingertips to the left, back and up, and raise the head to the left and back. At the same time, the right fist is slightly lower than the back of the right shoulder, and the palm is turned outward, bending the elbow inward and closing the big finger, and the body jumps Take off into the air (kick your right foot forward and up at this time). At the same time, use your big finger to jump into the air and lift your right elbow up. When you kick your right foot forward and up, relax your right shoulder, elbow and wrist, sink forward and tap the top of your right foot. Look ahead. Listen behind you. (Kick left and right in the air.) Inhale.

#### Posture 39: Heart-protecting Fist (Beast Head Posture)

1. Quickly turn the body about 25° to the left and the spiral will sink slightly, then turn to the right about 20° to spiral upward, then turn slightly to the right and spiral downward, with the center of gravity changing from the left to the right. At the same time, first sink and loosen the body. Turn your right buttocks to the left, then lower your chest slightly, close your chest, close your abdomen, inhale and lift your anus to loosen your hips. Turn your hips to the left, inhale and lift your anus to loosen your hips. Turn your abdomen slightly, tighten your abdomen, inhale and lift your anus to loosen your hips. Turn your left hip to the right, bend your knees and open them. At the same time, bend the knee and lift it up, then twist the right leg backwards and then sink slightly (when the left leg is slightly bent and the heel of the left leg is pushed on the ground, the body jumps into the air, the right leg is bent at the knee and lifted up, the foot is wrapped around the outside, spiraling up and then spiraling down) (Shen). The toes of your right foot touch the ground first, the heel touches the ground behind the sole of the foot, and the five fingers grasp the Yongquan point on the ground. The foot should basically return to its original position (do not move to the right). At the same time, the left leg should be turned outwards and the knees should be closed inward. Bend and sink, and grasp the Yongquan point on the

ground with five fingers of the foot first. (When the right leg bends the knee and twists it upwards to the right and slightly rotates up and down (when the right foot has not landed on the ground)) Bend the left knee and lift the heel up, lift the heel off the ground, and lift the heel off the ground. Push your body up into the air, bend your knees and lift your feet up. Step forward slightly to the left and sink. The inside of your heel will fall to the ground first. When your toes are turned upward and inward, your right hand will wrap up and down from the front to the front of the abdomen. Turn backward. Wrap the big finger and pull it up the left chest, pass through the middle line of the eyes of the left chest and pull it out slightly upward to the left, with the palm facing forward and the fingertips pointing to the left middle line. Extend the arm seven to eight points, relax the wrist, shoulder and elbow while sitting, and at the same time, move the left hand from The left side is first wrapped up and down to the outer side of the left hip, and then wrapped inversely.

指领劲向膊左侧外上棚出。变顺缠小指领劲大指合，外折腕掌心虚，经左肩前上升至鼻尖前中线，掌心偏向右前上指尖偏左前上。眼左顾右盼，再看身左侧、耳听身后。

2. 身先侧右转约 $45^\circ$ ，螺旋下沉，再向左转约近 $90^\circ$ 螺旋渐上升，重心由下沉移至左先呼后吸，同时先沉含松屈，沉右翻左臂再变沉开胸收腹吸气提肛松胯，沉左翻右臂两膝屈，作到开中寓合，合中寓开。同时，左腿先逆缠里转以脚跟里侧为轴，脚尖先略侧里合，再变顺缠外转膝里合，以脚跟为轴脚尖侧外旋转约近 $90^\circ$ ，脚掌着地踏突，五指抓地湧泉穴要虚。同时，右腿先顺缠外转膝里合五指抓地湧泉穴要虚。变腿逆缠里转（当左脚变实后）右脚跟起脚尖里侧着地，脚腕放松，脚尖里侧划里后弧并与右脚里侧傍，脚尖向有前方，位在左脚里侧略后虚步脚尖点地。

同时，左手由鼻前中线先逆缠里转侧右经右胸前腹前渐向左侧上大指领劲生腕棚起，位在左耳左眼左侧前。掌心向左，指尖向右里中线上，臂伸展至七八分，肘有放松里臂保持半园棚劲不丢，同时右手由右眼右侧前方，先顺缠略外开下沉至右膝前，再里合划弧上升至鼻尖前中线，外折腕小指大合，掌心向上，指尖向有前上，眼由左看右再看身右前，耳听身左后。

3. 身快速向左旋转约近 $45^\circ$ ，螺旋下沉，腰部以上向左螺旋上升，再下沉松腰，腰部以下向右螺旋下沉，重心在左，吸气。同时沉开胸收腹吸气提肛松胯左旋，沉左翻右臂两膝屈开中寓合。同时左腿顺缠外转膝里合，脚掌踏突五指抓地湧泉穴要虚。同时，右腿随身快速逆缠里转，以脚尖为轴贴地旋转，侧右擦地斜出，脚跟里侧着地，脚尖向上里合向有前方。同时右拳由鼻尖前中线先逆缠里折腕，侧右前上快速上升，再快速变顺缠外折腕，右拳小指领劲，里合上升至头上前中线，掌心向上偏里，虎口偏右后。同时，左拳由左眼左侧前由掌变拳快速先逆缠，微下沉侧左上变顺缠略外折腕，侧左侧上领劲，位在头左侧前上，拳心偏右，上，两拳要作到开中寓合，眼看身右侧，耳听身左后。

4. 身侧右转约近 $90^\circ$ ，螺旋先下沉再上升，重心先左后下沉移略偏右先呼后吸，同时，先沉含松屈，沉左翻右臂两膝屈合，变沉开胸收腹吸气提肛松胯，沉左翻右臂，两腿左逆右顺缠有膝里合，两脚五指抓地，湧泉穴要虚。右拳由头前上中线路逆缠下沉至下颚前，经右侧前下沉至右膝外侧上，再向右侧外略上升，拳心向里虎口向上，左拳顺缠略里折腕，屈肘里合经左

指领劲向胯左侧外上棚出。变顺缠小指领劲大指合，外折腕掌心虚，经左肩前上升至鼻尖前中线，掌心偏向右前上指尖偏左前上。眼左顾右盼，再看身左侧，耳听身后。

2. 身先向右转约45°，螺旋下沉，再向左转约近90°螺旋渐上升，重心由右下沉移至左先呼后吸，同时先沉含松屈，沉右翻左臀再变沉开胸收腹吸气提肛松胯，沉左翻右臀两膝屈，作到开中寓合，合中寓开。同时，左腿先逆缠里转以脚跟里侧为轴，脚尖先略向里合，再变顺缠外转膝里合，以脚跟为轴脚尖向外旋转约近90°，脚掌落地踏实，五指抓地湧泉穴要虚。同时，右腿先顺缠外转膝里合五指抓地湧泉穴要虚。变腿逆缠里转《当左脚变实后》右脚跟起脚尖里侧着地，脚腕放松，脚尖里侧划里后弧并与右脚里侧傍，脚尖向右前方，位在左脚里侧略后虚步脚尖点地。

同时，左手由鼻前中线先逆缠里转向右经右胸前腹前渐向左侧上大指领劲坐腕棚起，位在左耳左眼左侧前。掌心向左，指尖向右里中线上，臂伸展至七八分，肘肩放松里臂保持半园棚劲不丢。同时右手由右眼右侧前方，先顺缠略外开下沉至右膝前，再里合划弧上升至鼻尖前中线，外折腕小领大合，掌心向上，指尖向右前上，眼由左看右再看身后前，耳听身左后。

3. 身快速向左旋转约近45°，螺旋下沉，腰部以上向左螺旋上升，再下沉松要，腰部一下向右螺旋下沉，重心在左，吸气。同时沉开胸收腹吸气提肛松胯左旋，沉左翻右臀两膝屈开中寓合。同时左腿顺缠外转膝里合，脚掌踏实五指抓地湧泉穴要虚。同时，右腿随身快速逆缠里转，以脚尖为轴贴地旋转，向右擦地铲出，脚跟里侧着地，脚尖向上里合向右前方。同时右掌由鼻尖前中线先逆缠里折腕，向右前上快速上升，再快速变顺缠外折腕，右拳小指领劲，里合上升至头上前中线，掌心向上偏里，虎口偏右后。同时，左掌由左眼左侧前由掌变拳快速先逆缠，微下沉向左上变顺缠略外折腕，向左侧上领劲，位在头左侧前上，拳心偏右上，两拳要作到开中寓合，眼看身右侧，耳听身左后。

4. 身向右转约近90°，螺旋先下沉在上升。重心先左后下沉移略偏右先呼后吸，同时，先沉含松屈，沉左翻右臀两膝屈合，变沉开胸收腹吸气提肛松胯，沉左翻右臀，两腿左逆右顺缠右膝里合，两脚五指抓地，湧泉穴要虚。右拳由头前上中线略逆缠下沉至下颚前，经右侧前下沉至右膝外侧上，再向右侧外略上升，拳心向里虎口向上，左拳顺缠略里折腕，屈肘里合经左

Punch out the leading finger outward and upward on the left side of the crotch. Then wrap the little finger and the big finger together, fold the wrist outward and the palm of the hand is empty. It passes in front of the left shoulder and rises to the midline in front of the tip of the nose. The palm of the hand is tilted to the right front and upper. The fingertips are tilted to the left front and upper. Eyes look left and right. Look to the left side of your body and listen behind you.

2. First turn the body about 45° to the right, spiral downward, then turn left about 90°, gradually rise in the spiral, move the center of gravity from the right downward to the left, exhale first and then inhale. The left hip then sinks, opens the chest, tightens the abdomen, inhales, lifts the anus and loosens the hips, sinks to the left, turns the right hip and bends the knees until the center is opened, the center is closed, and the center is opened. At the same time, the left leg is first turned inward and turned to the inside of the heel. As the axis, the toes first turn slightly inward, then turn outwards and turn the knees inward. Using the heel as the axis, the toes rotate outward by about 90°. The soles of the feet are firmly on the ground, and the five fingers grasp the Yongquan point on the ground. At the same time, the right leg First, turn your knees outwards and grasp the Yongquan point on the ground with your five fingers to make it weak. Change your legs and turn them inwards (when the left foot becomes firm), lift your right foot and put your toes on the ground inward, relax your ankles, and draw inward and backward arcs with your toes. And with the inner side of the right foot, the toes point to the right and forward, and the toes touch the ground slightly behind the inner side of the left foot.

At the same time, the left hand starts from the midline in front of the nose and turns to the right, passing through the front of the right chest and abdomen, and gradually to the left side with the big finger. Sit up with the wrist and place it in front of the left ear and left eye. The palm of the hand faces to the left and the fingertips face to the left. On the right center line, stretch your arm to seven or eight points, relax your elbows and shoulders, and keep your inner arm half-circled without losing strength. At the same time, your right hand comes from in front of the right side of the right eye, first wraps it slightly outward and sinks to the front of the right knee, and then closes it inward. Draw an arc and rise to the midline in front of the tip of the nose. Fold the wrists outwards, the small collars and the large collar, with the palms facing upward, and the fingertips pointing to the right and forward. Eyes look from left to right and then behind and in front of you, and your ears listen to the left and behind of the body.

3. Rotate your body quickly to the left by about 45°, spiral down, and spiral upward from the waist to the left. Then sink loosely, then spirally sink to the right at the waist, with the center of gravity on the left, inhale. At the same time, lower your chest, open your chest, and tighten your abdomen. Inhale, lift the anus, loosen the hips, and rotate to the left, turn to the left, bend the right hip, and bend the knees to open and close together. At the same time, the left leg is wrapped outward and the knees are closed inward. The soles of the feet are firm and the five fingers are grasping the ground. The Yongquan point should be weak. At the same time, the right leg is quickly reversed Turn around, use your toes as an axis to rotate on the ground, scrape the ground to the right and shovel out, touch the inside of your heels, and turn your toes upward and inward toward the right front. At the same time, wrap your right palm backwards from the midline in front of the nose tip and fold your wrist, and quickly move forward and to the right Ascending, then quickly become smooth and fold the wrist outwards. With the little finger of the right fist leading the force, the inward closing rises to the center line in front of the head. The palm is upward and inward, and the

tiger's mouth is to the right and behind. At the same time, the left palm changes from a palm in front of the left eye to a fist. Quickly reverse the twist first, sink slightly to the left and turn it into a straight twist, fold the wrist slightly outward, draw the strength to the left, position it on the left side of the head and forward, the center of the fist is to the upper right, the two punches should be opened and combined, and the body should be looked at. On the right side, the ear listens to the left side of the body.

4. Turn the body nearly 90° to the right, and the spiral first sinks and then rises. The center of gravity first moves to the left, then sinks slightly to the right, first exhales and then inhales. At the same time, first sink with the chest relaxed and flexed, sink to the left, turn the right hip and bend the knees together. , lower the chest, open the chest, tighten the abdomen, inhale, lift the anus and loosen the hips, sink to the left and turn the right hip, bend the legs left and right, wrap the right knee inwards, grasp the ground with both feet and five fingers, and make the Yongquan point empty. Right fist goes up from the front of the head to the midline. Wrap slightly backwards and sink to the front of the chin, sink forward through the right side to the outside of the right knee, then rise slightly to the outside of the right side, with the center of the fist pointing inward and the tiger's mouth upwards, wrap the left fist smoothly and fold the wrist slightly inward, bend the elbow to join the meridian Left



眼前下沉至腹前中线里上折腕，掌心偏里上虎口偏左上。眼先看右再看左前耳听身后。

5. 身先略向右转螺旋上升，再向左转约近 $50^{\circ}$ 螺旋下沉，重心由略偏右有移偏右，先吸后呼。同时，先沉开胸突腹松胯左旋，沉左翻右臂再变沉含松屈，沉右翻左臂两膝屈作到开中寓合合中寓开。左腿先逆缠里转再顺缠外转，膝里合脚掌落地踏实，五指抓地湧泉穴要虚。右腿先顺缠外转膝里合再变逆缠里转，五指抓地湧泉穴要虚。同时右拳由右胯右侧略上里折腕逆缠上升，变沉肩开胸突右腹，右膝向有前里合。里折腕拳外顺缠屈肘变逆缠里合，经右耳下沉至胸前，再变顺缠里折腕向前略上棚出，位在下顎前。仍里折腕虎口偏右有上，拳心向里，臂里侧保持半圆棚劲不丢，距离下顎约30公分左右。左拳由腹前略划外弧顺缠下沉仍里折腕，再上升至肚子前边，拳心向里略偏上，虎口略偏前上，距离肚子约10公分左右，眼先看右拳再看左拳再看双拳前方，耳听身后。

#### 第四十式：旋风脚

\*〈再逆缠里转，右脚五指抓地，湧泉穴要虚。〉

1. 身先向左转约 $20^{\circ}$ ，螺旋略下沉再向有转约 $25^{\circ}$ ，螺旋上升再下沉。重心有左有，吸气。同时沉含松，沉左略翻右臂，再沉含元胸收腹吸气提肛松胯，沉右翻左臂两膝屈合，两腿先左顺右逆缠变左逆右顺缠，右膝里合，右脚五指抓地湧泉穴要虚。同时两拳由身前先向左下略沉左逆右顺缠，再向有上经鼻前中线变掌棚出，左手外折腕小领大合掌心虚，位在鼻尖前中线，掌心向上，指尖偏左前，右手坐腕位在右眼右侧前方掌心向前，指尖向左里中线上，眼先看双拳再看左侧，耳听身后。

2. 身向左转约近 $90^{\circ}$ 先螺旋下沉再上升，重心由右下沉移至左脚，同时先沉含松，沉右翻左臂屈膝合，再变沉含收腹吸气提肛松胯，沉左翻右臂左腿先逆缠里转下沉，变顺缠外转略屈膝螺旋上升，脚五指抓地湧泉穴要虚。同时右腿先顺缠外转膝里合，五指抓地湧泉穴要虚。\*当左脚踏实后右腿屈膝上提脚，右脚位在左膝前方，脚腕放松脚尖向左前下，同时双手以左逆右顺缠向有划弧下沉，经腹前中线向上提棚出，右手小指领劲大指合掌心虚，位在鼻尖前中线，掌心向上指尖向前，沉肩坠肘与右膝相合。同时，左手上提至左耳左侧，大指领劲掌心向左，指尖向前上。眼先看右再看左再看前，耳

眼前下沉至腹前中线里上折腕,掌心偏里上虎口偏左上.眼先看右再看左前耳听身左后.

5.身先略向右转螺旋上升,再向左转约近 $50^{\circ}$ 螺旋下沉,重心由略偏右移偏右,先吸后呼.同时,先沉开胸突腹松胯左旋,沉左翻右臀再变沉含松屈,沉右翻左臀两膝屈作到开中寓合中寓开.左腿先逆缠里转再顺缠外转,膝里合脚掌落地踏实,五指抓地湧泉穴要虚.右腿先顺缠外转膝里合再变逆缠里转,五指抓地湧泉穴要虚.同时右拳由右胯右侧略上里折腕逆缠上升.变沉肩开胸突右腹,右膝向右前里合.里折腕拳外翻顺缠屈肘变逆缠里合.经右耳下沉至胸前,再变顺缠里折腕向前略上棚出,位在下颚前.仍里折腕虎口偏右上,拳心向里,臂里侧保持半园棚劲不丢,距离下颚约30公分左右.左拳由腹前略划外弧顺缠下沉仍里折腕,再上升至肚子前边,掌心向里略偏上,虎口略偏前上,距离肚子约10公分左右,眼先看右拳再看左拳再看双拳前方,耳听身后.

#### 第四十式： 旋风脚

\*《再逆缠里转,右脚五指抓地,湧泉穴要虚.》

1.身先向左转约 $20^{\circ}$ ,螺旋略下沉再向右转约 $25^{\circ}$ ,螺旋上升再下沉.重心右左右,吸气.同时沉含松,沉左略翻右臀,再沉含开胸收腹吸气提肛松胯,沉右翻左臀两膝屈合,两腿先左顺右逆缠变左逆右顺缠,右膝里合,两脚五指抓地湧泉穴要虚.同时两拳由身前先向左下略沉左逆右顺缠,再向右上经鼻前中线变掌棚出,左手外折腕小领大合掌心虚,位在鼻尖前中线,掌心向上,指尖偏左前,右手坐腕位在右眼右侧前方掌心向前,指尖向左里中线上,眼先看双拳再看左侧,耳听身右后.

2.身向左转约近 $90^{\circ}$ 先螺旋下沉再上升,重心由右下沉移至左脚,同时先沉含松,沉右翻左臀屈膝合,再变沉含收腹吸气提肛松胯,沉左翻右臀左腿先逆缠里转下沉,变顺缠外转略屈膝螺旋上升,脚五指抓地湧泉穴要虚.同时右腿先顺缠外转膝里合,五指抓地湧泉穴要虚.\*当左脚变实后右腿屈膝上提脚,右脚位在左膝前方,脚腕放松脚尖向左前下,同时双手以左逆右顺缠向右划弧下沉,经腹前中线向上提棚出,右手小指领劲大指合掌心虚,位在鼻尖前中线,掌心向上指尖向前,沉肩坠肘与右膝相合.同时,左手上提至左耳左侧,大指领劲掌心向左,指尖向前上.眼先看右再看左再看前,耳

The front of the eyes sinks to the midline in front of the abdomen, and the wrists are folded inward and upward, with the palms facing inwards and upwards, the tiger's mouth facing upwards and to the left. Look to the right first, then to the left front, to the left ear, and to the left back of the body.

5. First turn your body slightly to the right and spiral up, then turn left about 50° to spiral down, shift your center of gravity from slightly to the right, first inhale and then exhale. At the same time, first sink, open your chest, protrude your abdomen, loosen your hips, and then turn left to sink. Turn your right hip to the left and then bend it to the right hip, bend your left hip to the right and bend your knees until you open the center, close the center, and open. The left leg first turns backwards and then outwards, and the knees are closed and the soles of the feet are firmly planted on the ground. The Yongquan point on the ground should be grasped with five fingers to be weak. The right leg should first be twisted outwards and the knees should be turned inwards and then reversely twisted inwards. The Yongquan point on the ground should be grasped with five fingers to be weak. At the same time, the right fist should be slightly upward from the right side of the right hip, fold the wrist inward and be twisted backwards. Ascend. It becomes lower, the shoulder opens, the chest protrudes, and the right abdomen opens, and the right knee turns forward and inward to the right. Turn the wrist fist inwards and outwards, bend the elbows smoothly, and turn inwardly. Punch forward and slightly upward, in front of the chin. Still folding the wrist inward, the tiger's mouth is tilted to the upper right, the center of the fist is facing in, and the inner arm is kept half-circle without losing force, about 30 cm away from the chin. The left fist is drawn slightly outward from the front of the abdomen. Bend it downwards and still fold your wrists inward, then rise to the front of your belly, with your palms facing inward and slightly upwards, and the tiger's mouth slightly forward and upwards, about 10 centimeters away from your belly. Look first at your right fist, then at your left fist, and then at the front of both fists. Listen behind you.

Form 40: Tornado Kick

\*(Turn backwards and forwards again, grab the ground with the five fingers of your right foot, and make the Yongquan point weak.)

1. Turn the body first about 20° to the left, then the spiral sinks slightly, then turn to the right about 25°, the spiral rises and then sinks. Center the center of gravity to the right and left, inhale. At the same time, sink in the chest, sink to the left, slightly turn the right hip, and sink again. Hold the chest, tighten the abdomen, inhale, lift the anus and loosen the crotch, turn to the right, bend the left hip, bend the knees together, wrap the legs first left and right, then twist left and right, fold the right knee inward, and grasp the Yongquan point on the ground with both feet and five fingers. Make it empty. At the same time, make two fists from the front of the body, sink slightly to the left, twist left and right, then move upward to the right, through the midline in front of the nose, and punch out with the palm of your hand. Fold the wrist of the left hand outwards, bring the small collar of the small collar together, and close the palm of your hand to make the empty space. Position it at the midline in front of the tip of the nose, with the palm facing upward. , the fingertips are tilted forward to the left, the wrist position of the right hand is in front of the right side of the right eye, the palm is forward, the fingertips are toward the left midline, the eyes look at the fists first and then the left side, and the ears listen behind the right side of the body.

2. Turn the body nearly 90° to the left, first sink in a spiral and then

rise. The center of gravity moves from sinking from the right to the left foot. At the same time, the chest is relaxed first, then the sink is turned to the right, the left hip is bent and the knees are closed, and then the weight is lowered and the abdomen is tightened, inhaling and lifting. Loosen the anus and hips, sink to the left, turn the right hip to the left, turn the left leg backward and inwards, then turn outwards and slightly bend the knees to spiral upward. The five fingers of the feet grasp the Yongquan point on the ground to make it weak. At the same time, the right leg first turns outwards and closes the knees inward. , grasp the Yongquan point on the ground with five fingers to make it weak. \* When the left foot becomes firm, bend the right leg and lift the foot up. The right foot is in front of the left knee. Relax the ankle and point the toes forward and down to the left. At the same time, the hands are wrapped to the left and right. Draw an arc and sink, lift up the front midline of the abdomen and pull it out. The little finger of your right hand is holding the big finger and the palm is empty. It is located on the midline in front of the tip of the nose. The palm is upward and the fingertips are forward. The shoulder is lowered and the elbow is in line with the right knee. At the same time, the left hand is lifted up. To the left side of the left ear, the big finger leads the palm to the left, with the fingertips pointing forward and upward. Eyes first look to the right, then to the left, then to the front, ear

听身后。

3. 身向右转螺旋下沉约近 $90^{\circ}$ ，重心在左后，吸气，同时，沉含收腹，吸气提肛松胯，沉左翻右臂两膝屈合，左腿逆缠里转脚五指抓地，湧泉穴要虚，右腿顺缠外转向前迈步，脚跟外侧着地，位在左脚尖偏里正前方，同时右手小指略顺缠继续领劲，同时，左手由左耳左侧先顺缠外转交逆缠屈肘下坠合于右肘背上，腕向外下折，指尖偏右前下，掌心偏右前下，要求：两腿之间留有空间，胯要虚要圆，手合脚踏地同时完成，眼看前方，耳听身后。

4. 身向右转螺旋下沉约近 $90^{\circ}$ ，重心由左后下沉移偏右前，同时沉含松，先沉左翻右再沉右翻左臂两膝屈合，右腿以脚跟为轴屈膝顺缠外转约近 $90^{\circ}$ ，脚掌落地踏实，五指抓地湧泉穴要虚，同时左腿逆缠里转，当右脚外转落地时，左脚跟抬起，右脚尖随身里转，胯要虚要圆。

同时，双手以双逆缠先坐腕下沉〈上下相合〉当棚劲领至大指时，身随右转，两手位在右眼右侧外双掌心互相左右前方，指尖互相左右后方，臂里侧保持半圆棚劲不丢，眼看左肘外侧，耳听身右后。

5. 身向右转约近 $90^{\circ}$ ，螺旋上升，重心全部放在右脚，吸气，左手拍左脚里侧时鼻略呼气，同时，沉肩开胸收腹吸气提肛松胯，沉右翻左臂，右腿顺缠外转膝略屈，脚掌踏实五指抓地湧泉穴要虚，同时左腿逆缠里合上提，膝略屈与左手合击，同时双手以双逆缠分向左右两侧开，掌心向外右手低左手略高，左手掌心横指左胸里侧，眼先左顾右盼，再看左脚，耳听身后。

6. 身先略向左转略下沉，再向右转约近 $180^{\circ}$ ，先螺旋上升再下沉，重心先全部放在右脚，当左脚落地时渐先左移，先吸后呼，同时，先沉含收腹吸气提肛松胯，沉右翻左臂，再沉含松，沉左略翻右臂两膝屈合，右腿顺缠外转脚尖上翘以脚跟为轴随身外转约近 $180^{\circ}$ ，脚掌落地踏实，脚五指抓地湧泉穴要虚，左腿屈膝略下沉略外开顺缠，再屈膝上提，脚上摆里合随身旋转 $180^{\circ}$ ，向左侧迈步脚跟先落地，脚掌后落地，五指抓地湧泉穴要虚，重心微偏左。

同时，双手由两侧先里合以双逆缠大指上棚，再外开交顺缠小领大合，经眼前旋转后双腕交叉合于胸前略上，双手劲松到中指肚，双掌心互相左有下方，眼先看左再向左看，再看前方，耳听身后。

听身后。

3. 身向右转螺旋下沉约近 $90^{\circ}$ , 重心在左后, 吸气, 同时, 沉含收腹, 吸气提肛松胯, 沉左翻右臀两膝屈合, 左腿逆缠里转脚五指抓地, 湧泉穴要虚。右腿顺缠外转向前迈步, 脚跟外侧着地, 位在左脚尖偏里正前方。同时右手小指略顺缠继续领劲, 同时, 左手由左耳左侧先顺缠外转变逆缠屈肘下坠合于右肘弯上。腕向外下折, 指尖偏右前下, 掌心偏右前下, 要求: 两腿之间留有空间, 裆要虚要圆, 手合脚落地同时完成, 眼看前方, 耳听身后。

4. 身向右转螺旋下沉约近 $90^{\circ}$ , 重心由左后下沉移偏右前, 同时沉含松, 先沉左翻右再沉右翻左臀两膝屈合, 右腿以脚跟为轴屈膝顺缠外转约近 $90^{\circ}$ , 脚掌踏实落地, 五指抓地湧泉穴要虚。同时左腿逆缠里转, 当右脚外转落地时, 左脚跟提起, 右脚尖随身里转, 裆要虚要圆。

同时, 双手以双逆缠先坐腕下沉《上下相合》当棚劲领至大指时, 身随右转, 两手位在右眼右侧外双掌心互相左右前方, 指尖互相左右后方, 臂里侧保持半圆棚劲不丢, 眼看左肘外侧, 耳听身右后。

5. 身向右转约近 $90^{\circ}$ , 螺旋上升, 重心全部放在右脚, 吸气, 左手拍左脚里侧时鼻略吸气, 同时, 沉肩开胸收腹吸气提肛松胯, 沉右翻左臀, 右腿顺缠外转膝略屈, 脚掌踏实五指抓地湧泉穴要虚。同时左腿逆缠里合上提, 膝略屈与左手合击, 同时双手以双逆缠分向左右两侧开, 掌心向外右手低左手略高, 左手掌心横左胸里侧, 眼先左顾右盼, 再看左脚, 耳听身后。

6. 身先略向左转略下沉, 再向右转约近 $180^{\circ}$ , 先螺旋上升再下沉, 重心先全部放在右脚, 当左脚落地时渐先左移。先吸后呼。同时, 先沉含收腹吸气提肛松胯, 沉右翻左臀, 再沉含松, 沉左略翻右臀两膝屈合, 右腿顺缠外转脚尖上翘以脚跟为轴随身外转约近 $180^{\circ}$ , 脚掌落地踏实, 脚五指抓地湧泉穴要虚。左腿屈膝略下沉略外开顺缠, 再屈膝上提, 脚上摆里合随身旋转 $180^{\circ}$ , 向左侧迈步脚跟先落地, 脚掌后落地, 五指抓地湧泉穴要虚。重心微偏左。

同时, 双手由两侧先里合以双逆缠大指上棚, 再外开变顺缠小领大合, 经眼前旋转后双腕交叉合于胸前略上, 双手劲松到中指肚, 双掌心互相左右下方, 眼先看左再向左看, 再看前方, 耳听身后。

Listen behind you.

3. Turn the body to the right and spiral down about 90°, with the center of gravity on the left back, inhale. At the same time, lower the abdomen, inhale, lift the anus and loosen the hips. Turn to the left, bend the right buttocks, bend the knees, and wrap the left leg backwards. Turn your feet and grasp the ground with five fingers. The Yongquan point should be empty. Turn your right leg outward and step forward, with the outside of your heel on the ground, just in front of your left toe. At the same time, the little finger of your right hand should be slightly bent to continue to lead the energy. At the same time, your left hand will move forward from your left ear. The left side is first bent forward and outward, then reversely bent and the elbow is lowered to meet the bend of the right elbow. The wrist is folded outward and downward, the fingertips are angled forward and downward to the right, and the palm of the hand is angled forward and downward to the right. Requirements: Leave space between the legs, and the crotch should be tight Garden, complete with hands and feet on the ground at the same time, looking ahead and listening behind you.

4. Turn the body to the right and sink in a spiral of about 90°. The center of gravity moves from the left back to the right front. At the same time, the body sinks loosely. First sink to the left, turn to the right, and then to the right. Bend the left hip and knees together, and use the heel of the right leg as the base. Bend your knees and turn outwards about nearly 90 degrees. Land your feet firmly on the ground and grasp the Yongquan point on the ground with your five fingers. At the same time, turn your left leg inward and outward. When your right foot turns outwards and lands on the ground, lift your left heel and turn your right toes inward. The crotch should be empty and the garden should be opened.

At the same time, sit with your hands wrapped backwards and lower your wrists (up and down together). When you reach the big fingers, turn your body to the right. The hands are located on the right side of the right eye, with the palms in front of each other and the fingertips in front of each other. Keep a half-circle squeeze on the inner side of the arm without losing strength, look at the outside of the left elbow, and listen to the right back of the body.

5. Turn the body nearly 90° to the right, spiral upward, put all the weight on the right foot, inhale, inhale slightly through the nose while patting the inside of the left foot with the left hand, at the same time, lower the shoulders, open the chest, tighten the abdomen, inhale, lift the anus and loosen the hips. , turn your left hip to the right, turn your right leg forward and outward, bend your knees slightly, put your feet firmly and use your five fingers to grasp the Yongquan point on the ground. At the same time, your left leg is wrapped backwards and lifted up, your knees are slightly bent and you strike together with your left hand. At the same time, your hands are reversed with both hands. The winding points are open to the left and right sides, with the palms facing outward, the right hand is lower and the left hand is slightly higher. The palm of the left hand is across the inside of the left chest. The eyes first look left and right, then look at the left foot, and the ears listen behind you.

6. First turn slightly to the left and sink slightly, then turn to the right about 180°, first spiral up and then sink, with all the weight on the right foot. When the left foot lands, gradually move to the left. First inhale and then exhale. . At the same time, first lower the abdomen, inhale, lift the anus and loosen the hips, lower the abdomen to the right and turn the left hip, then lower the abdomen and loosen it, lower the abdomen slightly and turn the right hip, bend the knees together, wrap the right leg outward and turn

the toes upward with the heel as the axis. Turn the body outward nearly 180°, place the soles of the feet firmly on the ground, and grasp the Yongquan point on the ground with the five fingers of the foot. Bend the knee of the left leg and lower it slightly, open it slightly outward, then bend the knee and lift it up. When you step on the left side, the heel lands first, then the ball of the foot, and the five fingers grasp the Yongquan point on the ground to make it weak. The center of gravity is slightly to the left.

At the same time, first bring your hands together from both sides, wrap them around the big fingers, then open them outwards and wrap them smoothly around the small collar. The palms of the hands are placed left and right below each other, the eyes look to the left first, then to the right, then to the front, and the ears listen behind you.



## 第四十一式： 右蹬脚

1. 身微向右转螺旋下沉，重心微向左移、呼气。同时沉舍松，沉左暗翻右臂两膝屈合，两腿以左微逆右微顺缠旋转两脚，五指抓地湧泉穴要虚，两膝里合，同时两腕在胸前交叉，双手先以双逆缠下沉至胸前向两膝左下方变顺缠下沉，掌心分向左右前下，指尖分向左右前方，位在两膝外下。

2. 身先略向右转再向左转螺旋下沉再螺旋上升约近 $55^\circ$ ，重心由微左移偏右再下沉移至左脚，先吸后呼再吸，先沉开胸松收吸提，沉右翻左臂，再沉左翻右臂两膝屈合，左腿先逆缠略向右转再顺缠外转，脚五指抓地湧泉穴要虚，右腿先顺缠外转，再逆缠里转，脚五指抓地湧泉穴要虚。当重心移至右脚时右脚跟提起膝盖脚腕放松，划里弧擦地并于左脚里侧旁，虚步脚尖点地，左脚尖不要超过右脚尖。

同时，双手由两膝外侧下方先双逆缠里合坐腕上升左右外开，顺缠下沉再上升合于两膝前，双腕外折左手在上右手在下，右掌心向左指尖向下，左掌心向右前方，指尖向左前下，眼看右耳听身左后。

3. 这个动作与左蹬脚第三动作相反相同。

## 第四十二式： 海底翻花

1. 身向右转约近 $90^\circ$ ，先螺旋略下沉再上升，重心全部放在左脚，吸气。当发劲时鼻子暗呼气，同时先沉舍收腹吸气提肛松胯沉左翻右臂屈左膝，右膝屈膝上提，右肘与右膝上下相合，左腿先顺缠外转脚五指抓地湧泉穴要虚，再逆缠里转以脚跟为轴随身旋转，脚掌踏实后五指抓地湧泉穴要虚，右腿屈膝上提，脚先逆缠里转再顺缠外转再屈膝上提，右脚提起护膝，右拳由右肩右侧下方顺缠略外折腕，屈肘里合下沉至腹前中线变逆缠里下折腕，屈肘折腕上升至下颌前，再经身前向右膝外侧下击出，掌心向里上略里上折腕位在右膝外侧，同时，左拳由右肩左侧下方顺缠下沉至左膝左侧前，变逆缠外开，再变顺缠外转，屈肘上翻里合，略垫肘里上折腕，左拳位在左耳左侧臂里侧保持半圆掬劲不丢，眼先看身右侧再看前方，耳听身左。

#### 第四十一式： 右蹬脚

1. 身微向右转螺旋下沉,重心微向左移,呼气,同时沉含松,沉左略翻右臀两膝屈合,两腿以左微逆右微顺缠旋转两脚,五指抓地湧泉穴要虚.两膝里合,同时两腕再胸前交叉,双手先以双逆缠下沉至胸前向两膝左右下变顺缠下沉,掌心分向左右前下,指尖分向左右前方,位在两膝外下.

2. 身先略向右转再向左转螺旋下沉再螺旋上升约近 $55^{\circ}$ ,重心由微左移偏右再下沉移至左脚,先吸后呼再吸.先沉开胸松收吸提,沉右翻左臀,再沉左翻右臀两膝屈合.左腿先逆缠略向里转再顺缠外转,脚五指抓地湧泉穴要虚.右腿先顺缠外转,再逆缠里转,脚五指抓地湧泉穴要虚.当重心移至左脚时右脚跟提起膝盖脚腕放松,划里弧擦地开于左脚里侧旁,虚步脚尖点地,左脚尖不要超过右脚尖.

同时,双手由两膝外侧下方先双逆缠里合坐腕上升左右外开,顺缠下沉再上升合于两膝前,双腕外折左手在上右手在下,右掌心向左指尖向下,左掌心向右前方,指尖向左前下,眼看右耳听身左后.

3. 这个动作与左蹬脚第三动作相反相同.

#### 地四十二式： 海底翻花

1. 身向右转约近 $90^{\circ}$ ,先螺旋略下沉再上升,重心全部放在左脚,吸气.当发劲时鼻子略呼气.同时先沉含收腹吸气提肛松胯左翻右臀屈左膝,右膝屈膝上提,右肘与右膝上下相合,左腿先顺缠外转脚五指抓地湧泉穴要虚,再逆缠里转以脚跟为轴随身旋转,脚掌踏实后五指抓地湧泉穴要虚.右腿屈膝上提,脚先逆缠里转再顺缠外转再屈膝上提,右脚提起护裆,右拳由右肩右侧下方顺缠略外折腕,屈肘里合下沉至腹前中线变逆缠下折腕,屈肘折腕上升至下颚前,再经身前向右膝外侧下击出,掌心向里上略里上折腕位在右膝外侧,同时,左拳由右肩左侧下方顺缠下沉至左胯左侧前,变逆缠外开,再变顺缠外转,屈肘上翻里合,略墜肘里上折腕,左拳位在左耳左侧臂里侧保持半园棚劲不丢.眼先看身右侧再看前方,耳听身后.

#### Form 41: Kick the right foot

1. Turn your body slightly to the right and sink in a spiral, move your center of gravity slightly to the left, exhale, and at the same time relax your hands, slightly turn your right hip to the left and bend your knees together, twist your legs slightly against the left and twist your feet slightly along the right, Grasp the Yongquan point on the ground with five fingers to make it weak. Bring the knees together, and at the same time cross the wrists in front of the chest. The hands first wrap backwards with both hands and sink to the chest, then go down to the left and right of the knees. Then wrap the palms forward and downward. , the fingertips are divided to the left and right fronts, located outside and below the knees.

2. Turn your body slightly to the right first, then to the left, then spiral down and then spiral up by about 55°. Move your center of gravity from slightly left to right, then sink to your left foot. Inhale first, then exhale, then inhale. First, sink and relax your chest. Absorb and lift, lower to the right and turn the left hip, then lower to the left and bend the right hip with the knees together. The left leg is first turned slightly inward and then outward, and the five fingers of the foot grasp the Yongquan point on the ground to make it weak. The right leg is first forward Turn outwards, then reversely turn inward, and grasp the Yongquan point on the ground with the five fingers of your feet to make a weak point. When the center of gravity shifts to the left foot, lift the right heel up to the knee and relax the ankle, make an inward arc and rub the ground open on the inside side of the left foot, and step empty Point your toes to the ground, and your left toe should not be higher than your right toe.

At the same time, the hands are folded inwards and downwards from the outside of the knees, and the wrists are raised to the left and right, and then raised to the front of the knees. The left hands are on top, and the right hands are on the bottom. Down, the palm of the left hand is facing forward to the right, the fingertips are facing forward and downward to the left, looking at the right ear and listening to the left side of the body.

3. This action is the opposite of the third action of left kicking.

#### Forty-two types on the ground: seabed tumbling

1. Turn the body nearly 90° to the right, first sink slightly in the spiral and then rise, put all the weight on the left foot, inhale. When the strength is strong, exhale slightly through the nose. At the same time, first lower the chest, tighten the abdomen, inhale, lift the anus and loosen the hips. Turn to the left and bend the left knee at the right hip. Bend the right knee and lift it up. The right elbow and the right knee meet up and down. First, turn the left leg outward and turn the foot outward to grasp the Yongquan point on the ground with five fingers. Then turn inward and backward and rotate with the heel as the axis. , after the soles of the feet are firmly planted, the five fingers grasp the Yongquan point on the ground to make it weak. Bend the right knee and lift it up, first turn the foot inward and then outward, then bend the knee and lift it up. Lift the crotch protector with the right foot, and move the right fist from the lower right side of the right shoulder. Wrap the wrist slightly outwards, bend the elbows inward and sink to the midline of the front of the abdomen, reversely wrap the wrists downwards, bend the elbows and bend the wrists up to in front of the chin, then strike out in front of the body toward the outside of the right knee, with the palms facing inwards and slightly upwards. Fold the wrist upwards to the outside of the right knee. At the same time, the left fist moves from the lower left side of the right shoulder down to the left side of the left hip. It changes to a reverse twist

and outwards, and then changes to a smooth twist and outwards. Bend the elbow and turn it up and close it. Slightly lower the elbow and fold the wrist upward, and place the left fist on the inside of the left arm of the left ear, maintaining a half-circle fist without losing strength. Look first to the right side of the body and then to the front, and listen to the back.

#### 第四十三式、掩手肱拳

1. 身先微向左转再向右转约 $50^\circ$ 、快速螺旋下沉、重心先全部在左脚当身下沉时重心移偏右后、先快短吸再呼气。同时沉肩开胸收腹吸气提肛松胯、沉左翻右臀、再沉含松沉右翻左臂屈合。左腿先微顺缠外转膝里合、左脚踏实五指抓地湧泉穴要虚。再逆缠呈转当身下沉时、左脚向左前方迈步脚跟里侧着地、脚尖上翘里合。同时右腿先微逆缠屈肘里合略上升、再变顺缠外转下沉震脚发劲、位在左脚右后方。同时、双拳左拳在左耳左侧、右拳在右膝外侧先微开微双顺缠、再以双逆缠里合下叉、左腕交叉于右腕背上、左手叉掌外下折腕、掌心向右前下、指尖向右前、双腕交叉点在胸下前、双臂保持半圆棚劲不去、右拳心向右后方、眼先看前方再看左前方、耳听身后。

要求：双手交叉合下沉双震脚、呼气同时完成。身下沉震脚时、不要前俯后仰左歪右斜、其余动作同前。

#### 第四十四式、小擒打

1. 身先向右转约近 $45^\circ$ 螺旋略下沉再向左转约近 $45^\circ$ 、再螺旋下沉再螺旋上升、重心由左移至右再下沉移至左脚、吸呼吸。同时沉含收腹吸气提肛松胯、沉右翻左臀再变沉含松屈、沉左翻右臀再变沉含收腹吸气提肛、沉右翻左臀屈膝合。左腿先逆缠呈转五指抓地湧泉穴要虚。再变顺缠外转膝里合以脚跟为轴、脚尖外转约 $50^\circ$ 脚掌落地踏实、五指抓地湧泉穴要虚。同时、右腿先顺缠外转膝里合、五指指地湧泉穴要虚。当左脚踏实后右腿提起向左脚侧侧正前方迈步、以右脚跟外侧着地、脚尖上翘略外转里合虚步、两腿略弯曲、胯要虚要圆。

同时、右拳由右有前方略偏右变掌逆缠向后略上提、位在右眼右前方、掌心指尖向前下放松、劲至中指肚。望肘里下略折腕、同时左拳由左肋部变掌顺缠里折腕下沉向前棚出、位在左膝上、掌心指尖向里。左手再向左前上方逆缠里折腕逆缠上提、再向前变外下折腕合于右肘腕上、指尖掌心向前下左胸左肩放松、同时右手由眼右前方变顺缠小领下沉、经腹前中线向前上棚出、位在两眼前中线、掌心向上指尖向前、臂屈肘外折腕、眼看前方耳听身后。

2. 身向右转约近 $90^\circ$ 螺旋下沉、重心由左下沉移偏右、呼气。同时、

#### 第四十三式：掩手肱拳

1.身先微向左转再右转约50°，快速螺旋下沉，重心先全部在左脚当身下沉时重心移偏右后，先快短吸再呼气。同时沉肩开胸收腹吸气提肛松胯，沉左翻右臀，再沉含松沉右翻左臀屈合。左腿先微顺缠外转膝里合，左脚踏实五指抓地湧泉穴要虚，再逆缠里转当身下沉时，左脚向左前方迈步脚跟里侧着地，脚尖上翘里合，同时右腿先微逆缠屈肘里合略上升，再变顺缠外转下沉震脚发劲，位在左脚右后方，同时，双拳左拳在左耳侧，右拳在右膝外侧先微开微双顺缠，再以双逆缠里合下叉，左腕交叉于右腕背上，左手变掌外下折腕，掌心向右前下，指尖向右前，双腕交叉点在胸下前，双臂保持半圆棚劲不丢，右拳心向右后方，眼先看前方再看左前方，耳听身后。

要求：双手交叉合下沉双震脚，呼气同时完成。身下沉震脚时，不要前俯后仰左歪右斜，其余动作同前。

#### 第四十四式：小擒打

1.身先向右转约近45°螺旋略下沉再向左转约近45°，再螺旋下沉再螺旋上升，重心由左移至右再下沉移至左脚，吸呼吸。同时沉含收腹吸气提肛松胯，沉右翻左臀再变沉含松屈，沉左翻右臀再变沉含收腹吸气提肛，沉左翻右臀屈膝合。左腿先逆缠里转五指抓地湧泉要虚。再变顺缠外转膝里合以脚跟为轴，脚尖外转约50°脚掌落地踏实，五指抓地湧泉穴要虚。同时，右腿先顺缠外转膝里合，五指指地湧泉穴要虚。当左脚踏实后右脚提起向左脚尖里侧正前方迈步，以右脚跟外侧着地，脚尖上翘略外转里合虚步，两腿略弯曲，裆要虚要圆。

同时，右拳由右肩前方略偏右变掌逆缠向后略上提，位在右眼右前方，掌心指尖向前下放松，劲至中指肚。墜肘里下略折腕，同时左拳由左肋部变掌顺缠里折腕下沉向前棚出，位在左膝上，掌心指尖向里。左手再向左前上方逆缠里折腕逆缠上提，再向前变外下折腕合于右肘腕上，指尖掌心向前下左胸左肩放松，同时右手由眼右前方变顺缠小领下沉，经腹前中线向前上棚出，位在两眼前中线，掌心向上指尖向前，臂屈肘外折腕，眼看前方耳听身右。

2.身向右转约近90°螺旋下沉，重心由左下沉移偏右，呼气。同时，

#### Form 43: Covering the Hands and Fisting the Arms

1. First turn your body slightly to the left and then turn right about 50°, and sink quickly in a spiral. The center of gravity is first on the left foot. When the body sinks, the center of gravity shifts to the right. First inhale quickly and briefly, then exhale. At the same time, lower your shoulders and open your chest. Tighten the abdomen, inhale, lift the anus, and loosen the hips. Turn the right hip to the left and then to the right. Flex the left hip and close it. The left leg is first slightly bent outwards and the knees are closed inwards. The left foot is firmly planted and the five fingers are grasping the Yongquan point on the ground. , then turn backwards and inward. When the body sinks, step forward with the left foot, the heel touches the ground on the inside, and the toes are turned up and folded inward. At the same time, the right leg first slightly counterturns, flexes the elbows, turns inward and rises slightly, and then turns forward and downwards. Shen Zhen's feet are strong, positioned behind the right foot of the left foot. At the same time, the left fist is placed beside the left ear, and the right fist is slightly opened and wrapped around the outside of the right knee. On the back of the right wrist, turn the left hand outward and fold the wrist, palm facing forward and down to the right, fingertips pointing forward to the right, the intersection of the wrists is in front of the chest, keep the arms half-circled without losing strength, the center of the right fist is facing back to the right, and the eyes are Look ahead first and then to the left, and listen behind you.

Requirements: Cross your hands and lower the double shaking feet, and exhale at the same time. When lowering the shaking feet, do not lean forward, backward, left, right or right. The rest of the movements are the same as before.

#### Form 44: Small Capture

1. Turn your body first about 45° to the right, then spiral down slightly, then turn to the left about 45°, then spiral down and then spiral up. Move your center of gravity from left to right, then down to your left foot, and breathe in. At the same time, Hold the abdomen, inhale, lift the anus, and loosen the hips. Turn the left hip to the right, then turn the left hip to the chest and relax. Turn the right hip to the left, tighten the abdomen, inhale and lift the anus. Turn the left hip, bend the knee, and close the left leg first. Turn backwards and inward, and grasp the Yongquan point on the ground with five fingers to make it weak. Then change to turn outward and turn the knee inward, taking the heel as the axis, turn the toes outward about 50 degrees, and the soles of the feet are firmly on the ground. The Yongquan point on the ground should be grasped with five fingers to make it weak. At the same time, right leg first Turn your knees outwards and close them inward, and use your five fingers to point to the Yongquan point on the ground to be empty. When your left foot is firmly planted, lift your right foot and step forward to the inside of your left toes. Touch the ground with the outside of your right heel, and turn your toes up slightly. , the legs are slightly bent, and the crotch should be soft and round.

At the same time, the right fist moves from the front of the right shoulder slightly to the right, turns the palm backward and slightly upward, positioning it in front of the right eye, relax the fingertips of the palm forward and downward, and press the force to the belly of the middle finger. Drop the elbow and slightly fold the wrist, and at the same time The left fist changes from the left rib to the palm, wraps it inward, folds the wrist, sinks and pulls it forward, and places it on the left knee, with the fingertips of the palm pointing inward. The left hand then wraps inward, folds the wrist

inward, and lifts it forward again. Fold your wrist outwards and downwards and connect it to your right elbow. With your fingertips and palms facing forward, lower your left chest and left shoulder and relax. At the same time, your right hand moves from the front of your eyes to the right and wraps around your small collar and sinks. Pull it out forward and upward through the front midline of your abdomen, positioning on both sides. At the midline in front of the eyes, palms upward, fingertips forward, arms bent at the elbows and wrists bent outwards, look forward, listen to ears and to the right of the body.

2. Turn your body nearly 90° to the right and sink in a spiral, shift your center of gravity from the left to the right, and exhale. At the same time,



沉含松展、先沉左略翻右臂再沉右翻左臂两膝屈、右脚以脚跟为轴脚尖向左外旋转近 $90^{\circ}$ 、脚掌落地踏实五指抓地湧泉穴要虚。同时左脚〈当右脚外缘着地时、左脚跟随即提起以脚尖为轴、当右脚踏实后〉左脚随身向左外旋转、两膝屈垂心偏右。同时、右手与左手同时坐腕指上、先上下相合加强棚劲再继续旋转、当双手大指逆缠领上劲时、身随手旋转约近 $90^{\circ}$ 、掌心向有前方、指尖向左里上中线、位在右眼右前方、左手以四指贴住右肘窝里侧、肘向前下沉再向右旋加强棚劲、双臂里侧保持半圆棚劲不丢、眼先看双手再看身左侧方、耳听身后。

3. 身继续向有旋转约 $45^{\circ}$ 、先螺旋略上升再下沉、重心全部放在右脚跟气。同时沉含收腹吸气提肛松胯、沉右翻左臂两膝屈开中寓合、右腿顺缠外转膝里合、脚五指抓地湧泉穴要虚。同时左脚尖随即提起、屈膝上提脚随身左转先上下左右相合、作到开中寓合、合中寓开、膝合脚开、再向有脚跟里侧向左侧方迈步、以脚跟里侧着地脚尖上翘里合贴地向左侧方舒出。同时右手继续以大指逆缠领劲、向有眼右侧略上棚出、位在右眼右侧略上方、掌心向有前方、指尖向左前方、臂伸展至七八分、形成半圆、有沉肘略整。同时、左手由右肘里侧逆缠大领向左侧下沉、位在左脚里侧上方、掌心向前下指尖向有略偏上、位在左膝里侧下。眼看左前耳听身有后。

4. 身略向左转螺旋略下沉、重心由右下沉移略偏左前、吸气。同时沉含收腹吸气提肛松胯、沉右翻左臂两膝屈、右腿逆缠里转脚掌踏实五指抓地湧泉穴要虚。同时左腿略顺缠外转膝里合、脚跟里侧着地脚尖略向左前下沉仍上翘、同时右手由右眼右侧略上方屈肘顺缠下沉至右胸下肚子左侧生腕、掌心向左前下、指尖向前上偏右。同时左手由左膝里侧前下方、顺缠屈肘外下折腕、快速上升、位在下颚前约30公分。掌心指尖向左前下方、眼左顾右盼、耳听身有后。

5. 身略向左转螺旋略下沉、重心由略偏左前下沉移偏左前、呼气。同时沉含松、沉左略翻右臂、屈膝合两腿以左顺右逆缠旋转、左脚掌向左前方快速下沉踏步、两脚掌踏实五指抓地湧泉穴要虚。同时双手先略下沉、再以双逆缠向左前方发劲。左手位在下颚前中线、掌心向左前方、指尖向有里中线上、臂保持半圆棚劲不丢、沉右略整肘劲在掌跟。

同时、右手由顺缠改逆缠先略下沉、再略上升随左手发劲、位在左手里下方、坐腕、掌心向左前下指尖向前上偏前、指尖高度与胸平、右手距胸部

沉含松屈,先沉左略翻右臀再沉右翻左臀两膝屈,右脚以脚跟为轴脚尖向左外旋转近90°,脚掌落地踏实五指抓地湧泉穴要虚.同时左脚《当右脚外缘着地时,左脚跟随即提起以脚尖为轴,当右脚踏实后》左脚随身向左外旋转,两膝屈重心偏右.同时,右手与左手同时坐腕指上,先上下相合加强棚劲再继续旋转,当双手大指逆缠领上劲时,身随手旋转约近90°,掌心向右前方,指尖向左里上中线,位在右眼右前方,左手以四指贴住右肘弯里侧,左肘向前下沉再向右旋加强棚劲,双臂里侧保持半园棚劲不丢,眼先看双手再看身左侧方,耳听身后.

3. 身继续向右旋转约45°,先螺旋略上升再下沉,重心全部放在右脚吸气.同时沉含收腹吸气提肛松胯,沉右翻左臀两膝屈开中寓合,右腿顺缠外转膝里合,脚五指抓地湧泉穴要虚.同时左脚尖随即提起,屈膝上提脚随身左转先上下左右相合,作到开中寓合,合中寓开,膝合脚开,再向右脚跟里侧向左侧方迈步,以脚跟里侧着地脚尖上翘里合贴地向左侧方铲出.同时右手继续以大指逆缠领劲,向右眼右侧略上棚出,位在右眼右侧略上方,掌心向右前方,指尖向左前方,臂伸展至七八分,形成半园,肩沉肘略坠.同时,左手由右肘里侧逆缠大领向左侧下沉,位在左脚里侧上方,掌心向前下指尖向右略偏上,位在左膝里侧下.眼看左前耳听身右后.

4. 身略向左转螺旋略下沉,重心由右下沉移略偏左前,吸气.同时沉含收腹吸气提肛松胯,沉右翻左臀两膝屈,右腿逆缠里转脚掌踏实五指抓地湧泉穴要虚.同时左腿略顺缠外转膝里合,脚跟里侧着地脚尖略向左前下沉仍上翘,同时右手由右眼右侧略上方屈肘顺缠下沉至右胸下肚子左侧坐腕,掌心向左前下,指尖向前上偏右.同时左手由左膝里侧前下方,顺缠屈肘外下折腕,快速上升,位在下颌前约30公分.掌心指尖向左前下方,眼左顾右盼,耳听身右后.

5. 身略向左转螺旋略下沉,重心右略偏左前下沉移偏左前,呼气.同时沉含松,沉左略翻右臀,屈膝合两腿以左顺右逆缠旋转,左脚掌向左前方快速下沉踏步,两脚掌踏实五指抓地湧泉穴要虚.同时双手先略下沉.再以双逆缠向左前方发劲.左手位在下颌前中线,掌心向前方,指尖向右里中线上,臂保持半园棚劲不丢,沉肩略坠肘劲在掌跟.

同时,右手由顺缠变逆缠先略下沉,再略上升随左手发劲,位在左手里下方,坐腕.掌心向左前下指尖向前上偏前.指尖高度与胸平,右手距胸部

Shen Han loosened, first lowered to the left, slightly turned the right hip, then lowered to the right, turned to the left hip, bent the knees, used the heel as the axis of the right foot to rotate the toes to the left nearly 90°, the soles of the feet landed firmly on the ground, and the five fingers grasped the Yongquan point on the ground to make it empty. At the same time, The left foot (when the outer edge of the right foot touches the ground, lift the left foot with the toes as the axis, and when the right foot is firmly planted) the left foot rotates outward to the left, and the center of gravity of both knees bends to the right. At the same time, the right hand and left hand sit on the wrist fingers at the same time. Up, first bring the up and down together to strengthen the clenching force, and then continue to rotate. When the thumbs of both hands are wrapped around each other to lead the upper force, rotate the body nearly 90 degrees with the hands, with the palms facing the right and front, and the fingertips pointing to the left and up the center line, located in front of the right eye. Place the four fingers of your left hand against the inside of the right elbow, sink your left elbow forward and then rotate it to the right to strengthen the grip. Keep the inside of your arms half-circled without losing the grip. Look at your hands first, then your left side, your ears. Listen behind you.

3. Continue to rotate the body about 45° to the right, first spiraling up slightly and then sinking, placing all the weight on the right foot and inhaling. At the same time, sink and tighten the abdomen, inhale and lift the anus and loosen the hips. Turn to the right and bend the knees at the center of the left hip. To unite, wrap your right leg outwards and turn your knees to inward, and grasp the Yongquan point on the ground with your five fingers. At the same time, immediately lift your left toes, bend your knees and lift your foot, turn left and then up, down, left, and right, until you open the center, unite, and close. Open your arms, close your knees and open your feet, then step toward the left side with your right heel inward, with your heel on the ground with your toes turned up and inward and close together, and shovel out to the left side. At the same time, continue to use your right hand to wrap the collar energy backwards with your thumb, and move toward the left side. The right side of the right eye is slightly lifted out, located slightly above the right side of the right eye. The palm is facing the right front, the fingertips are facing the left front, the arm is extended to seven or eight points, forming a half circle, the shoulders are sinking and the elbows are slightly lowered. At the same time, the left hand is The inner side of the right elbow is wrapped around the collar and sinks to the left, above the inner side of the left foot. The palm is forward and downward, and the fingertips are slightly upward to the right, and is located below the inner side of the left knee. Look at the left front, listen to the left ear, and listen to the right back of the body.

4. Turn the body slightly to the left and sink slightly in the spiral. Move the center of gravity from the right to the left and forward. Inhale. At the same time, sink the abdomen, tighten the abdomen, inhale, lift the anus and loosen the hips. Turn to the right, bend the left hip, bend both knees, and wrap the right leg backwards. Turn the soles of your feet inwards and firmly grasp the Yongquan point on the ground with your five fingers. At the same time, turn your left leg slightly forward and turn your knees inwards, with your heels on the ground on the inside, your toes sinking slightly to the left and still upwards, and at the same time, bend your elbow with your right hand from slightly above the right side of your right eye. Bend the wrist downwards to the left side of the right chest, belly, palm forward and downward to the left, fingertips forward and upward to the right. At the same time, the left hand moves from the inside of the left knee to the front and bottom, bend the elbow outward and downward, fold the wrist, and rise quickly. About 30 centimeters in front of the lower jaw. The palms and fingertips point to the

left, front and bottom, eyes look left and right, ears listen and body right behind.

5. Turn the body slightly to the left and sink slightly in the spiral. The center of gravity moves slightly to the right and slightly to the left, and sinks to the front of the left. Exhale. At the same time, sink in the chest, sink to the left and slightly turn the right hip, bend the knees and close the legs, and rotate left and right in reverse. Quickly sink the left foot forward to the left and step forward. With the soles of both feet firmly planted, the five fingers grasp the Yongquan point on the ground. At the same time, the hands sink slightly first, and then use both hands to wrap inversely to the left front. The left hand is positioned on the midline in front of the lower jaw, with the palm facing forward. , the fingertips point to the center line in the right, the arms maintain a half-circle grip without losing strength, the shoulders are slightly lowered, and the elbow strength is at the heel of the palm.

At the same time, the right hand changes from straight winding to reverse winding, first sinking slightly, and then rising slightly to use the left hand to generate strength. It is located at the bottom of the left hand, sitting on the wrist. The palm of the hand is facing forward and downward to the left. The fingertips are forward and upward. The height of the fingertips is at the same level as the chest. Right hand from chest

约30公分左右、眼看左前耳听身后。

#### 第四十五式：抱头推出

1. 身回转45°螺旋略下沉、重心由偏左前移至偏右后方、吸气。再向左转约近60°螺旋下沉、重心移至略偏左前、呼气。同时、先沉肩开胸突腹松胯、沉右翻左臀两膝屈合、再变沉含松沉左略翻右臀两膝屈合、两腿先以左逆右顺缠旋转、变左顺右逆缠两脚五指抓地湧泉穴要虚。同时双手变拳里上折腕、螺旋略上升分向左右划外弧棚出、左手位在鼻尖前中线、拳心向里呈上折腕、肘下壁臂保持半圆棚劲不丢、右拳位在脸右侧略右方、高与下颚同、里上折腕臂保持半圆沉肩壁肘棚劲不丢、右拳再逆缠领劲屈肘下壁、拳向左里再向前下合于左膝前、拳心向右后位在左膝前约15公分。左手由鼻尖前中线前方屈肘里合下沉至右肘弯外侧上、向前里下折腕、拳心向左前下方、臂呈侧保持半圆棚劲不丢、左肩沉肩壁肘、肩胯肘膝相合、右肩与右胯膝上下相合、眼先左顾右盼再向左前下看、耳听身后。

2. 身先微向右转微螺旋略上升、再向左转约45°螺旋下沉、再向右转约近180°螺旋先下沉再上升、重心由略偏左前下沉转略偏右后、当左脚尖贴地呈转后、重心全部放在左脚、先吸后呼再吸。同时、先沉肩略开胸略突腹松胯向右旋转〈胸腰折叠运化〉再沉含松屈、沉右翻左臀两膝屈合、变沉含收腹吸气提肛松胯、沉左翻右臀两膝展开中寓合再中寓开。同时、腿先顺缠略外转膝里合再逆缠里转、脚五指抓地湧泉穴要虚。〈当重心移至左脚后〉右脚跟随即提起脚尖虚步点地、顺缠划弧向后略收、位在左脚里侧前方、虚步脚尖点地、松胯两膝略上提合。同时、左腿先逆缠里转、当双拳下沉向左时、脚跟为轴脚掌擦地向左里合〈这时重心在右后变实后〉脚掌踏实五指抓地湧泉穴要虚、腿继续逆缠里转、同时、双腕交叉先向右以双略顺缠腕放松双拳略开变拳〈胸腰折叠运化〉双拳再变双逆缠里下折腕向左下沉、经左膝前向左下沉旋转〈双拳心向里〉再双逆缠略上升至下颚前、双手大指领劲再变双逆缠双顺缠双腿仍交叉活逆旋转、经右耳下再向前略上棚出、再略下沉双腕交叉点在下颚略下方、双拳高度在鼻尖前中线、左拳在外右拳在里、双拳心向里双虎口向上、棚劲不丢。同时注意后背靠劲不丢、眼先看双拳再向右后看、再向左拳前方看、耳听身后。

约 30 公分左右,眼看左前耳听身后.

#### 第四十五式： 抱头推山

1. 身向转 45°螺旋略下沉,重心由偏左前移至偏右后方,吸气.再向左转约近 60°螺旋下沉,重心移至略偏左前,呼气.同时,先沉肩开胸突腹松胯,沉右翻左臀两膝屈合,再变沉含松沉左略翻右臀两膝屈合,两腿先以左逆右顺缠旋转,变左顺右逆缠两脚五指抓地湧泉穴要虚.同时双手变拳里上折腕,螺旋略上升向左右划外弧棚出,左手位在鼻尖前中线,拳心向里里上折腕,肘下墜臂保持半园棚劲不丢,右拳位在臉右侧略右方,高与下颚同,里上折腕臂保持半园沉肩墜肘棚劲不丢.右拳再逆缠领劲屈肘下墜,拳向左里再向前下合于左膝前,掌心向右后位在左膝前约 15 公分.左手由鼻尖中线前方屈肘里合下沉至右肘弯外侧上,向前里下折腕,拳心向左前下方,臂里侧保持半园棚劲不丢,左肩沉肩墜肘,肩胯肘膝相合,右肩与右胯膝上下相合,眼先左顾右盼再向左前下看,耳听身后.

2. 身先微向右转微螺旋略上升,再向左转约 45°,螺旋下沉,再向右约近 180°螺旋先下沉再上升,重心由略偏左前下沉移略偏右后,当左脚尖贴地里转后,重心全部放在左脚,先吸后呼再吸.同时,先沉肩略开胸略突腹松胯向右旋转《胸腰折叠运化》再沉含松屈,沉右翻左臀两膝屈合.变沉含收腹吸气提肛松胯,沉左翻右臀两膝屈开中寓合再中寓开.同时,右腿先顺缠略外转膝里合再逆缠里转,脚五指抓地湧泉穴要虚.《当重心移至左脚后》右脚尖点地.松胯两膝略上提合.同时,左腿先逆缠里转,当双拳下沉向左时,脚跟为轴脚掌擦地向左里合.《这时重心在右后变实后》脚掌踏实五指抓地湧泉穴要虚.腿继续逆缠里转,同时,双腕交叉先向右以双略顺缠腕放松,双拳略开变掌《胸腰折叠运化》双掌再变双逆缠里下折腕向左下沉,经左膝前向左下沉旋转《双掌心向里》再双逆缠略上升至下颚前,双手大指领劲再变双逆缠双顺缠双腕仍交叉沾连旋转,经右耳下再向前略上棚出,再略下沉双腕交叉点在下颚略下方,双拳高度再鼻尖前中线,左拳在外右拳在里.双拳心向里双虎口向上,棚劲不丢.同时注意后背靠劲不丢,眼先看双拳再向右后看,再向双拳前方看,耳听身后.

About 30 centimeters, looking at the front left ear and hearing behind the body on the right.

#### Form 45: Holding the head and pushing the mountain

1. Turn the body 45°, spiral downward slightly, move the center of gravity from the left forward to the right rear, inhale. Then turn left nearly 60°, spiral downward, move the center of gravity slightly forward to the left, exhale. At the same time, First, lower the shoulders, open the chest, protrude the abdomen, and loosen the hips, then turn to the right, bend the left hip, and bend the knees together, then become deeper, lower the chest, lower the chest, slightly turn the right hip, and bend the knees together. Wrap your right foot backwards with five fingers and grasp the Yongquan point on the ground to make it weak. At the same time, both hands turn into fists and fold the wrists inward and upward. The spiral slightly rises to the left and right and draws out in an outer arc. The left hand is placed on the center line in front of the tip of the nose. The fists fold the wrists inwards and upwards. Drop your elbows and keep your arms half-circled, but keep the strength of your elbows. Position your right fist slightly to the right of your face, at the same height as your chin. Fold your wrists and arms inward, keep your arms half-circled, drop your shoulders, and keep your elbows tight without losing any strength. The right fist is then wrapped around the collar. Bend your elbow and drop it hard, move your fist to the left and then forward and down in front of your left knee, with your palm facing back to the right and about 15 cm in front of your left knee. With your left hand, bend your elbow in front of the midline of the tip of your nose and drop it to the outside of the right elbow. Fold your wrists forward and inward, with the center of your fist facing left and forward and downwards. Keep a half-circle squeeze on the inside of your arm without losing strength. The left shoulder should be lowered and the elbow should be lowered. The shoulder, hip, elbow and knee should be together. The right shoulder should be together with the right hip and knee. Look left and right first, and then look forward. Look left, front and down, listen behind you.

2. First turn slightly to the right, slightly spiral up, then turn left about 45°, spiral down, then turn right about 180°, spiral down first and then up, the center of gravity moves from slightly left to forward, then sinks slightly to the right. Finally, when the left toes are on the ground and turned, put all the weight on the left foot, first inhale, then exhale, and then inhale again. At the same time, first lower the shoulders, slightly open the chest, slightly protrude the abdomen, loosen the hips, rotate to the right (thoracolumbar folding and movement), and then lower Hold the chest and bend it, bend it to the right, bend the left hip and bend the knees together. Hold the abdomen, inhale and lift the anus to loosen the hips, sink the chest and turn the right hip to the left, bend the knees to open and close together and then open the middle. At the same time, the right leg should be bent forward first. Turn the knees slightly outward and bring them inward, then turn them inward and backward, and grasp the Yongquan point on the ground with the five fingers of your feet to make it empty. (When the center of gravity shifts to the left foot, point your right toes on the ground. Release your hips and lift your knees up slightly. At the same time, move your left leg first Turn in reverse, when the fists sink to the left, use the heels as the axis and the soles of the feet to rub the ground and close to the left. (At this time, the center of gravity becomes solid behind the right) The soles of the feet are firm and the five fingers grasp the ground to make Yongquan point weak. The legs continue to reverse Wrap and turn, at the same time, cross your wrists, first turn to the right, relax your wrists with your hands slightly open, and open your fists slightly to change into palms (fold and transport the chest and waist). The front of the knees sinks and rotates to the left (with the

palms of both hands facing inward), and then the double counter-wraps are slightly raised to the front of the chin. The big fingers of both hands lead the strength and then become double counter-wraps and double straight wraps. The wrists are still crossed and connected, and then slightly forward after passing under the right ear. Punch it out, and then lower it slightly. The intersection of your wrists is slightly below your lower forehead. The height of your fists is at the center line in front of the tip of your nose. The left fist is outside and the right fist is inside. The hearts of both fists are facing in, and the jaws of both fists are facing upward. Do not lose the strength of the fists. At the same time, pay attention to the back. Don't lose your back strength, look at your fists first, then look to the right and behind, then look in front of your fists, and listen behind you.



3. 身先略向右转、螺旋略上升、再向左转约近 $55^\circ$ 螺旋下沉、重心由左再向左移下沉移略偏右前、先吸后呼。

同时、先沉肩含胸塌腰松胯沉左翻右臂两膝略屈略下沉合、再变沉肩开胸略突腹松胯、沉左翻右臂两膝屈合略上升、左腿逆缠里转变顺缠外转、膝里合脚五指抓地湧泉穴要虚。右腿脚尖点地先顺缠略下外转再变逆缠里转、同时、双拳在鼻尖中线前方、双腕仍交叉变掌向上略偏右抖起、再下沉至胸前双逆缠再分向右前左侧外后方棚出、双掌心向里、右掌心位在鼻尖中线前方、虎口向上指尖偏左后。左掌位在左耳略下左侧方、指尖向略偏右前下方、双腕都是里上折腕。双臂伸展至七八分。右沉肘略墜棚劲不丢。右手下对右膝、左手下对左膝左外侧。眼先向前上看、再左顾右盼、耳听身后。

4. 身快速先向左转约 $45^\circ$ 螺旋下沉、再向右转约近 $45^\circ$ 螺旋先下沉再上升、重心由偏右前方快速移变偏左后、再下沉移偏右前。先吸后呼、同时先沉肩开胸略收腹吸气提肛松胯、沉左翻右臂变沉合松、沉右翻左臂两膝屈合。同时左腿快速脚跟点地起身腾空、松胯沉左臂左脚快速顺缠外转膝里合、左脚垫步、脚掌踏实五指抓地湧泉穴要虚。同时、右腿快速逆缠里转向左脚里侧右前方迈步、脚跟先落地右脚掌里侧着地、再变左逆右顺缠右膝里合、重心由左后下沉移右前、两脚五指抓地、湧泉穴要虚。同时、两手由右前左侧外快速变双顺缠分向左右外开、外折腕变逆缠至双耳下、再下沉经胸前变双顺缠向前上棚出、两手位在右膝上、指尖尚在胸前上、双臂伸展至七八分棚劲不丢、双手坐腕向前含蓄发劲。右手臂略高、左手臂略低、两手指尖互相中线上。两手指隔中线下、对右膝、双手位在两膝前略前上方。眼先左顾右盼再看右前、耳听身后。

#### 第四十六式。 第二三换掌

1. 身先右转约 $45^\circ$ 、螺旋略下沉、再向左转约 $50^\circ$ 螺旋下沉、重心由右下沉先移偏左再下沉移偏右前、先吸后呼。同时、沉肩略收腹、吸气提肛松胯、沉左翻右臂变沉合松、沉右翻左臂两膝屈合、两腿先左逆右顺缠旋转变左顺右逆缠旋转、脚掌落地踏实、五指抓地湧泉穴要虚。

同时、左手由左胸顺缠向右前上旋转棚出、掌心向上指尖向右前略偏上位在鼻尖前中线约35公分左右、小颌大合掌心要虚。同时右手由右胸前略

3. 身先略向右转,螺旋略上升,再向左转约近 $55^{\circ}$ 螺旋下沉,重心由左再向左移下沉移略右前,先吸后呼。

同时,先沉肩含胸塌腰松胯沉左翻右臀两膝略屈略下沉合,再变沉肩开胸略突腹松胯,沉左翻右臀两膝屈合略上升,左腿逆缠里转变顺缠外转,膝里合脚五指抓地湧泉穴要虚。右腿脚尖点地先顺缠略下外转再变逆缠里转,同时,双拳在鼻尖中线方,双腕仍交叉变掌向上略偏右抖起,再下沉至胸前双逆缠再分向右前左侧外后方棚出,双掌心向里,右掌心位在鼻尖中线前方,虎口向上指尖偏左后。左掌位在左耳略下左侧方,指尖向略偏右前下方,双腕都是里上折腕。双臂伸展至七八分。肩沉肘略墜棚劲不丢。右手下对右膝,左肘下对左膝左外侧。眼先向前上看,再左顾右盼,耳听身后。

4. 身快速先向左转约 $45^{\circ}$ 螺旋下沉,再向右转约近 $45^{\circ}$ 螺旋先下沉再上升,重心由偏右前方快速移变偏左后,再下沉移偏右前。先吸后呼,同时先沉肩开胸略收腹吸气提肛松胯,沉左翻右臀变沉含松,沉右略翻左臀两膝屈合。同时左腿快速脚跟点地起身腾空,松胯沉左臀左脚快速顺缠外转膝里合,左脚垫步,脚掌踏实五指抓地湧泉穴要虚。同时,右腿快速逆缠里转向左脚里侧右前方迈步,脚跟先落地右脚掌里侧着地,再变左逆右顺缠右膝里合《重心由左后下沉,移右前》两脚五指抓地,湧泉穴要虚,同时,两手由右前左侧外快速变双顺缠分向左右外开,外折腕变逆缠至双耳下,再下沉经胸前变顺缠向前上棚出,两手位在右膝上,指尖高在胸前上,双臂伸展至七八分棚劲不丢,双手坐腕向前含蓄发劲。右手臂略高,左手臂略低,两手指尖互相中线上。两手间隔中线下对右膝,双手位在两膝前略前上方,眼先左顾右盼再看右前,耳听身后。

#### 第四十六式： 第二三换掌

1. 身先右转约 $45^{\circ}$ ,螺旋略下沉,再向左转约 $50^{\circ}$ 螺旋下沉,重心由右下沉先移偏左再下沉移偏右前,先吸后呼。同时,沉含略收腹吸气提肛松胯,沉左翻右臀变沉含松,沉右翻左臀两膝屈合,两腿先左逆右顺缠旋转变左顺右逆缠旋转,脚掌落地踏实,五指抓地湧泉穴要虚。

同时,左手由左胸顺缠向右前上旋转棚出,掌心向上指尖向右前略偏上位在鼻尖前中线约35公分左右,小颌大合掌心要虚。同时右手由右胸前略

3. First turn your body slightly to the right, spiral up slightly, then turn left about 55° and spiral down, move your center of gravity from left to left, then down and slightly to the right, first inhale and then exhale.

At the same time, first lower the shoulders, hold the chest, collapse the waist, loosen the hips, sink to the left, turn the right hip, bend the knees slightly and lower them slightly, then lower the shoulders, open the chest and slightly protrude the abdomen, loosen the hips, sink to the left, turn the right hip, bend the knees slightly and raise the left leg. Turn backwards and forwards, then turn forwards and backwards. At the same time, place your fists at the midline of the tip of your nose and place your fists on the center line of the tip of your nose. The wrists are still crossed and the palms are raised slightly to the right, then lowered to the chest and wrapped in reverse, and then divided to the right, front, left, outer and rear, with the palms of both hands facing in, the right palm is in front of the midline of the tip of the nose, the tiger's mouth is upward and the fingertips are left back. The left palm is located slightly below and to the left of the left ear. The fingertips are slightly to the right, forward and lower. Both wrists are folded inward and upward. The arms are extended to seven or eight points. The shoulders are sinking and the elbows are slightly dropped, but the strength is not lost. Right hand The bottom is facing the right knee, the bottom of the left elbow is facing the left outer side of the left knee. Look forward first, then look left and right, and listen behind you.

4. Quickly turn your body first about 45° to the left, spiral down, then turn right about 45°, spiral down first and then rise. The center of gravity quickly shifts from right and front to left and back, and then sinks to right and front. First Inhale and then exhale. At the same time, lower your shoulders, open your chest, slightly tuck your abdomen, inhale, lift your anus, and loosen your hips. Sink to the left and turn your right hip to become sank and loose. Slow to the right, slightly turn your left hip and bend your knees together. At the same time, your left leg quickly touches the ground with your heel and rises into the air. , loosen the crotch, sink the left hip, and quickly turn the left foot forward and outward, turn the knee inward, step forward with the left foot, the sole of the foot is firm, and grasp the Yongquan point on the ground with five fingers. The heel first lands on the inside of the sole of your right foot, and then turns to the left and right and wraps around the right knee inward (the center of gravity sinks from the left back and moves to the right front). Grasp the ground with both feet and five fingers. The Yongquan point should be empty. At the same time, both hands move from the right to the front to the left. Quickly turn the outwards into double straight twists, open to the left and right, fold the wrists outwards into reverse twists to under the ears, then sink through the chest and twist forwards and upwards, place both hands on the right knee, with the fingertips high on the chest. Stand forward, stretch your arms to seven or eight points without losing strength, and sit on your wrists with both hands forward to implicitly exert strength. The right arm is slightly higher, the left arm is slightly lower, and the fingertips of the two fingers are on the center line of each other. The hands are spaced apart from the center line and facing the right knee, with both hands facing each other. Position it slightly in front of and above the knees, with eyes looking left and right and then in front of the right, and ears listening behind you.

Form 46: Change of palms in the second and third

1. First turn right about 45°, the spiral sinks slightly, then turn left about 50° and spiral sink, the center of gravity moves from right to left,

then to right, first inhale and then exhale. At the same time, sink Slightly tighten the abdomen, inhale, lift the anus and loosen the hips, turn left and right buttocks to sink and loosen the hips, turn right and bend the left buttocks, knees together, legs first rotate left and right, turn left and right, and land on the soles of the feet. Be grounded and hold the Yongquan point on the ground with five fingers to make it weak.

At the same time, the left hand is wrapped from the left chest to the right front and upward, and the palm is upward, the fingertips are slightly forward to the right, about 35 cm in front of the tip of the nose, and the palm of the small collar should be empty.

上、顺缠屈肘里合外折腕、合于左腕臂上、掌心向左侧、指尖向右前、有胯肘膝上下相合。变左手略下沉略逆缠里合、屈肘略里上折腕、大领小舍掌心空、掌心向里上指尖向右前上、指尖位在胸前中线、肘膝相合左肩肋放松横向左手指尖、位在右肘弯里侧略下略右前方。同时右手由左腕背上大指领劲逆缠向前上坐腕棚出、掌心向右前指尖向左后偏上、位在两眼前中线、臂里侧保持半圆、沉着略壁肘右胸放松棚劲不丢。眼左顾右盼、再看前方、耳听身后。

2. 身先略向左转略下沉、再略向右转先略上升再略下沉、重心由右再偏右前核偏左后、吸气。

同时、沉舍略收腹吸气松胯、先沉右翻左臂、再沉左翻右臂两膝屈合。两腿先左顺右逆缠、变左逆右顺缠、两脚五指抓地湧泉穴要虚。同时、左手由右肘弯略下方、指尖偏右肘弯前有逆缠、掌心向下指尖向前、略外下折腕里合、再变略顺缠指尖向左外下里合（此时掌心仍向下）变坐腕逆缠、大领向前上两眼前中线棚出生腕、掌心偏右前方指尖偏右上方略偏后。同时右手由两眼前中线、先大指领劲略向前略上升、变顺缠小指领劲下沉、里折腕合于左肘弯下、以食指托于肘下、掌心向里指尖偏左后、臂里侧保持半圆、有胯肘膝相合棚劲不丢。眼看前方两手、耳听身后。

3. 身先微向左转再微向右转、腰部以上略旋上升腰部以下略旋下沉、重心由左后下沉移偏右前、吸气。同时、沉肩略开胸收腹吸气提肛松胯、先微沉左翻右臂、再微沉右翻左臂两膝屈合、同时两腿先微左顺右逆缠、再略左逆右顺缠旋转、两脚掌踏实五指抓地湧泉穴要虚。

同时、左手由眼前中线顺缠里下折腕、再旋转向眼前中线棚出、掌心指尖向里、高与鼻尖同。同时、右手由左肘下逆缠里转、大指领劲向两眼前中线上棚出、位在左手掌上坐腕、掌心向右前上、指尖偏左后下、臂保持半圆棚劲不丢。

第四十七式、 六封四闭、

〈动作与前相同〉

第四十八式、 单鞭 〈动作与前相同〉

〈动作与前单鞭相同〉

上,顺缠屈肘里合外折腕,合于左腕臂上,掌心向左侧,指尖向右前,肩胯肘膝上下相合.变左肘略下沉略逆缠里合,屈肘略里上折腕,大领小含掌心空,掌心向里上指尖向右前上,指尖位在胸前中线,肘膝相合左肩肋放松横向左手指尖,位在右肘弯里侧略下略右前方.同时右手由左腕背上大指领劲逆缠向前上坐腕棚出,掌心向右前指尖向左后偏上,位在两眼前中线,臂里侧保持半园,沉肩略墜肘右胸放松棚劲不丢.眼左顾右盼,再看前方,耳听升后.

2.身先略向左转略下沉,再略向右转先略上升再略下沉,重心由右再向右前移偏左后,吸气.

同时,沉含略收腹吸气松胯,先沉右翻左臀,再沉左翻右臀两膝屈合.两腿先左顺右逆缠,变左逆右顺缠,两脚五指抓地湧泉穴要虚,同时,左手由右肘弯略下方,指尖偏右肘弯前方变逆缠,掌心向下指尖向前.略外下折腕里合,再变略顺缠指尖向左外下里合《?时掌心仍向下》变坐腕逆缠,大领向前上两眼前中线棚出坐腕,掌心偏右前方指尖偏右上略偏后.同时右手由两眼前中线,先大指领劲略向前略上升,变顺缠小指领劲下沉,里折腕合于左肘弯下,以食指托于肘下,掌心向里指尖偏左后,臂里侧保持半园,肩胯肘膝相合棚劲不丢.眼看前方两手,耳听身后.

3.身先微向左转再微向右转,腰部以上略旋上升腰部以下略旋下沉,重心由左后下沉移偏右前,吸气.同时,沉肩略开胸收腹吸气提肛松胯,先微沉左翻右臀,再微沉右翻左臀两膝屈合,同时两腿先微左顺右逆缠,再略左逆右顺缠旋转,两脚掌踏实五指抓地湧泉穴要虚.

同时,左手由眼前中线顺缠里下折腕,再旋转向眼前中线棚出,掌心指尖向里,高与鼻尖同.同时,右手由左肘下逆缠里转,大指领劲向两眼前中线略上棚出,位在左手里上坐腕,掌心向右前上,指尖偏左后下,臂保持半园棚劲不丢.

第四十七式： 六封四闭  
《动作与前相同》

第四十八式： 单鞭 《动作与前相同》  
《动作与前单鞭相同》

Go up, bend your elbows inward and fold your wrists outwards, and bring them together on your left wrist and arm, with your palms facing the left, fingertips pointing forward to the right, and your shoulders, hips, elbows, and knees aligned up and down. Make your left elbow sink slightly and bend it backwards, bending your elbows slightly. Fold your wrists inwards and upwards, with the big collar and small mouth open. The palms of your hands are empty. The palms are facing upwards. The fingertips are pointing to the right and forward. The fingertips are at the midline of the chest. The elbows and knees are aligned with the left shoulder and ribs. The fingertips of the left hand are relaxed horizontally. They are located slightly below the inside of the right elbow. Slightly in front of the right side. At the same time, the right hand is wrapped around the big finger on the back of the left wrist, forward and upward, and the wrist is stretched out. The palm of the hand is facing the right front fingertip and upward to the left and back. It is located in the middle line of the front of both eyes. The inner side of the arm is kept half round, and the shoulders are lowered. Slightly lower your elbows, relax your right chest, and tighten your muscles without losing strength. Look left and right, then look ahead, and listen to the back.

2. First turn slightly to the left and sink slightly, then turn slightly to the right, first rise slightly and then sink slightly. Move the center of gravity from right to right and then to the left, and inhale.

At the same time, Shen Han slightly tightens his abdomen, inhales and loosens his hips. He first turns to the right and turns the left hip, then turns to the left and bends the right hip with the knees together. The legs first wrap left and right, then turn left and right, and grasp with both feet and five fingers. The Diyongquan point should be weak. At the same time, the left hand should be bent slightly downward from the right elbow. The fingertips should be in front of the right elbow and become reversely wrapped. The palm should be downward and the fingertips should be forward. The left hand should be slightly bent outward and downward, and the wrist should be folded inwards. Then the fingertips should be slightly bent forward. The tip points to the left, outwards, downwards, and inwards (when [not clear], the palm is still facing down), and the sitting wrist is wrapped backwards. The big collar is forward and upward, and the sitting wrist is stretched out from the middle line of the eyes. The palm is tilted to the front and right, and the fingertips are tilted to the upper right and slightly back. At the same time, the right hand is from the midline in front of both eyes, first the big finger leads the Jin upward slightly, then wraps around the little finger to lead the Jin downward. Fold the wrist inward and bend it under the left elbow. Put the index finger under the elbow, with the palm facing inward and the fingertip pointing to the left. Keep the inside of your arms half-circled, and keep your shoulders, hips, elbows, and knees together without losing strength. Look at the hands in front of you, and listen behind you.

3. Turn your body slightly to the left first and then to the right. Slightly rotate up above the waist and sink slightly below the waist. The center of gravity moves from the left back to the right front. Inhale. At the same time, lower the shoulders, slightly open the chest and tighten the abdomen, and inhale. Lift the anus and loosen the hips, first slightly lower the left hip and turn the right hip, then slightly lower the right hip and bend the left hip together with the knees. At the same time, the legs are first slightly twisted left and right, then slightly twisted left and right, and the soles of the two feet are firmly grasped with the five fingers. The Diyongquan point should be empty.

At the same time, the left hand wraps inwards and downwards from the midline in front of the eyes, and then rotates towards the midline in front of the

eyes, with the fingertips of the palm facing inward, and the height of the nose is the same. The midline in front of the eyes is slightly stretched out, and the wrist is placed on the inside of the left hand. The palm is facing forward and upward to the right, and the fingertips are tilted to the left, back and downward. The arm should be held in a half circle without losing strength.

Form 47: Six seals and four seals (the movements are the same as before)

Form 48: Single whip (the action is the same as before) (the action is the same as the previous single whip)



## 第四十九式：前 扭

1. 身先微向有再向左转约近 $45^\circ$ ，螺旋上升，重心由有再快速向有略移，再移偏左，吸气。同时，沉略开胸收腹吸气提肛松胯，先略沉有翻左再沉左翻有臀两膝屈合，两腿先向有略逆右腿略顺缠变左顺右逆缠旋转，脚掌踏实五指抓地湧泉穴要虚。同时有手五指捏拢在有眼有前方，先快速微向有略逆缠变顺缠，小颌大合向两眼前中线上棚出，外折腕掌心向左上，指尖向有上，同时，左手由左眼左侧前微顺缠微里合微向左变逆缠，大颌小合向左眼左侧前上棚起坐腕，掌心向左前上指尖向有中线上，眼先左顾有盼再快向有侧看出，耳听身左后。两手间距与有宽同。

要求：腰部以上气上升，腰部以下胯松下来下沉。

2. 身向有转约近 $90^\circ$ 螺旋先下沉再略上升，重心由左下沉移至右脚。先呼后吸。同时先沉舍松，沉左翻有臀再沉舍收腹吸气提肛松胯，沉有翻左臀两膝屈，作到开中离合，合中离开，有腿先顺缠外转以脚跟为轴脚尖略上翘随身旋转，向有旋转约 $50^\circ$ ，脚掌落地踏实，五指抓地湧泉穴要虚。

同时，左腿逆缠里转〈当有脚变实后〉左脚跟提起，胯膝脚腕脚尖放松脚提起甚空划里弧并步于右脚里侧旁，左脚头虚步点地，开胯要虚要圆。同时有手由头前上中线，逆缠下沉大颌至眼前中线，向有略上外开棚出，臂伸展至七八分，肩肘略放松，臂里侧保持半圆棚劲不丢，坐腕，掌心向有前方，指尖向中线偏上，同时，左手由左眼左侧前方变顺缠外开下沉，里合至腹前中线，外折腕，掌心偏有前，指尖偏左前方，小颌大合掌心虚。位在腹前中线约45公分互有，眼先看有再看左肘外侧，耳听身后。

## 第五十式：后 扭

1. 身向有转约 $25^\circ$ 螺旋下沉，重心全部放在有脚，吸气。同时沉舍收腹吸气提肛松胯，沉有翻左臀两膝屈开中离合，同时有腿顺缠外转膝里合，脚掌踏实五指抓地湧泉穴要虚。

同时，左腿逆缠里转上提脚向左侧略偏后迈步，以脚跟里侧着地，脚头上翘里合，同时左手与右手继续以左顺右逆缠略领劲，眼看身左侧，耳听身后。

#### 第四十九式 前招

1. 身先微向右再向左转约近45°，螺旋上升，重心由右再快速向右略移，再移偏左，吸气。同时，沉略开胸收复吸气提肛松胯，先略沉右翻左再沉左翻右臀两膝屈合，两腿先向右略逆右腿略顺缠变左顺右逆缠旋转，脚掌踏实五指抓地湧泉穴要虚。同时右手五指捏拢在右眼右前方，先快速微向右略逆缠变顺缠，小颌大合向两眼前中线上棚出，外折腕掌心向左上，指尖向右上，同时，左手由左眼左侧前微顺缠微里合微向左变逆缠，大颌小合向左眼左侧前上棚起坐腕，掌心向左前上指尖向右中线上。眼先左顾右盼再快向右侧看出，耳听身左后。两手间距与肩宽同。

要求：腰部以上气上升，腰部以下胯松下来下沉。

2. 身向右转约近90°螺旋先下沉再略上升，重心由左下沉移至右脚。先呼后吸。同时先沉含松，沉左翻右臀再沉含收腹吸气提肛松胯，沉右翻左臀两膝屈，作到开中寓合，合中寓开。右腿先顺缠外转以脚跟为轴脚尖略上翘随身旋转，向右旋转约50°，脚掌落地踏实，五指抓地湧泉穴要虚。

同时，左腿逆缠里转《当右脚变实后》左脚跟提起，胯膝脚腕脚尖放松脚提起悬空划里弧并步于右脚里侧旁，左脚尖虚步点地，开裆裆要虚要圆。同时右手由头前上中线，逆缠下沉大颌至眼前中线，向右略上外开棚出。臂伸展至七八分，肩肘略放松，臂里侧保持半园棚劲不丢，坐腕，掌心向右前方，指尖向中线偏上。同时，左手由左眼左侧方变顺缠外开下沉，里合至腹前中线，外折腕，掌心偏右前，指尖偏左前方，小颌大合掌心虚。位在腹前中线约45公分左右。眼先看右再看左肘外侧，耳听身后。

#### 第五十式：后招

1. 身向右转约25°螺旋下沉，重心全部放在右脚，吸气。同时沉含收腹吸气提肛松胯，沉右翻左臀两膝屈开中寓合，同时右腿顺缠外转膝里合，脚掌踏实五指抓地湧泉穴要虚。

同时，左腿逆缠里转上提脚向左侧略偏后迈步，以脚跟里侧着地，脚尖上翘里合，同时左手与右手继续以左顺右逆缠略领劲，眼看身左侧，耳听身后。

#### Form 49: Forward move

1. Turn the body slightly to the right and then to the left, about 45°, spiral upward, move the center of gravity from right to right, then to the left, and inhale. At the same time, open the chest slightly, inhale, lift the anus, and loosen the hips. , first turn slightly to the right and turn to the left, then turn to the left and then turn to the left. Bend your knees together at the right hip. At first, the legs turn slightly to the right and against the right leg, then to the left and to the right. The soles of the feet should be firm and the five fingers should grasp the Yongquan point on the ground. At the same time, the Yongquan point should be weak. Pinch the five fingers of your right hand together in front of the right eye. First, quickly twist it slightly to the right in reverse direction and then twist it smoothly. Pull out the small collar towards the middle line of the eyes of both eyes. Fold the palm of the wrist outwards to the left and the fingertips to the upper right. At the same time, the left hand moves from To the left side of the left eye, first wrap it slightly forward and slightly inward, then turn slightly to the left and change to reverse. The big collar and the small joint turn upward and forward to the left side of the left eye. The palm of the hand points forward and upward to the left, and the fingertips point toward the right midline. Eyes first look left and right, and then Look quickly to the right, listen to the left behind the body. The distance between the hands is the same as shoulder width.

Requirements: The Qi rises above the waist, and the hips relax and sink below the waist.

2. Turn the body to the right about 90° in a spiral, first sink and then rise slightly, and move the center of gravity from the left to the right foot. Exhale first and then inhale. At the same time, sink the chest first, sink to the left, turn the right hip, sink the chest, and inhale. Lift the anus and loosen the hips, lower the right hip and bend the left hip, bending the knees until the center is opened, and the center is opened. The right leg is first wrapped and turned outward with the heel as the axis, and the toes are slightly turned up, and rotate to the right about 50°. , the soles of your feet are firmly planted on the ground, and your five fingers grasp the Yongquan point on the ground to make it weak.

At the same time, turn your left leg inward and backward (when your right foot becomes firm), lift your left heel, relax your hips, knees, ankles, and toes, lift your foot up in the air, draw an arc, and step next to the inside of your right foot, and touch the ground with your left toe to open your crotch. The crotch point is empty and the point is round. At the same time, the right hand is raised from the front of the head to the midline, and is wrapped around the collar and lowered to the midline in front of the eyes. It is stretched slightly upward and outward to the right. The arms are extended to seven or eight points, the shoulders and elbows are slightly relaxed, and the inner side of the arm is kept half round. Without losing strength, sit with your wrists facing forward and right, and your fingertips upward toward the midline. At the same time, move your left hand from the left side of the left eye to open outwards and sink, close inward to the midline in front of the abdomen, fold your wrists outwards, with the palms facing forward and right, and point your fingers upwards. The tip is to the left and front, with a small collar and a large clasped palm, and a weak heart. It is located about 45 cm from the front midline of the abdomen. Look first to the right and then to the outside of the left elbow, and listen behind you.

#### Form 50: Back move

1. Turn the body to the right about 25° and sink in a spiral, with all the weight on the right foot, inhale. At the same time, sink the abdomen, tighten the abdomen, inhale, lift the anus and loosen the hips, sink to the right, turn the left hip, bend the knees, open the middle and unite, and at the same time, right Legs should be bent outwards, knees should be closed inwards, soles of feet should be firm, and five fingers should be grasped on the ground to make the Yongquan point weak.

At the same time, turn your left leg inward and upward, lift your foot and step back slightly to the left, with your heel on the ground on the inside, and your toes upward and inward. At the same time, your left hand and right hand continue to twist left, right and backward, looking at the left side of your body. , listen behind you.

2. 身快速先略向右转略下沉，再向左转约近 $90^\circ$ 螺旋上升，重心由右先快速向右再下沉移至左脚，先吸后呼再吸，同时沉略开胸收腹吸气提肛松胯，沉右翻左臀再变沉左翻右臀两膝屈，作到开中寓合中寓开。左腿先逆缠里转脚跟为轴脚尖上翘略向里合，再变顺缠外转约近 $90^\circ$ ，脚掌落地踏实五指地涌泉穴要虚。同时右腿先顺缠外转膝里合，脚五指抓地涌泉穴要虚。再变逆缠里转（当重心移至左脚变实后）右脚提起向前方迈步，虚步脚尖点地同时左手由腹前中线，先顺缠屈肘外折腕向右里合，变逆缠沉含坐腕，大指领劲经身右侧右胸前向左经眼前中线至左耳左侧棚出。掌心向左外，指尖向右前中线上。同时，右手先逆缠里转，大指领劲里合至右眼右侧略上，掌心向前指尖偏左，再向右外开，变顺缠经身右侧前下沉里合向前上棚出，掌心向上指尖向前，小领大合掌心虚。位在胸前中线约50公分左右。眼左顾右盼，再向前方看，耳听身后。

3. 身先向左转约 $45^\circ$ 先螺旋略下沉，再向右转约 $45^\circ$ 螺旋略上升，重心由左下沉移略偏右前，先快吸后快呼。同时先沉含松，沉左翻右臀再沉含突腹松胯，沉右翻左臀两膝屈，左腿先顺缠外转变逆缠里转，五指抓地涌泉穴要虚。同时，右腿先逆缠里转再顺缠外转膝里合，脚尖点地，同时右手由胸前中线下沉里合，经腹前向左，再经左胸左侧前上翻，大领经鼻尖前中线坐腕发劲，掌心向右前方，指尖向左后上方，同时左手由左耳左侧先逆缠大领外开，变顺缠下沉里合至腹前中线外折腕，掌心偏右前上，指尖偏左前，位在腹前中线与右线上下都在一条线上，发劲时重心偏右前，松胯两膝屈合眼左顾右盼，再看前方，耳听身后。

### 第五十一式：野马分鬃

1. 身向左转约 $50^\circ$ 螺旋下沉再略上升，重心由右先略向右前再移左后，再下沉移偏右前，先吸后呼。同时，先沉含收腹吸气提肛松胯，沉左翻右臀两膝屈，再沉开胸突腹左旋松胯沉右翻左臀，先上下左右相合，再开中寓合。同时，左腿顺缠外转，以脚跟为轴脚尖略向外转，脚掌落地实五指抓地涌泉穴要虚。同时，右脚当左脚踏实后，右腿屈膝逆缠上提脚，再向右前迈步，以脚跟里侧着地，脚尖上翘里合贴地向右前方铲出，当重心向右前时右脚新变实，脚掌落地踏实五指抓地涌泉穴要虚，同时左手由腹前中线逆缠

2. 身快速先略向右转略下沉,再向左转约近90°螺旋上升,重心由右先快速向右再下沉移至左脚,先吸后呼再吸,同时沉略开胸收腹吸气提肛松胯,沉右翻左臀再变沉左翻右臀两膝屈,作到开中寓合合中寓开.左腿先逆缠里转脚跟为轴脚尖上翘略向里合,再变顺缠外转约近90°,脚掌落地踏实五指抓地湧泉穴要虚.同时右腿先顺缠外转里合,脚五指抓地湧泉穴要虚.再变逆缠里转《当重心移至左脚变实后》右脚提起向前方迈步,虚步脚尖点地同时左手由腹前中线,先顺缠屈肘外折腕向右里合,变逆缠沉含坐腕,大指领劲经身右侧右胸前向左经眼前中线至左耳左侧棚出.掌心向左外,指尖向右前中线上.同时,右手先逆缠里转,大指领劲里合至右眼右侧略上,掌心向前指尖偏左,再向右外开,变顺缠经身右侧前下沉里合向前上棚出.掌心向上指尖向前,小领大合掌心虚.位在胸前中线约50公分左右.眼左顾后盼,再向前方看,耳听身后.

3. 身先向左转约45°先螺旋略下沉,再向右转约45°螺旋略上升,重心由左下沉移略偏右前,先快吸后快呼.同时先沉含松,沉左翻右臀再沉含突腹松胯,沉右翻左臀两膝屈合,左腿先顺缠外转变逆缠里转,五指抓地湧泉穴要虚.同时,右腿先逆缠里转再顺缠外转膝里合,脚尖点地,同时右手由胸前中线下沉里合,经腹前向左再经左胸左侧前上翻,大领经鼻尖前中线坐腕放松,掌心向右前方,指尖向左后上方.同时左手由左耳左侧先逆缠大领外开,变顺缠下沉里合至腹前中线外折腕,掌心偏右前上,指尖偏左前,位在腹前中线与右线上下都在一条线上,发劲时重心偏右前.松胯两膝屈合眼看左顾右盼,再看前方,耳听身后.

#### 第五十一式：野馬分鬃

1. 身向左转约50°,螺旋下沉再略上升,重心由右先略向右前再移左后,再下沉移偏右前,先吸后呼.同时,先沉含收腹吸气提肛松胯,沉左翻右臀两膝屈,再沉开胸突腹左旋松胯沉右翻左臀,先上下左右相合,再开中寓合.同时,左腿顺缠外转,以脚跟为轴脚尖略向外转,脚掌落地实五指抓地湧泉穴要虚.同时,右脚当左脚踏实后,右腿屈膝逆缠上提脚,再向右前迈步,以脚跟里侧着地,脚尖上翘里合贴地向右前方铲出.当重心向右前时右脚肩变实,脚掌落地踏实五指抓地湧泉穴要虚.同时左手由腹前中线逆缠

2. Quickly turn the body slightly to the right and sink slightly, then turn to the left about 90° to spiral up. The center of gravity moves from the right to the left quickly and then sinks to the left foot. Inhale first, then exhale and then inhale again, while sinking slightly. Chest, abdomen, inhale, lift anus, loosen hips, lower the left hip to the right, then lower the left hip, bend the knees, and open the center, close the center, open the center. The left leg is first twisted inward, turning the heel as the axis, and the toes are turned up. Turn slightly inwards, then turn outwards and turn around nearly 90°, with the soles of the feet firmly on the ground and the five fingers of Yongquan point on the ground should be weak. At the same time, the right leg should first turn outwards and close inward, and the five fingers of the feet should grasp the Yongquan points on the ground to be weak. Change again. Turn in reverse (when the center of gravity shifts to the left foot and becomes solid), lift your right foot and step forward, point your toes on the ground while taking an empty step. At the same time, move your left hand from the midline in front of the abdomen. First, bend your elbow outwards, fold your wrist and close it to the right, then turn inward. Shen Han sits with his wrists, and the big finger leads the energy through the right side of the body, in front of the right chest, to the left, through the midline in front of the eyes, to the left side of the left ear. The palm of the hand faces outward to the left, and the fingertips point to the right front midline. At the same time, the right hand first turns inward and backward, The big finger is brought together slightly above the right side of the right eye, with the palm facing forward and the fingertips tilted to the left, then outward to the right, and then wrapped smoothly around the right side of the body. Look forward, with your small collar and big palms together, and your heart empty. The position is about 50 cm from the midline of the chest. Look left and right, then look forward, and listen behind you.

3. First turn your body about 45° to the left and spiral downward slightly, then turn right about 45° to spiral slightly upward. The center of gravity moves slightly forward from the left to the right. Inhale quickly first and then exhale quickly. At the same time, first sink and relax, then sink. Turn your right hip to the left and then lower your belly, loosen your hips, turn your left hip to the right, bend your knees together, twist your left leg forward first, then twist it backwards, and turn your left leg backwards. At the same time, twist your right leg backwards Turn in and then outward, turn knees in and out, point your toes on the ground, at the same time, lower your right hand from the midline of the chest to in and close, pass through the front of the abdomen to the left, then pass through the left side of the left chest, turn forward and upward, pass the collarbone through the midline in front of the tip of the nose, sit down and relax the wrists , with the palm facing forward and right, and the fingertips facing left, back and upward. At the same time, the left hand starts from the left side of the left ear and wraps around the collar backwards and outwards. Move to the left and forward, the midline in front of the abdomen and the right line are aligned up and down. When exerting strength, the center of gravity moves to the front and right. Loosen your hips, bend your knees, close your eyes, look left and right, then look ahead, and listen behind you.

#### Style 51: Wild Horse Parting Mane

1. Turn your body about 50° to the left, spiral down and then rise slightly. Move the center of gravity from the right to the front, then to the left, then sink to the front of the right. Inhale first and then exhale. At the same time, first lower your mouth and tighten your abdomen and inhale. Lift the anus, loosen the hips, sink to the left, turn the right hip and bend the knees, then lower the chest, protrude the abdomen, loosen the hips to the left, sink to the right, and turn the left buttocks. The heel is the axis, the

toes are turned slightly outward, the sole of the foot is on the ground, and the five fingers are grasping the Yongquan point on the ground. At the same time, after the right foot is firmly planted on the left foot, the right leg bends the knee and goes up to lift the foot, and then steps forward to the right, touching the ground with the inside of the heel. , with the toes turned up and inward, shovel forward to the right. When the center of gravity is forward to the right, the shoulder of the right foot becomes firm, the soles of the feet are firmly on the ground, and the five fingers grasp the Yongquan point on the ground. At the same time, the left hand is wrapped backwards from the midline in front of the abdomen.



\*《右腿逆缠里转，脚五指抓地，湧泉穴要虚。》

坐腕微下沉，大指领劲向上翻经右胸两眼前，再向左略上开领劲。同时右手由鼻前中线顺缠外开，经身前右侧划弧下沉至两膝前中线，右肘与右膝上下相合。适时有手再经腹前中线向左前上顺缠，继续小指领劲棚出划弧至鼻尖前中线，掌心向上指尖向前，外折腕，肩沉肘坠与胯膝相合。同时，左手由两眼左侧外逆缠向左后外划弧，再略下沉，劲松到中指肚，与右手形成左前右后对称，掌心向下指尖向左后略上，高与肩同，臂伸展至七八分，肩沉肘略坠与胯膝相合，眼左顾右盼，再看右前，耳听身左后。

2. 身向左转先螺旋上升再下沉约近 $90^{\circ}$ ，重心由右前移偏左后，吸气同时，沉开胸收腹吸气提肛松胯，沉左翻右臀两膝屈合，左腿顺缠外转膝里合，脚五指抓地湧泉穴要虚\*。同时右手由右前方顺缠，小指领劲大指合掌心要虚，划上弧里合至头前上中线，外折腕，掌心向上偏左后，指尖向右上前。

同时，左手由左后略逆缠里合再向左侧上棚起，位在左眼左侧上方，掌心向左上，指尖向右上前，眼看右前方，耳听身左后。

3. 身向右转约近 $90^{\circ}$ ，先螺旋下沉再螺旋上升，重心由左下沉移至右脚先呼后吸。同时，先沉含松，沉左翻右臀再沉含收腹吸气提肛松胯，沉右翻左臀两膝屈作到开中寓合合中寓开，同时，右腿先顺缠外转膝里合，脚五指抓地湧泉穴要虚。当中心渐向右前移时，以右脚跟为轴脚随身向右外旋转约近 $90^{\circ}$ ，脚掌落地踏实五指抓地湧泉穴要虚。同时，左腿逆缠里转屈膝沉左臀（当右脚更实后）右脚跟先提起随身屈膝上提，同时，右手由头前上中线逆缠下沉大指领劲至两眼前中线。（适时有肘膝上下相合）再继续大指领劲向右外略上棚出，位在右眼右前方。坐腕大指领劲掌心向右指尖向左里中线上。左臂里侧保持半圆，肩坠放松棚劲不丢。（同时，左手由左眼左侧上顺缠向左外略开展，下沉里合随身旋转至腹前中线，掌心向前上指尖略偏前下，位在腹前中线，眼先左顾右盼，再看身前，耳听身后。

4. 身向右转约近 $45^{\circ}$ 螺旋下沉，先吸后呼。重心由右后下沉移偏左前同时，沉含收腹吸气提肛松胯，沉右翻左臀再沉含松，沉左翻右臀两膝屈作到开中寓合。右腿顺缠外转膝里合（当重心更至偏左前时）右脚跟为轴右脚掌擦地略向外转，脚掌踏实五指抓地湧泉穴要虚。

同时，左腿逆缠里转向左前方迈步，以脚跟里侧着地，脚尖上翘里合贴地铲出，再脚掌落地踏实五指抓地湧泉穴要虚渐更实。同时左手由腹前仍外折腕，顺缠小指领劲大指合，经左膝里侧腹前中线向右前上翻起划弧至鼻尖

\*\*《右腿逆缠里转,脚五指抓地,湧泉穴要虚。》

坐腕微下沉,大指领劲向上翻经右胸两眼前,再向左略上开领劲。同时右手由鼻前中线顺缠外开,经身前右侧划弧下沉至两膝前中线,右肘与右膝上下相合。这时右手再经腹前中线向左前上顺缠,继续小指领劲棚出划弧至鼻尖前中线,掌心向上指尖向前,外折腕,肩沉肘坠与胯膝相合。同时,左手由两眼左侧外变顺缠向左后外划弧,再略下沉,劲松到中指肚,与右手形成左前右后对称,掌心向下指尖向左后略上,高与肩同,臂伸展至七八分,肩沉肘略坠与胯膝相合,眼左顾右盼,再看右前,耳听身左后。

2. 身向左转先螺旋上升再下沉约近90°,重心由右前移偏左后,吸气同时,沉开胸收腹吸气提肛松胯,沉左翻右臀两膝屈合,左腿顺缠外转膝里合,脚五指抓地湧泉穴要虚。\*\*同时右手由右前方顺缠,小指领劲大指合掌心要虚,划上弧里合至头前上中线,外折腕,掌心向上偏左后,指尖向右前上。

同时,左手由左后略逆缠里合再向左侧上棚起,位在左眼左侧上方。掌心向左上,指尖向右前上,眼看右前方,耳听身左后。

3. 身向右转约近90°,先螺旋下沉再螺旋上升,重心由左下沉移至右脚先呼后吸。同时,先沉含松,沉左翻右臀再沉含收腹吸气提肛松胯,沉右翻左臀两膝屈作到开中寓合中寓开。同时,右腿先顺缠外转膝里合,脚五指抓地湧泉穴要虚。当中心渐向右前移时,以右脚跟为轴脚随身向右外旋转约近90°,脚掌落地踏实五指抓地湧泉穴要虚。同时,左腿逆缠里转屈膝沉左臀《当右脚变实后》右脚跟先提起随身屈膝上提,同时,右手由头前上中线逆缠下沉大指领劲至两眼前中线。《这时肩膀肘膝上下相合》再继续大指领劲向右外略上棚出,位在右眼右前方。坐腕大指领劲掌心向右指尖向左里中线上。左臂里侧保持半圆,肩坠放松棚劲不丢。同时,左手由左眼左侧上顺缠向左外略开展,下沉里合随身旋转至腹前中线,掌心向前上指尖略偏前下,位在腹前中线,眼先左顾右盼,再看身前,耳听身后。

4. 身向右转约45°螺旋下沉,先吸后呼。重心由右后下沉移偏左前同时,沉含收腹吸气提肛松胯,沉右翻左臀再沉含松,沉左翻右臀两膝屈作到开中寓合。右腿顺缠外转膝里合《当重心变至偏左前时》右脚跟为轴右脚掌擦地略向外转,脚掌踏实五指抓地湧泉穴要虚。

同时,左腿逆缠里转向左前方迈步,以脚跟里侧着地,脚尖上翘里合贴地铲出。再脚掌落地踏实五指抓地湧泉穴要虚渐变实。同时左手由腹前仍外折腕,顺缠小指领劲大指合,经左膝里侧腹前中线右前上翻起划弧至鼻尖

\*\* (Turn your right leg backwards and forwards, grasp the ground with your five fingers, and make the Yongquan point weak.)

Sitting with your wrists slightly lowered, the big finger leads upward and passes in front of both sides of the right chest, and then slightly upward to the left to open the lead. At the same time, the right hand wraps outward from the midline in front of the nose, passes through the right side of the body in an arc and sinks to the knees. At the front midline, the right elbow and the right knee meet up and down. At this time, the right hand passes through the front midline of the abdomen and wraps forward and upward to the left. Continue to draw an arc with the little finger to the midline in front of the tip of the nose. With the palm upward and the fingertip forward, fold the wrist and shoulder outward. The elbows are sunk and the hips and knees are in line. At the same time, the left hand wraps smoothly from the left side of the eyes to the left back and outwards, then sinks slightly and relaxes to the belly of the middle finger. It forms a symmetrical left, front, right and back with the right hand, with the palm facing down and the fingertips. Slightly upward to the left and back, the height is the same as the shoulder, the arms are extended to seven or eight points, the shoulders are lowered and the elbows are slightly lowered to meet the hips and knees. Look left and right, then look to the right and front, and listen to the left and back of the body.

2. Turn the body to the left, first spiral up and then sink nearly 90°. Move the center of gravity from the right forward to the left. Inhale at the same time, lower the chest, tighten the abdomen, inhale, lift the anus and loosen the hips, lower to the left, turn the right hip and bend the knees. Held, the left leg is wrapped outwards and the knees are closed inward, and the five fingers of the feet are grasping the Yongquan point on the ground to make it weak. \*\* At the same time, the right hand is wrapped smoothly from the right front, the little finger is leading the force and the big finger is closed, the palm of the hand is made weak, and the arc is made to close in front of the head. Go up to the midline, fold your wrist outward, palm upward and to the left, fingertips to the right, forward and upward.

At the same time, the left hand is slightly twisted backwards from the left back, then lifted up to the left, above the left side of the left eye. The palm of the hand is upward to the left, the fingertips are upward to the right, the eyes are looking in front of the right, and the ears are listening to the left side of the body.

3. Turn the body nearly 90° to the right, first spiral down and then spiral up. The center of gravity moves from sinking to the left to the right foot. First exhale and then inhale. At the same time, first sink and relax, sink to the left, turn the right buttocks, then sink and tighten the abdomen and inhale. Lift the anus and loosen the hips, lower the right hip, bend the left hip, and bend the knees until the center is open and the center is open. At the same time, first wrap the right leg outwards, turn the knees inward, and grasp the Yongquan point on the ground with the five fingers of the feet to make the center empty. When gradually moving forward to the right, use the right heel as the axis to rotate the foot outward to the right by nearly 90°. The soles of the feet are firmly on the ground and the five fingers are grasping the Yongquan point on the ground. At the same time, the left leg is turned inward and the knee is bent and the left hip is lowered (when the right After the feet become firm) Lift the heel of your right foot first, bend your knees and lift it up. At the same time, wrap your right hand backwards from the midline in front of the head and lower the big finger to lead the energy to the midline of the front of both eyes. (At this time, the shoulders, hips, elbows, and knees are aligned up and down.) Then continue to lead the energy with the big finger. Punch it out slightly to the right, in front of the right

eye. With the big finger of the sitting wrist, the palm of the hand points to the right, and the fingertip points to the middle line of the left. Keep the inner side of the left arm half round, and relax the shoulder without losing the strength. At the same time, The left hand wraps up and slightly outward from the left side of the left eye, sinks in and closes, rotates with the body to the midline of the front of the abdomen, palm forward and upward, fingertips slightly forward and downward, located at the midline of the front of the abdomen, eyes first look left and right, and then look at the body In front, listen behind.

4. Turn the body about 45° to the right and sink in a spiral, first inhale and then exhale. The center of gravity moves from the right back to the left front. At the same time, sink the abdomen, inhale, lift the anus and loosen the hips, sink to the right, turn the left buttocks and then lower the chest. Turn to the left, bend the right hip, and bend the knees until they are open and closed. Turn the right leg outwards, turn the knees inwards (when the center of gravity changes to the left front), use the heel of the right foot as the axis, rub the ground with the right foot and turn slightly outward, with the sole of the foot firmly grasped with five fingers. The Diyongquan point should be empty.

At the same time, turn your left leg backward and turn to the left to step forward, with your heel on the ground on the inside, and your toes turned up and in close to shovel out. Then land firmly on the sole of your foot, and grasp the Yongquan point on the ground with your five fingers to make it gradually become softer. At the same time, the left hand moves from the front of the abdomen to the outside. Fold your wrist, wrap your little finger along the collar and bring your big finger together, pass through the medial side of the left knee, the front midline of the abdomen, turn right forward and upward, and draw an arc to the tip of the nose.

中线。掌心向上，指尖向前。肘臂下沉与膝上下相合。同时，右手由右眼右前方逆缠向右侧后外开，渐变顺缠至右肩后方劲松到中指肚，掌心向左后下指尖向前后略上。左手与右手左前右后对称。眼左顾右盼，再看左前方、耳听身右后。

5. 身向左转约 $20^{\circ}$ 螺旋略下沉，再向右转约 $60^{\circ}$ 螺旋上升再下沉，吸气。重心由左前再向左前移再下沉移偏右后。同时，沉肩开胸收腹吸气提肛松胯，先沉左翻右臂再沉右翻左臂两膝屈合。左腿先顺缠外转膝里合，再变逆缠里转脚五指抓地湧泉穴要虚。右腿先逆缠里转再顺缠外转膝里合，脚五指抓地湧泉穴要虚。

同时，左手由左前方鼻前中线先向左前略外顺缠外开，再小指领劲顺缠里合至头前上中线、外折腕，掌心向上指尖向左前。同时，右手由右肩右后方顺缠略走上弧里合，至接近左手再变逆缠大指领劲坐腕，向右后上棚起位在右眼右侧上，掌心向右偏上，指尖向左前偏上。两手间距与肩同。眼先看两手再看左前方、耳听身右后。

6. 身向左转约 $45^{\circ}$ 螺旋先下沉再上升。重心先向右后下沉移偏左前，呼气。同时沉含松先沉右翻左臂，再沉左翻右臂两膝屈合，左腿先逆缠里转再顺缠外转膝里合，脚掌踏实五指抓地湧泉穴要虚。右腿先顺缠外转膝里合再逆缠里转，脚五指抓地湧泉穴要虚。同时，左手由头前中线逆缠里转下沉经右前方，经腹前中线再向左前上棚起发劲，臂里侧保持半圆棚劲不丢。左掌位在左胸前方，掌心向左前指尖向右里上，同时右手由右眼右侧前方顺缠向右侧下沉至膝右侧上，外折腕略下沉，再向左前上发劲，小指领劲大指合掌心要虚，掌心向右，指尖向右后略偏下，位在右膝略右上。眼余光兼顾两手，重点放在左前方、耳听身右后。

## 第五十二式：大六封四闭

1. 身先微向左转微上升再向右转约 $45^{\circ}$ ，螺旋下沉，重心由左前再微左前移下沉移偏右后，先吸后呼。同时，先沉开胸突腹略折脊松胯，沉左翻臂，再沉含松、沉右翻左臂，两膝屈开中寓合中寓合。两腿先左顺右逆缠，再右顺左逆缠右膝里合，两脚五指抓地湧泉穴要虚。

同时，左手由左胸左前方先略向左上逆缠，大指领劲上升变顺缠外折腕

中线.掌心向上,指尖向右前方.肘墜肩沉与胯膝上下相合.同时,右手由右眼右前方逆缠向右侧后外开,渐变顺缠至右肩后方劲松到中指肚,掌心向左后下指尖向右后略上.左手与右手左前右后对称.眼左顾右盼.再看左前方,耳听身右后.

5.身向左转约20°螺旋略下沉,再向右转约60°螺旋上升再下沉,吸气.重心由左前再向左前移再下沉移偏右后.同时,沉肩开胸收腹吸气提肛松胯,先沉左翻右臀再沉右翻左臀两膝屈合.左腿先顺缠外转膝里合,再变逆缠里转脚五指抓地湧泉穴要虚,右腿先逆缠里转再顺缠外转膝里合,脚五指抓地湧泉穴要虚.

同时,左手由左前方鼻前中线先向左前略外顺缠外开,再小指领劲顺缠里合至头前上中线,外折腕,掌心向上指尖向左前,同时,右手由右肩右后方顺缠略走上弧里合,至接近左手再变逆缠大指领劲坐腕,向右后上棚起位在右眼右侧上,掌心向右偏上,指尖向左前偏上.两手间距与肩同.眼先看两手再看左前方,耳听身右后.

6.身向左转约45°螺旋先下沉再上升.重心先向右后下沉移偏左前,呼气.同时沉含松先沉右翻左臀,再沉左翻右臀两膝屈合,左腿先逆缠里转再顺缠外转膝里合,脚掌踏实五指抓地湧泉穴要虚.右腿先顺缠外转膝里合再逆缠里转,脚五指抓地湧泉穴要虚.同时,左手由头前中线逆缠里转下沉经右前方,经腹前中线再向左前上棚起发劲,臂里侧保持半园棚劲不丢.左掌位在左胸前方,掌心向左前指尖向右里上,同时右手由右眼右侧前方顺缠向右侧下沉至膝右侧上,外折腕略下沉,再向左前上发劲,小指领经大指合掌心要虚,掌心向右上,指尖向右后略偏下,位在右膝略右上.眼余光兼顾两手,重点放在左前方,耳听身右后.

#### 第五十二式：大六封四闭

1.身先微向左转微上升再向右转约45°,螺旋下沉,重心由左前再微左前移下沉移偏右后,先吸后呼.同时,先沉开胸突腹略折拳松胯,沉左翻臀,再沉含松,沉右翻左臀,两膝屈开中寓合合中寓合.两腿先左顺右略逆缠,再右顺左逆缠右膝里合,两脚五指抓地湧泉穴要虚.

同时,左手由左胸左前方先略向左上逆缠,大指领劲上升变顺缠外折腕

Center line. Palm upward, fingertips pointing to the front right. The elbows and shoulders should be in line with the top and bottom of the hips and knees. At the same time, the right hand should be wrapped backwards and outwards from the front of the right eye to the right side, gradually wrapping smoothly to the back of the right shoulder and loosening it to the belly of the middle finger. The palms are facing left and back and the fingertips are facing slightly back and upwards to the right. The left hand and right hand are symmetrical in front, right and back. Eyes look left and right. Look left and front again, ears listen and body right behind.

5. Turn the body about 20° to the left, spiral down slightly, then turn right about 60° to spiral up and then sink, inhale. Move the center of gravity from the left front to the left, then sink to the right back. At the same time, sink the shoulders. Open the chest, close the abdomen, inhale, lift the anus, and loosen the hips. First turn your right hip to the left, then turn your right hip to the right and bend your knees together. First, turn your left leg forward, turn your left leg outwards, and then turn your knees inward, then turn your left leg inward, and then grasp the floor with your five fingers. If the Quan point is weak, first turn your right leg inwards and outwards, then turn the knees inwards and outwards, and grasp the ground with the five fingers of your feet. The Yongquan point should be weak.

At the same time, the left hand starts from the midline in front of the nose on the left front and slightly outwards to the left front, and then the little finger leads the force and wraps inward to the midline in front of the head. Wrap the right back forward and slightly upward in an arc, until it is close to the left hand, then reversely wrap the big finger and sit on the wrist, lift it up and back to the right and place it on the right side of the right eye, with the palm of your hand pointing upward to the right, and the fingertips pointing forward and to the left. Above. The distance between the hands is shoulder-to-shoulder distance. Look at the hands first and then to the left and front, and listen to the back and right of the body.

6. Turn the body about 45° to the left and spiral first to sink and then rise. The center of gravity first moves to the right, then sinks to the left and forward, exhale. At the same time, Shen Hansong first sinks to the right and turns to the left hip, then sinks to the left and bends to the right hip with both knees bent. To close, first turn the left leg backwards and inward, then turn outwards and then turn the knees inwards, with the soles of the feet firmly planted and the five fingers of the feet grasping the ground. The Quan point should be empty. At the same time, the left hand moves backward from the midline in front of the head, turns inward, and sinks down through the right front, passes through the front midline of the abdomen, and then lifts up and exerts force on the left front and upper side. The inner side of the arm maintains a half circle of force without losing the force. The left palm is on the left side. In front of the chest, the palm of the hand points to the front of the left and the fingertips point to the right and upward. At the same time, the right hand wraps from the right side of the right eye to the right and sinks to the right side of the knee. Fold the wrist outward and sink slightly, then exert force to the left and forward, with the little finger leading the meridian, the big fingers of your palms should be pressed together, with the palm facing up and to the right, and the fingertips facing back and slightly to the right, slightly above and to the right of the right knee. Look at both hands with your peripheral vision, focus on the left front, and listen to the right behind you.

Form 52: six major closures and four closures

1. Turn the body slightly to the left, rise slightly, then turn to the right

about 45°, and sink in a spiral. The center of gravity moves from the left to the front, then slightly to the left, then to the right. Inhale first and then exhale. At the same time, first sink, open the chest and protrude the abdomen. Slightly fold your fists to loosen your hips, sink to the left and turn your hips, then sink to the left to loosen your hips, sink to the right and turn your left buttocks, bend your knees apart and bring them together in the middle, and bring them together in the middle. The legs are first left and right and slightly reversed, and then right and left. The right knee is closed inwards, and the Yongquan point on the ground is grasped with both feet and five fingers to make it weak.

At the same time, the left hand starts to wrap backwards from the left front of the left chest slightly to the upper left, and the strength of the big finger rises and then wraps smoothly around the wrist.



里合下沉至两膝前中线，掌心向右前指尖向左前，小颌大合掌心虚。同时右手由右膝略上先逆缠里转向右下略沉再略上升，位在右膝外侧，掌心向右后下，指尖向前略偏上。两手中间是右膝盖。眼先看左前，再兼顾右，耳听身后。

2. 身向左转约近 $100^\circ$ 螺旋上升，重心由右后（右脚跟蹬地）移偏左前，吸气。同时沉肩开胸收腹吸气提肛松胯，沉左翻右臂两膝屈开中寓合，同时在腿以脚跟为轴脚尖略上翘，向左外旋转约近 $100^\circ$ ，脚掌落地踏实五指抓地湧泉穴要虚。

同时，右腿逆缠里转脚五指抓地湧泉穴要虚。同时，左手由两膝中线逆缠折腕上提，经右胸前向左上折腕棚出，位在鼻尖前中线，掌心指尖向里，虎口向上略偏左外，同时，右手由右膝右侧后略上方，变顺缠外转外折腕，向左上棚起变逆缠大指领劲坐腕，位在两眼前中线上，与左手上下相对。掌心向前偏左指尖偏左后，臂里侧保持半圆，肩肘放松棚劲不丢。眼重点放在左前，用余光先看右再看左前，耳听身后。

要求：两胯放松两膝开中寓合，两肩沉肘坠与胯膝上下相合，右胯不要拉直要含蓄放松。

第三、第四、第五同前第一大六封四闭三、四、五均作相同。

### 第五十三式：单鞭

动作与单鞭相同。

\*1 <从右顺缠向左略上交逆缠坐腕大指领劲>

\*2 <同时，两腿先左逆右顺缠，右膝里合>

### 第五十四式：双震脚

1. 身先向右转 $45^\circ$ 螺旋略上升，再向左转螺旋下沉，重心由略偏右先偏右移再下沉移偏左，先吸后呼。同时，先沉肩开胸收腹吸气提肛松胯，沉右翻左臂，再沉含松，沉左翻右臂两膝屈合<sup>\*2</sup>，再左顺右逆缠左膝里合，两脚五指抓地湧泉穴要虚。

同时，右手由右肩右前方逆缠大指领劲里合划弧（方向是向脸右侧里合）再继续领劲上升至右眼右侧上方，臂里侧保持半圆棚劲不丢。这时右掌心向右前上，指尖向左位在右眼右侧前上。同时，左手由左肩左前侧前方，顺缠外

里合下沉至两膝前中线,掌心向右前指尖向左前,小颌大合掌心虚.同时右手由右膝略上先 \*\*1 逆缠里转向右下略沉再略上升,位在右膝外侧,掌心向右后下,指尖向前略偏上.两手中间是右膝盖.眼先看左前,再兼顾右,耳听身后.

2.身向左转约近 100°螺旋上升,重心由右后 《右脚跟蹬地》移偏左前,吸气.同时沉肩开胸收腹吸气提肛松胯,沉左翻右臀两膝屈开中寓合.同时左腿以脚跟为轴脚尖略上翘,向左外旋转约近 100°,脚掌落地踏实五指抓地湧泉穴要虚.

同时,右腿逆缠里转脚五指抓地湧泉穴要虚.同时,左手由两膝中线逆缠折腕上提,经右胸前向左上折腕棚出,位在鼻尖前中线,掌心指尖向里,虎口向上略偏左外,同时,右手由右膝右侧后略上方,变顺缠外转外折腕,向左上棚起变逆缠大指领劲坐腕,位在两眼前中线略上,与左手上下相对.重心向前偏左指尖偏左后,臂里侧保持半园,肩肘放松棚劲不丢.眼重点放在左前,用余光先看右再看左前,耳听身后.

要求:两胯放松两膝开中寓合,两肩沉肘墜与胯膝上下相合,右胯不要拉直要含蓄放松.

第三: 第四,第五同前第一大六封四闭三,四,五动作相同.

第五十三式: 单鞭

动作与前单鞭相同.

\*\*1 《微顺缠向左略上变逆缠坐腕大指领劲》

\*\*2 《同时,两腿先左逆右顺缠,右膝里合》

第五十四式: 双震脚

1.身先向右转 45°螺旋略上升,再向右转螺旋下沉,重心由略偏右先向右移再下沉移偏左,先吸后呼.同时,先沉肩开胸收腹吸气提肛松胯,沉右翻左臀,再沉含松,沉左翻右臀两膝屈合 \*\*2,再左顺右逆缠左膝里合,两脚五指抓地湧泉穴要虚.

同时,右手由右肩右前方逆缠大指领劲里合划弧(方向是向脸右侧里合)再继续领劲上升至右眼右侧上方,臂里侧保持半园棚劲不丢.这时头掌心向右前上,指尖向左位在右眼右侧前上.同时,左手由左肩左前侧前方,顺缠外

Lihe sinks to the midline in front of both knees, the palms are facing forward to the right, the fingertips are forward to the left, and the palms of the small collar and big hands are empty. At the same time, the right hand starts from slightly above the right knee\*\*1, reverses the Lihe, turns to the right, sinks slightly, and then rises slightly, with the position on the right On the outside of the knee, the palm of the hand points to the right and back, and the fingertips point forward and slightly upward. In the middle of the two hands is the right knee. Look at the left front first, then look at the right, and listen behind you.

2. Turn the body to the left about 100° and spiral up, shift the center of gravity from the right back (pressing the right heel on the ground) to the left front, inhale. At the same time, lower the shoulders, open the chest, tighten the abdomen, inhale, lift the anus and loosen the hips, lower the left and turn the right buttocks. Bend the knees and open the center to close. At the same time, the toes of the left leg are slightly raised with the heel as the axis, and rotated to the left by nearly 100°. The soles of the feet are firmly on the ground and the five fingers are grasping the Yongquan point on the ground.

At the same time, twist your right leg backwards, turn your feet, and grasp the Yongquan point on the ground with your five fingers. At the same time, twist your left hand backwards from the midline of the knees, fold the wrists, and lift them up. Pass the right chest to the upper left, fold the wrists, and pull them out. Position them on the midline in front of the tip of the nose, in the palm of your hand. The fingertips are facing inward, and the tiger's mouth is upward and slightly to the left. At the same time, the right hand is moved from the back and slightly above the right side of the right knee, turning outwards and folding the wrist, lifting it up to the left, then wrapping the big finger backwards and sitting on the wrist, positioning on both sides. The midline in front of the eyes is slightly above, opposite to the top and bottom of the left hand. The center of gravity is forward and the left fingertips are behind the left. The inside of the arm is kept half round, and the shoulders and elbows are relaxed without losing strength. Focus on the left front, use the peripheral vision to look first to the right and then to the left front, ears Listen behind you.

Requirements: Relax your hips, open your knees, and bring them together in the middle. Your shoulders should be lowered and your elbows should be lowered to match the top and bottom of your hips and knees. Don't straighten your right hip, but relax it implicitly.

Third: The fourth and fifth movements are the same as the first six, four and three, four and five.

#### Form 53: Single Whip

The action is the same as the front single whip.

\*\*1 (Slightly smooth twisting to the left and slightly upward to reverse twisting of the sitting wrist and big finger leading force)

\*\*2 (At the same time, first wrap your legs backwards and forwards to the left and right, and close your right knees inwards)

#### Posture 54: Double Shocking Feet

1. First turn the body 45° to the right and spiral up slightly, then turn right and spiral down. The center of gravity moves from slightly to the right, then to the right, then down to the left. Inhale first and then exhale. At the

same time, lower the shoulders, open the chest and close the chest. Inhale from the abdomen, lift the anus and loosen the hips, bend to the right and turn the left hip, then bend to the left to loosen the hips, bend to the left and bend the right buttocks, bend the knees together\*\* 2, then bend the left knees to the right, bend the left knees inward, and grasp the ground with both feet and five fingers. The acupuncture points should be empty.

At the same time, the right hand starts from the right front of the right shoulder and wraps the big finger backwards and draws an arc (direction is to the right side of the face) and then continues to lead the strength up to the right side of the right eye, keeping the inner side of the arm half-circled. Throw it away. At this time, the palm of the head is facing forward and to the right, and the fingertips are pointing to the left, in front of and on the right side of the right eye. At the same time, the left hand is wrapped outward from the left front side of the left shoulder.

\* <经右眼略左前方，再向左略上棚出>

翻小指领劲由左外略划上弧至左眼左前方、掌心向上指尖向左、小指领劲大指合掌心要虚。此时为吸气，再变右手由右眼右侧略前上变顺缠向有外开下沉、小指领劲里合外折腕至腹前中线、掌心向左前方、指尖向右前方、小指领劲大指合掌心要虚。右肘不要贴肋。左手由左眼左侧前方、变逆缠里合略下沉\*坐腕大指领劲、掌心向左前方、指尖向右上中线、眼先看右、再看左手。再看右手兼顾左、再看身右侧、耳听身后。

2. 身向有转约45°螺旋略上升、重心由左下沉移偏右、吸气。同时沉开胸收腹吸气提肛松胯、沉右翻左臀两膝屈合、右腿顺缠外转膝里合、脚五指抓地涌泉穴要虚。左腿逆缠转里以脚跟为轴、脚尖贴地里勾。同时右手由腹前中线逆缠里合、向左经左胸前向右上棚起、经鼻前中线再向有略上棚出、位在右眼右侧前略上、掌心向前、指尖向左中线略偏上、臂里侧保持半圆、肘放松棚劲不丢。

同时左手由左眼左侧前顺缠外转略向左外开、再上升至左眼左侧上、掌心向上、指尖向左、小指领大指合掌心要虚、眼左顾右盼再看左手。

要求：左脚尖贴地向里勾时要两胯放松、两膝相合。

3. 身向有转约近180°螺旋先略上升再下沉、重心由右下沉移偏左后、吸气。同时、沉舍收腹吸气提肛松胯、沉左翻右臀两膝屈合。左腿逆缠里转脚五指抓地涌泉穴要虚。右腿顺缠外转<当左脚变突后>右脚跟提起离地、脚尖点地、略划弧向圆略收、虚步脚尖点地。同时、右手由右眼右前略上方、顺缠外开下沉至胸前中线。小指领劲大指合再上升屈肘外折腕、小指领劲大指合掌心虚、位在鼻尖前中线、掌心向左上、指尖向右前、同时左手由左眼左侧前逆缠里合、略走上弧经头左侧向前下沉、合于右肘弯上偏里侧、掌心向前下、指尖向前。眼瞻前顾后、再看前前方、耳听身后。

4. 身先略向左转下沉、再略向有转螺旋上升、再略向左转下沉、重心略偏左后、先吸后呼。同时、先沉舍松、沉左翻右臀、再身跳起脚腾空、沉肩开胸收腹吸气提肛松胯、略沉左翻右臀、再沉舍松、沉左翻右臀两膝屈合、同时、左腿先略顺缠外转膝里合、脚五指抓地涌泉穴要虚。再逆缠里转脚跟蹬地、身腾空跃起、再顺缠外转下沉震脚发劲、五指抓地涌泉穴要虚。

同时、右腿先逆缠里转、脚尖仍点地松胯屈膝先随身下沉、再顺缠外转脚尖点地、随身腾空跃起、顺缠外转再松胯屈膝、逆缠里转下沉震脚发劲、五指抓地、涌泉穴要虚。左脚先落地、右脚后落地、也可以双脚同时下沉落

\*\* 《经右眼略左侧前方,再向左略上棚出》

翻小指领劲由左外略划上弧至左眼左前方,掌心向上指尖向左,小指领劲大指合掌心要虚.此时为吸气,再变右手由右眼右侧略前上变顺缠向右外开下沉,小指领劲里合外折腕至腹前中线,掌心向左前方,指尖向右前方,小指领劲大指合掌心要虚.右肘不要贴肋.左手由左眼左侧前方,变逆缠里合略下沉\*\*,坐腕大指领劲,掌心向左前方,指尖向右上中线,眼先看右,再看左手.再看右手兼顾左,再看身右侧,耳听身后.

2. 身向右转约45°螺旋略上升,重心由左下沉移偏右,吸气.同时沉开胸收腹吸气提肛松胯,沉右翻左臀两膝屈合,右腿顺缠外转膝里合,脚五指抓地湧泉穴要虚,左腿逆缠转里以脚跟为轴,脚尖贴地里勾.同时右手由腹前中线逆缠里合,向左经左胸前向右上棚起,经鼻前中线再向右略上棚出,位在右眼右侧前略上,掌心向前,指尖向左中线略偏上,臂里侧保持半园,肩肘放松棚劲不丢.

同时左手由左眼左侧前顺缠外转略向左外开,再上升至左眼左侧上,掌心向上,指尖向左,小指领大合掌心要虚,眼左顾右盼再看左手.

要求: 左脚尖贴地向里勾时要两胯放松,两膝相合.

3. 身向右转约近180°螺旋先略上升再下沉,重心由右下沉移偏左后,吸气.同时,沉含收腹吸气提肛松胯,沉左翻右臀两膝屈合.左腿逆缠里转脚五指抓地湧泉穴要虚.右腿顺缠外转《当左腿变实后》右脚跟提起离地,脚尖点地,略划弧向回略收,虚步脚尖点地,同时,右手由右眼右前略上方,顺缠外开下沉至胸前中线.小指领劲大指合再上升屈肘外折腕,小指领劲大指合掌心虚,位在鼻尖前中线.掌心向左上,指尖先右前,同时左手由左眼左侧前逆缠里合,略走上弧经头左侧向前下沉,合于右肘弯上偏里侧,掌心向前下,指尖向前.眼瞻前顾后,再看前前方,耳听身后.

4. 身先略向左转下沉,再略向右转螺旋上升,再略向左转下沉,重心略偏左后,先吸后呼.同时,先沉含松,沉左翻右臀,再身跳起脚腾空,沉肩开胸收腹吸气提肛松胯,略沉左翻右臀,再沉含松,沉左翻右臀两膝屈合,同时,左腿先略顺缠外转膝里合,脚五指抓地湧泉穴要虚.再逆缠里转脚跟蹬地,身腾空跃起,再顺缠外转下沉震脚发劲,五指抓地湧泉穴要虚.

同时,右腿先逆缠里转,脚尖仍点地松胯屈膝先随身下沉,再顺缠外转脚尖点地,随身腾空跃起,顺缠外转再松胯屈膝,逆缠里转下沉震脚发劲.五指抓地,湧泉穴要虚.左脚先落地,右脚后落地,也可以双脚同时下沉落

\*\* (Pull out slightly in front of the left side of the right eye, then slightly upward to the left)

Turn your little finger to lead Jin from the outside of the left and draw a slight upward arc to the left front of the left eye, with the palm upward and the fingertips to the left. The little finger to lead Jin and the big finger to close the palm should be empty. At this time, inhale, and then change your right hand from the right side of the right eye slightly forward. The upper part becomes smooth and wraps outward to the right and sinks. The little finger leads the strength and folds the wrist inward and outward to the midline of the front of the abdomen. The palm faces the left front and the fingertips face the right front. The little finger leads the strength and the big finger closes the palm to be empty. Do not touch the right elbow to the ribs. . The left hand starts from the left side of the left eye, turns inversely and sinks slightly\*\*. Sit on the wrist with the big finger leading the force, the palm of the hand is facing the left front, and the fingertips are pointing to the upper right midline. Look first to the right, then to the left hand. Then to the right hand. Look to the left side, then to the right side of the body, and listen to the back.

2. Turn the body to the right about 45°, spiral slightly upward, shift the center of gravity from the left to the right, inhale. At the same time, lower the chest, tighten the abdomen, inhale, lift the anus and loosen the hips, lower the body to the right, bend the left hip, bend the knees, and straighten the right leg. Turn the knees outward and close together, grasp the Yongquan point on the ground with the five fingers of the foot to make it weak, twist the left leg backwards and turn inward with the heel as the axis, with the toes close to the ground and hook inwards. At the same time, the right hand goes backwards from the midline of the front of the abdomen, and goes to the left through the left chest Punch up the front to the right, pass through the midline in front of the nose, and then slightly upward to the right. It is located slightly above the right side of the right eye, with the palm facing forward, the fingertips pointing slightly above the left midline, the inside of the arm keeping a half-circle, and the shoulders and elbows relaxed. Don't lose your strength.

At the same time, the left hand wraps forward from the left side of the left eye, turns outward slightly to the left, and then rises to the left side of the left eye, with the palm facing up and the fingertips pointing to the left.

Requirements: When the left toe is on the ground and hooked inward, the hips should be relaxed and the knees should be together.

3. Turn the body nearly 180° to the right. The spiral first rises slightly and then sinks. The center of gravity moves from the right to the left, and then inhales. At the same time, lower the abdomen, inhale, lift the anus, loosen the hips, sink to the left, and turn the right buttocks. Knees are bent and closed. The left leg is twisted backwards and turned inward. The five fingers of the foot grasp the Yongquan point on the ground to make it weak. The right leg is twisted outwards (when the left leg becomes firm). Lift the right heel off the ground, point the toes on the ground, and draw a slight arc back. Collect, take a virtual step and point your toes on the ground. At the same time, move your right hand from slightly above the right front of the right eye, along the outside and down to the midline of the chest. The little finger leads the strength and the big finger joins together and then rises again. Bend the elbow and fold the wrist outward. The little finger leads the strength and the big finger joins the palm. The heart is empty. , located on the midline in front of the tip of the nose. With the palm facing up and to

the left, the fingertips point forward to the right. At the same time, the left hand starts from the left side of the left eye and wraps around it inward and upward. Side, palms forward and down, fingertips forward. Look forward and backward, then look forward and forward, and listen behind you.

4. First turn your body slightly to the left and sink, then turn slightly to the right to spiral up, then turn slightly to the left and sink, with your center of gravity slightly to the left, first inhale and then exhale. At the same time, first sink your chest and loosen it, then sink to the left and turn your right hip. , then jump up and lift your feet into the air, lower your shoulders, open your chest, retract, inhale, lift your anus and loosen your hips, lower slightly to the left and turn your right buttocks, lower your hips slightly, lower your hips to the left and bend your right buttocks, bend your knees together, and at the same time, twist your left leg slightly first Turn your knees outwards and close them inward, and grasp the Yongquan point on the ground with the five fingers of your feet to make them weak. Then turn them inward and backward, push your heels on the ground, jump into the air, then turn them outwards and sink down to stimulate your feet, and grasp the Yongquan point on the ground with your five fingers to make them empty. .

At the same time, first turn your right leg backwards and in, with your toes still pointed on the ground, loosen your hips and bend your knees, then sink with you, then turn your right leg outwards, point your toes on the ground, jump up into the air, turn your right leg outwards, loosen your hips and bend your knees, and turn your right leg backwards and down. Use the Shen Zhen foot to generate strength. Grasp the ground with five fingers, and the Yongquan point should be weak. The left foot lands first, and the right foot lands behind. You can also sink both feet at the same time.



地震脚发劲，这时中心基本在中间，两响时中心略偏后。

同时，双手以双逆缠里转，含胸塌腰松胯屈膝，沉左翻右臀，沉肩坠肘，双手下沉双逆缠，再双手小指领劲，身随上升腾空跃起，右手高度与眼前中线同，吸气。再变双逆缠以双采劲向下沉发劲，双掌心向下坐腕，掌心向前偏上。

同时，沉含松，沉左翻右臀屈合，眼看前方，耳听身后。

要求：身下沉屈势时，要合中富开，双手上提时收腹吸气脚蹬地，屈膝上提腾空要合，再下沉双震脚发劲，双手向前下采发劲，呼气，同时完成，身勿前俯后仰，左歪右斜。

### 第五十五式：玉女穿梭

1. 身先微向右转略下沉，再略向左转螺旋上升，重心全部放在左腿，吸气。同时先沉含松，沉左翻右臀，再沉含收腹吸气提肛松胯，仍沉左翻右臀，两膝屈合，左腿先略逆缠里转变顺缠外转膝里合，脚五指抓地，湧泉穴要虚。

同时，右脚先略顺缠外转膝里合，脚五指抓地，湧泉穴要虚，再变逆缠里转脚跟蹬地，屈膝上提脚，右膝屈膝护膝，右脚护左膝，同时双手由前下先逆缠大指领劲坐腕下沉，再变顺缠小指领大合向前上提，左手位在鼻前中线，掌心向左前上，指尖向右前，左掌位在右肘里侧，小指贴住右肘里侧下略前方，掌心向右，指尖向前。

要求：上提时要沉肩坠肘松胯，右膝上提左膝屈，收腹吸气提肛，上下相合，手合肘开，眼看前耳听身后。

2. 身向左转约90°，螺旋略上升，重心全部放在左脚，吸气。同时沉肩略坠肘开胸收腹吸气提肛松胯沉左翻右臀，左膝屈略下沉，右膝逆缠里合向左前方略上提棚出，左腿顺缠外转膝里合，脚五指抓地湧泉穴要虚，右腿逆缠里转屈膝上提向前棚，同时双手分向前后，以掣劲双逆缠棚出，右手位在眼前中线，掌心向前，指尖向左里偏上，右臂伸展至七八分，肩沉略坠肘棚劲不丢，同时左手由右肘里侧逆缠合至右胸，以食指外折腕合在右胸偏右，掌心向前，指尖偏右肘棚劲有沉肘略坠，肘里侧形成半圆棚劲不丢，眼看前方，耳听身后。

地震脚发劲,这时中心基本在中间,两响时中心略偏后.

同时,双手以双逆缠里转,含胸塌腰松胯屈膝,沉左翻右臀,沉肩坠肘  
双手下沉双逆缠,再双手小指领劲,身随上升腾空跃起,右手高度与眼前中  
线同,吸气.再变双逆缠以双采劲向下沉发劲,双掌心向下坐腕,掌心向前  
偏上.

同时,沉含松,沉左翻右臀屈合,眼看前方,耳听身后.

要求:身下沉屈势时,要合中寓开,双手上提时收腹吸气脚蹬地,屈膝  
上提腾空要合,再下沉双震脚发劲,双手向前下采发劲,吸气,同时完成.  
身勿前俯后仰,左歪右斜.

### 第五十五式: 玉女穿梭

1.身先微向右转略下沉,再略向左转螺旋上升,重心全部放在左腿,  
吸气.同时先沉含松,沉左翻右臀,再沉含收腹吸气提肛松胯,仍沉左翻右  
臀,两膝屈合,左腿先略逆缠里转变顺缠外转膝里合,脚五指抓地,湧泉穴  
要虚.

同时,右脚先略顺缠外转膝里合,脚五指抓地,湧泉穴要虚.再变逆缠  
里转脚跟蹬地,屈膝上提脚,右膝屈膝护裆,右脚护左膝,同时双手由前下  
先逆缠大指领劲坐腕下沉,再变顺缠小领大合向前上提,左手位在鼻前中线  
掌心向左前上,指尖向右前,左掌位在右肘里侧,小指贴住右肘里侧下略前  
方,掌心向右,指尖向前.

要求:上提时要沉肩坠肘松胯,右膝上提左膝屈,收腹吸气提肛,上下  
相合,手合肘开,眼看前耳听身后.

2.身向左转约90°,螺旋略上升,重心全部放在左脚,吸气.同时沉肩  
略坠肘开胸收腹吸气提肛松胯沉左翻右臀,左膝屈略下沉,右膝逆缠里合向左  
前方略上提棚出,左腿顺缠外转膝里合,脚五指抓地湧泉穴要虚.右腿逆缠  
里转屈膝上提向前棚,同时双手分向前后,以捌劲双逆缠棚出,右手位在眼  
前中线,掌心向前,指尖向左里偏上,右臂伸展至七八分,肩沉略坠肘棚劲  
不丢.同时左手由右肘弯里侧逆缠合至右胸,以食指外折腕合在右胸偏右.  
掌心向前,指尖偏右肘棚起肩沉肘略坠,肘里侧形成半园棚劲不丢.眼看前  
方,耳听身后.

When the earthquake kick is strong, the center is basically in the middle, and when it rings twice, the center is slightly behind.

At the same time, turn your hands inward and backward with both hands, hold your chest, lower your waist, loosen your hips and bend your knees, lower your left and right hips, lower your shoulders and elbows, lower your hands and double backwards, then lead the strength with your little fingers, and jump up into the air with your right hand at the same height. The midline in front of the eyes is the same, inhale. Then change to double reverse wrapping and use double force to sink downward and send force. The palms of both hands are downward and the wrists are tilted upward.

At the same time, Shen Hansong, Shen turned left and right hips, looked forward, and listened behind him.

Requirements: When the body is sinking into the bent position, the center should be closed and the center is open. When raising the hands, keep the abdomen in and inhale and push the feet on the ground. When bending the knees and lifting up, the feet should be closed. When the body is lowered, both feet should be used to exert energy. The hands should be moved forward and downward to generate energy. , inhale, and complete at the same time. Do not lean forward or backward, or tilt left or right.

#### Form 55: Jade Girl Shuttle

1. First turn your body slightly to the right and sink slightly, then turn slightly to the left and spiral up, with all your weight on your left leg, inhale. At the same time, first sink your chest to loosen it, lower your chest to the left and turn your right buttocks, then lower your chest to contract your abdomen, inhale and lift it up. The anus is loosened and the hips are still sinking. Turn the right hip to the left, bend the knees together, twist the left leg slightly backwards and inward, then twist it forward and outwards, turn the knees inward and inwards, grasp the ground with the five fingers of the feet, and make the Yongquan point weak.

At the same time, first twist your right foot slightly outwards, turn your knees inward, and grasp the ground with the five fingers of your foot. The Yongquan point should be weak. Then turn your right foot inward and push your heels on the ground, bend your knees and lift your feet. Bend your right knee to protect your crotch, and protect your left foot with your right foot. Knees, at the same time, the hands are first wrapped around the big finger from the front and down, the wrists are lowered, and then they are wrapped around the small collar and raised forward and upward. The left hand is positioned on the midline in front of the nose, the palm is facing left and forward, the fingertips are facing forward to the right, and the left palm is facing forward. It is located on the inside of the right elbow, with the little finger touching the inside of the right elbow and slightly in front, with the palm facing to the right and the fingertips facing forward.

Requirements: When lifting, you should lower your shoulders, lower your elbows, and loosen your hips, lift your right knee and bend your left knee, draw in your abdomen, inhale and lift your anus, bring your up and down together, close your hands and open your elbows, look in front of you, listen in front of you, and listen behind you.

2. Turn the body about 90° to the left, spiral slightly upward, put all the weight on the left foot, inhale. At the same time, lower the shoulders slightly, lower the elbows, open the chest, tighten the abdomen, inhale, lift the anus, loosen the hips, sink the hips, turn left and right hip, and bend

the left knee slightly Sink, turn your right knee backwards, twist it inward, and lift it up slightly in front of the left side. Turn your left leg outwards, turn your knee inward, and grasp the Yongquan point on the ground with your five fingers. At the same time, spread your hands forward and back, and twist them out with both hands. The right hand is at the center line in front of the eyes, the palm is forward, the fingertips are upward to the left, the right arm is extended to seven or eight points, the shoulders are slightly bent, and the elbows are not lost. . At the same time, the left hand is wrapped backwards from the inside of the right elbow to the right chest, and the wrist is folded outward with the index finger to the right side of the right chest.

With the palm facing forward, the fingertips are tilted toward the right elbow, lifting the shoulder and lowering the elbow slightly. The inner side of the elbow forms a half circle, and the strength is not lost. Look ahead and listen behind you.

3. 身向有转约近 $180^\circ$ ，螺旋略下沉，呼气。重心在有前方，同时沉肩坠肘开胸略突腹松胯，沉有翻左臂屈膝合，右腿顺缠外转向前方迈一大步，脚跟外侧着地，脚尖外转约 $90^\circ$ ，脚掌落地踏实，五指抓地湧泉穴要虚，同时左腿逆缠里转，当右脚向前方迈步变实后，左脚跟随即提起向左外旋转，脚尖为轴变虚。同时左手由右胸前逆缠向眼前中线大指领劲棚出，臂伸展至七八分，坐腕，掌心向前指尖向左略偏上，位在两眼前中线略上。同时，右手由眼前中线变顺缠屈肘快速里合至右胸略有侧下，小指贴住掌心窝里，指尖向前，眼看前方，耳听身后。

4. 身继续向左旋转螺旋上升，再略下沉，重心（慢动作）由右后渐接偏左前，（快速动作：重心由右身腾空旋转左脚点地脚跟下沉，松胯屈膝变至左。吸气，同时沉肩略坠肘开胸收腹吸气提肛松胯，沉有翻左臂，再沉左翻右臂屈膝合，同时左腿逆缠里转向前方迈一大步，脚尖向前点地（脚尖先点地）脚尖为轴继续逆缠里转，脚跟向左前旋转下沉变实，五指抓地湧泉穴要虚。

同时，右腿顺缠外转膝里合，脚五指抓地湧泉穴要虚。（快速动作身随掌心，脚蹬地身腾空旋转，左脚先落地，右脚随之旋转），眼看左手兼顾右耳听身后。

5. 身向有转约 $180^\circ$ ，螺旋下沉，重心由左旋转后变偏右，呼气。同时沉肩松，先沉左翻右臂，再变沉有翻左臂屈膝旋转，开中寓合，再合中寓升。同时左腿继续松胯屈膝逆缠里转，同时右脚跟提起，脚尖慢动作踏地划外抓随身向有旋转至左脚跟里侧有方，脚跟落地，脚掌踏实五指抓地，湧泉穴要虚。同时左腿以脚跟为轴脚尖贴地里勾，五指抓地湧泉穴要虚。

快速动作：身向有旋转腾空，左脚尖点地快速沉肩松胯屈膝，重心变左，右腿顺缠悬空向有旋转至右脚里侧有方落地，脚掌落地踏实，五指抓地湧泉穴要虚，重心变偏右。同时左手逆缠里转大领向有下沉，同时右手由右胸前下方逆缠坐腕向有外上翻起，大领身随旋转至右眼右侧方，掌心向有前，指尖偏左里上，坐腕略沉肩坠肘，臂里侧保持半圆棚劲不丢，左手继续逆缠里转至左腿外侧下略前，掌心偏左下，指尖向前略偏上，眼睛前顾后，左顾右盼，耳听身后。

3. 身向右转约近 180°, 螺旋略下沉, 呼气. 重心在右前方, 同时沉肩坠肘开胸略突腹松胯, 沉右翻左臀屈膝合, 右腿顺缠外转向前方迈一大步, 脚跟外侧着地, 脚尖外转约 90°, 脚掌落地踏实, 五指抓地湧泉穴要虚, 同时左腿逆缠里转, 当右脚向前方迈步变实后, 左脚跟随即提起向左外旋转, 脚尖为轴变虚. 同时左手由右胸前逆缠向眼前中线大指领劲棚出, 臂伸展至七八分, 坐腕, 掌心向前指尖向左略偏上, 位在两眼前中线略上. 同时, 右手由眼前中线变顺缠屈肘快速里合至右胸略右侧下, 小指贴住, 掌心向里指尖向前, 眼看前方, 耳听身后.

4. 身继续向左旋转螺旋上升, 再略下沉, 重心 《慢动作》 由右后渐移偏左前, 《快速动作: 重心由右身腾空旋转左脚尖点地脚跟下沉, 松胯屈膝变至左, 吸气. 同时沉肩略坠肘开胸收腹吸气提肛松胯, 沉右翻左臀, 再沉左翻右臀屈膝合, 同时左腿逆缠里转向前方迈一大步, 脚尖向前点地 《脚尖先点地》 脚尖为轴继续逆缠里转, 脚跟向左前旋转下沉变实, 五指抓地湧泉穴要虚.

同时, 右腿顺缠外转膝里合, 脚五指抓地湧泉穴要虚. 《快速动作身随掌心, 脚蹬地身腾空旋转, 左脚先落地, 右脚随之旋转》. 眼看左手兼顾右, 耳听身后.

5. 身向右转约 180°, 螺旋下沉, 重心由左旋转后变偏右, 吸气. 同时沉含松, 先沉左翻右臀, 再变沉右翻左臀两膝屈旋转, 开中寓合, 再合中寓开. 同时左腿继续松胯屈膝逆缠里转, 同时右脚跟提起, 脚尖慢动作踏地划外弧随身向右旋转至左脚跟里侧右方, 脚跟落地, 脚掌踏实五指抓地, 湧泉穴要虚. 同时左腿以脚跟为轴脚尖贴地里勾, 五指抓地湧泉穴要虚. 快速动作: 身向右旋转腾空, 左脚尖点地快速沉肩松胯屈膝, 重心变左, 右脚顺缠悬空向右旋转至右脚里侧右方落地, 脚掌落地踏实, 五指抓地湧泉穴要虚, 重心变偏右. 同时左手逆缠里转大领向右下沉, 同时右手由右胸肋下方逆缠坐腕向右外上翻起, 大领身随旋转至右眼右侧方, 掌心向右前, 指尖偏左里上, 坐腕略沉肩坠肘, 臂里侧保持半园棚劲不丢, 左手继续逆缠里转至左膝外侧下略前, 掌心偏左下, 指尖向前略偏上, 眼瞻前顾后, 左顾右盼, 耳听身后.

3. Turn the body nearly 180° to the right, sink the spiral slightly, and exhale. The center of gravity is in the right front. At the same time, the shoulders are lowered, the elbows are lowered, the chest is slightly protruding, the abdomen is loosened, and the hips are loosened. Turn to the right, bend the left hip and close the knees, and wrap the right leg smoothly outward. Turn forward and take a big step, touch the outside of the heel, turn the toes outward about 90°, the soles of the feet are firmly on the ground, grasp the Yongquan point on the ground with five fingers to make it weak, and at the same time turn the left leg inward and backward. When the right foot steps forward and becomes firm, the left foot immediately lift the heel and rotate outward to the left, with the toes as the axis and become empty. At the same time, the left hand is wrapped backwards from the right chest to the midline in front of the eyes and stretched out with the big finger. Extend the arm to seven or eight points. Sit on the wrist, palm forward and fingertip slightly to the left. On the upper side, slightly above the midline in front of both eyes. At the same time, the right hand changes from the midline in front of the eyes, bends the elbow and quickly closes it to the right side of the right chest, with the little finger attached and the palm facing inward. Point your fingertips forward, look ahead, and listen behind you.

4. The body continues to spiral to the left and then sinks slightly. The center of gravity (slow motion) gradually shifts from the right back to the left front. (Quick motion: the center of gravity shifts from the right body to the air and rotates with the left foot touching the ground. The heel sinks, loosening the hips and bending the knees. Go to the left, inhale. At the same time, lower your shoulders slightly, lower your elbows, open your chest, close your abdomen, inhale, lift your anus, and loosen your hips. Lower your shoulders, turn your left hip to the right, then lower your left hip, bend your knees, and at the same time, turn your left leg backwards and turn forward, taking a big step forward. , point your toes forward (toes point first), use your toes as the axis and continue to turn inward and backward, rotate your heels forward to the left, sink and become firm, and grasp the Yongquan point on the ground with your five fingers to make it empty.

At the same time, twist your right leg outwards, turn your knees inward, and grasp the Yongquan point on the ground with the five fingers of your feet to make it weak. (Make quick movements to follow your palms, push your feet off the ground and rotate your body in the air. Your left foot lands first, and your right foot rotates accordingly). See your left hand. Look to the right and listen to the back.

5. Turn your body about 180° to the right, sink in a spiral, turn your center of gravity from left to right, and inhale. At the same time, lower your body to the left and turn your right hip, then lower your body to the right, bend your left hip, and rotate your knees. Open the center and open again, then close the center and open again. At the same time, the left leg continues to loosen the hips, bend the knees, and rotate backwards and forwards. At the same time, lift the right heel, step on the ground with the toes in slow motion and draw an outer arc, then rotate to the right to the inside and right side of the left heel, and the heel touches the ground. , the soles of the feet are firm and the five fingers are grasping the ground, and the Yongquan point should be empty. At the same time, the left leg is hooked with the heel as the axis and the toes are close to the ground, and the five fingers are grasping the ground and the Yongquan point should be empty. Quick action: rotate the body to the right and fly into the air, and sink quickly with the toes of the left toes. With your shoulders loosened and your knees bent, your center of gravity shifts to the left, and your right foot is twisted and suspended in the air, rotating to the right until it lands on the inside of your right foot. The soles of your feet are firmly on the ground, and your

five fingers grasp the Yongquan point on the ground to make it empty, and your center of gravity shifts to the right. At the same time, your left hand is turned inward and backward. The collar sinks to the right, and at the same time, the right hand is wrapped around the sitting wrist from under the right chest ribs and turned upward to the right. The collar body is rotated to the right side of the right eye, the palm of the hand is facing forward to the right, the fingertips are turned to the left and inside, and the sitting wrist is turned up and to the right. Slightly lower your shoulders and lower your elbows, keep a half-circle grip on the inside of your arms, and continue to turn your left hand backwards and inward to the outside of your left knee and slightly in front of it. .



## 第五十六式： 懒扎衣

1. 身向右转约 $45^\circ$ ，螺旋下沉，重心移偏左吸气。同时沉含收腹吸气提肛松胯，沉左翻右臀两膝屈合，同时左腿顺缠外转膝里合，脚五指抓地湧穴象要虚。同时右腿略屈膝随即向右侧迈步，脚跟里侧着地脚头上翘里合。同时右手由右眼右前方顺缠略外开下沉，经身右侧前小领大合再向右上棚至眼前中线，掌心向上指尖向左前方，小领大合掌心虚，外折腕，肩沉肘壁。同时左手由左膝外侧略下方，顺缠左外开再经身左侧上屈肘上翻下沉至右肘弯上，坐腕指尖向上挑，指尖偏右前，掌心向上，臂里侧保持半圆，棚劲不丢。肩沉肘壁松胯屈膝上下左右相合，眼看身右侧，耳听身左后。此动作相当于前懒扎衣前(3)动作同。

4, 5, 6与前同。

## 第五十七式： 六封四闭 <与前六封四闭动作相同>。

## 第五十八式： 单鞭 <与前单鞭动作相同>。

## 第五十九式： 第二趟运手 <与第一趟运手动作完全相同>。

## 第六十式： 双摆脚<双摆莲>

1. 身向左转约 $45^\circ$ ，螺旋下沉再略上升，重心由右下沉移至左，先呼后吸。同时先沉含松，沉右翻左臀再沉含吸气，收腹提肛松胯，沉左翻右臀两膝屈合，同时左腿顺缠外转以脚跟为轴，脚尖向外旋转约 $45^\circ$ ，脚掌落地踏实，五指抓地湧穴要虚。

同时，右腿逆缠里转，当左脚变实后右脚跟提起，脚尖随即抬起向左脚里侧并步，虚步脚尖点地，同时左手由腹前中线变逆缠里转，大领略下沉再向左侧略上棚起，位在右膝左前上方，左手掌心向左前下，指尖向前。同时右手由右眼右侧前方变顺缠略向有外开，下沉划弧屈膝里合至两膝前上中线，掌心偏左下，指尖偏右前，比左手略低，眼看双手，耳听身后。

2. 身向右转螺旋略下沉，重心移至右脚，吸气。同时先沉含松，沉右

## 第五十六式： 懒扎衣

1. 身向右转约 45°, 螺旋下沉, 重心移偏左吸气. 同时沉含收腹吸气提肛松胯, 沉左翻右臀两膝屈含, 同时左腿顺缠外转膝里合, 脚五指抓地湧泉穴要虚. 同时右腿略屈膝随即向右侧迈步, 脚跟里侧着地脚尖上翘里合. 同时右手由右眼右前方顺缠略外开下沉, 经身右侧前小领大合再向前上棚至眼前中线, 掌心向上指尖向左前方, 小领大合掌心虚, 外折腕, 肩沉肘坠. 同时左手由左膝外侧略下方, 顺缠左外开再经身左侧上屈肘上翻下沉至右肘弯上, 坐腕指尖向上挑, 指尖偏右前, 掌心向上, 臂里侧保持半园, 棚劲不丢. 肩沉肘坠松胯屈膝上下左右相合, 眼看身右侧, 耳听身左后. 此动作相当于前懒扎衣前 (3) 动作同.

(4), (5), (6) 与前同.

第五十七式： 六封四闭 《与前六封四闭动作相同》.

第五十八式： 单鞭 《与前单鞭动作相同》.

第五十九式： 第二趟运手 《与第一趟运手动作完全相同》.

第六十式： 双摆脚 《双摆莲》

1. 身向左转约 45°, 螺旋下沉再略上升, 重心由右下沉移至左, 先呼后吸. 同时先沉含松, 沉右翻左臀再沉含吸气, 收腹提肛松胯, 沉左翻右臀两膝屈含, 同时左腿顺缠外转以脚跟为轴, 脚尖向外旋转约 45°, 脚掌落地踏实, 五指抓地湧泉穴要虚.

同时, 右腿逆缠里转, 当左脚变实后右脚跟提起, 脚尖随即抬起向左脚里侧并步, 虚步脚尖点地, 同时左手由腹前中线变逆缠里转, 大领略下沉再向左侧略上棚起, 位在右膝左前上方, 左手掌心向左前下, 指尖向前. 同时右手由右眼右侧前方变顺缠略向右外开, 下沉划弧屈膝里合两膝前上中线, 掌心偏左下, 指尖偏右前, 比左手略低. 眼看双手, 耳听身后.

2. 身向右转螺旋略下沉, 重心移至右脚, 吸气. 同时先沉含松, 沉右

## Posture 56: Lazy tying

1. Turn the body about 45° to the right, sink in a spiral, shift the center of gravity to the left, and inhale. At the same time, sink the abdomen, tighten the abdomen, inhale, lift the anus and loosen the hips, sink to the left, turn the right hip, bend the knees, and at the same time turn the left leg forward and outward. The knees are closed together, and the five fingers of the feet are grasping the Yongquan point on the ground. At the same time, the right leg is slightly bent at the knee and then steps to the right. The heels are on the inside of the ground and the toes are turned up and closed. At the same time, the right hand is wrapped around the right side of the right eye and slightly outwards. Pass through the right side of the body and bring the small collar together, then push it forward and up to the midline in front of the eyes, with the palms upward and the fingertips pointing to the left front. The small collar is joined together with the palms empty, folding the wrists outwards, sinking the shoulders and elbows. At the same time, the left hand is slightly lower from the outside of the left knee, wrap it along the left side and open it outward, then bend the elbow up and down through the left side of the body to the bend of the right elbow. The fingertips of the sitting wrist are raised upward, the fingertips are forward to the right, the palm is upward, and the inner side of the arm is kept half-circled, without losing strength. Shoulders should be lowered, elbows should be lowered, hips should be loosened, knees should be bent, and the upper and lower sides should be aligned. Look to the right side of the body and listen to the left side of the body. This action is equivalent to the same action as (3) before lazily tying clothes.

(4), (5), (6) are the same as before.

Form 57: Six seals and four seals (same movements as the first six seals and four seals).

Form 58: Single whip (same action as the previous single whip).

Form 59: The second movement of the hand (the movements are exactly the same as the first movement of the hand).

## Posture 60: Double Swinging Feet (Double Swinging Lotus)

1. Turn the body about 45° to the left, spiral down and then rise slightly, move the center of gravity from the right to the left, exhale first and then inhale. At the same time, sink first and relax, turn the left hip to the right, then sink the left hip, inhale, and tighten the abdomen. Lift the anus and loosen the hips, turn left and right buttocks and bend the knees together. At the same time, the left leg is wrapped around the heel as the axis, and the toes are rotated outward about 45°. The soles of the feet are firmly planted on the ground, and the five fingers are grasping the Yongquan point on the ground to make it empty.

At the same time, the right leg is turned inward and backward. When the left foot becomes firm, the right heel is lifted up, and the toes are then raised and stepped toward the inside of the left foot. The toes of the empty step are touching the ground. At the same time, the left hand is turned inward and backward from the midline of the front of the abdomen. After sinking, lift it up slightly to the left, positioning it above the left front of the right knee. The palm of the left hand is facing down to the left, with the fingertips facing forward. At the same time, the right hand is straightened from the front of the right eye to the right and slightly opened to the right, sinking and drawing. Bend your knees in an arc and bring them together in the

middle line of the front and upper knees. The palms of your hands are lower to the left, and the fingertips are to the right and forward, slightly lower than the left hand. Look at your hands and listen behind you.

2. Turn the body to the right and sink slightly in the spiral, move the center of gravity to the right foot, and inhale. At the same time, sink your hands first, then sink your right foot.

翻左臂，再沉含胸收腹吸气提肛松胯，沉右翻左臂，两膝屈开中窝合。同时，右腿顺缠外转以脚尖为轴，脚跟略向里前转再脚跟着地，脚掌踏实五指抓地涌泉穴要虚。同时左腿逆缠里转，当右脚跟落地下沉时，左脚随即提起脚尖点地向左前方迈一步，脚跟里侧着地，脚头上翘里合，同时左手变顺缠经左前方，屈肘上升里合至鼻前中线外折腕，小颌大合掌心要虚，掌心向上指尖偏左前。同时，右手由膝前中线上，顺缠向左前上棚，变逆缠里转大颌坐腕，再向右侧后上棚起，位在右眼有侧前方，掌心偏右前，指尖偏左里中线上，两手间距与肩同，眼先看双手再看左前方，耳听身后。

3. 身向右转约 $180^\circ$ ，螺旋下沉重心移偏左，呼气，同时沉含松，沉左翻右臂两膝屈合，左腿逆缠里转，右腿顺缠外转，两脚五指抓地，涌泉穴要虚。同时，双手以左逆右顺缠向右侧后旋转，下沉至右膝略上或右膝两侧略下，双掌心向下，指尖偏右后方，眼看双手，耳听身左后。

4. 身先微向左转再向右转，螺旋上升再向右转，螺旋下沉，再向左转螺旋上升，先吸后呼再吸，重心先左后略偏左再移至左脚。同时先沉含胸收腹吸气提肛松胯，沉右臂翻左臂，再收腹吸气提肛松胯，沉左翻右臂再沉右翻左再沉左翻右臂，左膝屈右膝屈，同时左腿略顺缠外转膝里合，变逆缠里转，膝下沉弯曲再变逆缠里转，膝里合，脚五指抓地涌泉穴要虚。

同时，右腿先略逆缠里转再顺缠外转屈膝下沉，五指抓地涌泉穴要虚，再逆缠里转屈膝向左前上提膝，脚再向右侧外顺缠摆脚与手相合。同时双手先略放松，左略顺缠略里下折腕，右略逆缠螺旋略上升，再向左后螺旋上升以左逆右顺缠旋转，当右脚向右侧后摆时（双手以左逆右顺缠用掌合击右脚背外侧）打完放松，松胯屈膝脚放松下垂，双臂弯曲双腕放松，左掌心向左前偏下，指尖向左前下，右手心向前，指尖偏右略下方，两手间距与肩同，左高右低，位在右膝两侧，眼看两手前，耳听身后。

## 第六十式，跌叉

1. 身向左转约 $135^\circ$ 螺旋下沉，重心移至右脚，呼气，同时沉含松，沉右翻左臂，右腿逆缠里转下沉震脚发劲，五指抓地涌泉穴要虚。同时在腿顺缠外转，当右脚下沉震脚发劲后，左脚跟随即提起要虚，脚尖点地，再一换是右腿逆缠下沉震脚发劲发劲后，左脚随即松胯屈膝上提脚。

翻左臀,再沉略含略收腹吸气提肛松胯,沉右翻左臀,两膝屈开中寓合.同时,右腿顺缠外转以脚尖为轴,脚跟略向里前转再脚跟着地,脚掌踏实五指抓地湧泉穴要虚.同时左腿逆缠里转,当右脚跟落地下沉时,左脚随即提起脚尖仍点地向左前方迈一步,脚跟里侧着地,脚尖上翘里合,同时左手变顺缠经左前方,屈肘上升里合至鼻前中线外折腕,小颌大合掌心要虚.掌心向上指尖偏左前.同时,右手右膝前中线略上,顺缠向左前上棚,变逆缠里转大颌坐腕,再向右侧后上捧起,位在右眼右侧前方.掌心偏右前,指尖偏左里中线上,两手间距与肩同,眼先看双手再看左前方,耳听身右后.

3. 身向右转约 180°,螺旋下沉重心移偏左,呼气,同时沉含松,沉左翻右臀两膝屈合,左腿逆缠里转,右腿顺缠外转,两脚五指抓地,湧泉穴要虚.同时,双手以左逆右顺缠向右侧后旋转,下沉至右膝略上或右膝两侧略下,双掌心向右下,指尖偏右后方,眼看双手,耳听身左后.

4. 身先微向左转再向右转,螺旋上升再向右转,螺旋下沉,再向左转螺旋上升,先吸后呼再吸.重心先左后略偏左再移至左脚,同时先沉肩略开胸略收腹吸气提肛松胯,沉右臀翻左臀,再收腹吸气提肛松胯,沉左翻右臀再沉右翻左再变沉左翻右臀,左膝屈右膝屈,同时左腿略顺缠外转膝里合,变逆缠里转,膝下沉弯曲再变逆缠里转,膝里合,脚五指抓地湧泉穴要虚.

同时,右腿先略逆缠里转再顺缠外转屈膝下沉,五指抓地湧泉穴要虚.再逆缠里转屈膝向左前上提膝,脚再向右侧外顺缠摆脚与手相合.同时双手先略放松,左略顺缠略里下折腕,右略逆缠螺旋略上升,再向左后螺旋上升以左逆右顺缠旋转,当右脚向右侧后摆时《双手以左逆右顺缠用掌合击右脚背外侧》打完放松,松胯屈膝脚放松下垂,双臂弯曲双腕放松.左掌心向左前偏下,指尖向左前下.右手心向前,指尖偏右略下方,两手间距与肩同,左高右低,位在右膝两侧.眼看两手前,耳听身后.

#### 第六十一式： 跌叉

1. 身向左转约 135°螺旋下沉,重心移至右脚,呼气.同时沉含松,沉右转左臀,右腿逆缠里转下沉震脚发劲,五指抓地湧泉穴要虚.同时左腿顺缠外转.当右脚下沉震脚变实后,左脚跟随即提起变虚,脚尖点地,再一种是右脚逆缠下沉震脚发劲变实后,左脚随即松胯屈膝上提脚.

Turn the left hip, lower it slightly, hold the abdomen slightly, inhale, lift the anus and loosen the crotch, sink the right hip, turn the left hip, bend the knees open and close together. At the same time, turn the right leg smoothly and outward, with the toes as the axis, and the heels slightly inward and forward. Turn the heel to the ground again, with the sole of the foot firmly planted and the five fingers grasping the Yongquan point on the ground. At the same time, the left leg is turned inward. When the right heel lands and sinks, the left foot immediately lifts the toe and takes a step forward to the left while still touching the ground. The inside of the heel touches the ground. , the toes are tilted up and folded inward, at the same time, the left hand becomes straight and wrapped around the left front, bends the elbow, rises and folds inward to the midline in front of the nose, folds the wrist outward, the palm of the small collar and the big fold should be empty. The palm of the hand is upward and the fingertips are tilted to the left. At the same time, the right hand is in front of the right knee. The center line is slightly above, twist it forward and upward to the left, then twist it in reverse direction and turn it wider.

Sit on the wrist, then lift it to the right side, back and up, and place it in front of the right side of the right eye. The palm is in front of the right, and the fingertips are in the middle line of the left. The distance between the hands is the same as the shoulder. Look at the hands first and then the left front, and listen. Right behind the body.

3. Turn the body about 180° to the right, move the heavy heart to the left under the spiral, exhale, and at the same time relax the chest, turn to the left, bend the right hip and bend the knees together, turn the left leg counter-inward, and turn the right leg outward. Grasp the ground with both feet and five fingers. The Yongquan point should be empty. At the same time, twist your hands from left to right and then twist to the right, sinking to slightly above the right knee or slightly below both sides of the right knee, with the palms of both hands facing downwards to the right, and the fingertips to the right and behind, look at the hands and listen to the left and behind the body.

4. First turn your body slightly to the left, then to the right, spiral up, then turn right, spiral down, then turn left and spiral up, first inhale, then exhale, then inhale again. Move the center of gravity first to the left, then slightly to the left, and then to the left foot. , at the same time, first lower the shoulders, slightly open the chest, slightly contract the abdomen, inhale, lift the anus, and loosen the crotch, lower the right hip and turn the left hip, then contract the abdomen, inhale, lift the anus, loosen the crotch, sink the right hip, then lower it to the left, then lower it to the right, turn it to the left, and then lower it to the left. Right hip, bend the left knee and the right knee, and at the same time, turn the left leg slightly outward and turn the knee inward, then turn it in reverse, bend the knee down and turn it in reverse, turn the knee inward, and grasp the Yongquan point on the ground with the five fingers of the foot. Virtual.

At the same time, first turn your right leg slightly backwards and inward, then turn outwards and bend your knees downwards. Use your five fingers to grasp the Yongquan point on the ground to make it weak. Then turn your right leg backwards and forwards, bend your knees, lift your knees forward and to the left, and then swing your feet forward and outwards to the right. Join the hands. At the same time, relax your hands slightly first, twist the left hand slightly forward and fold the wrist slightly inward, twist the right hand slightly backward and spiral up slightly, then spiral upward to the left and back, then twist the left hand backward and right, when the right foot swings back to the right when doing this (wrap your hands from left to right and hit the outside of the instep of your right foot with your palms together), relax

after playing, loosen your hips, bend your knees and feet, relax and droop, bend your arms and relax your wrists. The left palm points forward and downward to the left, and the fingertips point forward and downward to the left. The heart of the right hand points toward In front, the fingertips are slightly lower to the right, and the distance between the hands is shoulder-to-shoulder.

High on the left and low on the right, located on both sides of the right knee. Look in front of your hands and listen behind your back.

#### Form 61: Falling Cross

1. Turn your body about 135° to the left and sink in a spiral. Move your center of gravity to your right foot and exhale. At the same time, let your body relax, turn your left hip to the right, turn your right leg inward and downward, and use your five fingers to grasp the ground. The Quan point should be empty. At the same time, the left leg should be turned outwards. When the right foot sinks and the foot becomes strong, the left foot is lifted up and becomes weak, and the toes point to the ground. The next step is to twist the right foot backwards, sink and shake the foot to become strong. Then, immediately release your left foot, bend your knees, and lift your feet up.



同时双手由右膝两侧略上，以左逆右顺缠更拳领劲，右拳略下沉再屈肘略上升与左腕相合，拳心向上偏里，位在肚子前方。同时，左拳略向有走上弧交叉合于右腕上，左拳心向下，眼先看双拳再向左看，耳听身后。

2. 身略向有转螺旋快速下沉，重心由右后移至偏右后，先吸后呼，同时下沉含，略收腹吸气提肛松胯，沉右翻左臀，再沉略开胸松胯，沉右翻左臀，右膝屈左膝略屈略向里合。右腿略顺缠外转，右膝里合，右脚五指抓地涌泉穴要虚。当左腿提起向前方以脚跟里侧蹬出后，右胯松，右腿离曲变逆缠，下沉右脚里侧右臀着地，重心偏右，同时左脚先逆缠屈膝上提脚向前迈步，以脚跟里侧着地，脚地蹬出，下沉略变顺缠，脚尖向上微偏里，脚跟偏里侧，腿偏里侧，臀里侧着地。

同时，双拳先左顺右逆缠旋转，右拳里下折腕，向有后上提起，位在右眼右侧方，拳心向下偏前，拳虚握，同时左拳向前下沉先屈肘与左膝相合，再领劲向前下再向前棚出，作到拳到脚到，拳心向上略偏里，略里上折腕，臂伸展至七八分，棚劲不丢，位在左膝前里略上。

要求：身体向有转下沉蹬脚时，身要正勿前俯后仰左歪右斜并要放松，眼先左顾右盼，再看左前方，耳听身后。

## 第六十二式：左金鸡独立

1. 身向左转约 $45^\circ$ ，螺旋上升，重心由右后下沉再螺旋上升移至左脚吸气。同时沉含收腹吸气提肛松胯，沉左翻右臀，左膝屈略下沉，同时，左腿以脚跟为轴，脚尖向有旋转约 $45^\circ$ ，脚掌落地踏实五指抓地涌泉穴要虚。同时右腿逆缠里转屈膝上提脚，右膝护裆右脚护左膝。

同时，左拳略逆缠由下向前上冲起至下颚前，同时右拳由身右侧后上顺缠下沉经腹前，屈肘上棚在左臀里侧，拳心向里，然后双拳变掌以双逆缠分向有前略前上左前下大指领劲，右掌心向有前上，指尖向左中线略上，位在右眼右侧略前上，左手由下颚前逆缠下沉至左胯外侧，掌心向有下，指尖偏前下，双臂伸展至七八分，双手大指领劲棚劲不丢。

要求：双腿由地上跌又以左脚跟右脚里侧右膝前上左拳向前上冲，身腾起由后下随左拳向前上冲，双拳变掌双逆缠由上左下分棚时，要沉有坠肘含胸塌腰，收腹吸气提肛松胯，右胯松右膝屈逆缠里合上升，身勿左歪右斜。

同时双手由右膝两侧略上,以左逆右顺缠变拳领劲,右拳略下沉再屈肘略上升与左腕相合,拳心向上偏里,位在肚子前方.同时,左拳略向右走上弧交叉合于右腕上,左拳心向下.眼先看双拳再向左看,耳听身后.

2.身略向右转螺旋快速下沉,重心由右后移至偏右后,先吸后呼.同时先沉含,略收腹吸气提肛松胯,沉右翻左臀,再沉略开胸松胯,沉右翻左臀,右膝屈左膝略屈略向里合.右腿略顺缠外转,右膝里合,右脚五指抓地湧泉穴要虚.当左腿提起向前方以脚跟里侧蹬出后,右胯松,右腿弯曲变逆缠,下沉右脚里侧右臀着地,重心偏右,同时左脚先逆缠屈膝上提脚向前迈步,以脚跟里侧着地,贴地蹬出,下沉略变顺缠,脚尖向上微偏里,脚跟偏里侧,腿偏里侧,臀里侧着地.

同时,双拳先左顺右逆缠旋转,右拳里下折腕,向右后上提起,位在右眼右侧方,拳心向下偏前,拳虚握.同时左拳向前下沉先屈肘与左膝相合,再领劲向前下再向前棚出,作到拳到脚到,拳心向上略偏里,略里上折腕,臂伸展至七八分,棚经不丢,位在左膝前里略上.

要求:身体向右转下沉蹬脚时,身要正勿前俯后仰左歪右斜并要放松,眼先左顾右盼,再看左前方,耳听身后.

#### 第六十二式: 左金鸡独立

1.身向左转约45°,螺旋上升,重心由右后下沉再螺旋上升移至左脚吸气.同时沉含收腹吸气提肛松胯,沉左翻右臀,左膝屈略下沉.同时,左腿以脚跟为轴,脚尖向右旋转约45°,脚掌落地踏实五指抓地湧泉穴要虚.同时右腿逆缠里转屈膝上提脚,右膝护裆右脚护左膝.

同时,左拳略逆缠由下向前上冲起至下颚前,同时右拳由身右侧后上顺缠下沉经腹前,屈肘上棚在左臂里侧,拳心向里,然后双拳变掌以双逆缠分向右前略前上左前下大指领劲,右掌心向右前上.指尖向左中线略上,位在右眼右侧略前上,左手由下颚前逆缠下沉至左胯外侧,掌心向右下,指尖偏前下,双臂伸展至七八分,双手大指领劲棚劲不丢.

要求:双腿由地上跌叉移左脚跟右脚里侧右膝向上左拳向前上冲,身腾起由后下随左拳向前上冲,双拳变掌双逆缠右上左下分棚时,要沉肩坠肘含胸塌腰,收腹吸气提肛松胯,右胯松右膝屈逆缠里合上升,身勿左歪右斜

At the same time, the hands are slightly raised from both sides of the right knee, and the fist is led by the left and right twists. The right fist sinks slightly, then bends the elbow and raises slightly to meet the left wrist. The center of the fist is upward and inward, in front of the stomach. At the same time, the left fist slightly walk up to the right and cross in an arc on the right wrist, with the heart of the left fist facing downwards. Look at the fists first and then to the left, and listen behind you.

2. Turn the body slightly to the right and sink quickly in a spiral. Move the center of gravity from the right back to the right back. Inhale first and then exhale. At the same time, sink first. Slightly close the abdomen, inhale, lift the anus, loosen the hips, sink to the right, turn the left hip, and sink again. Slightly open the chest and loosen the hips, lower the right side and turn the left hip, bend the right knee slightly and the left knee slightly bend inward. Turn the right leg slightly outwards, turn the right knee inward, and grasp the Yongquan point on the ground with the five fingers of the right foot. When the left knee is weak, Lift the legs forward and push out with the inside of the heel, loosen the right hip, bend the right leg and turn it into a reverse twist, sink the inside of the right foot and touch the right hip to the ground, with the center of gravity to the right, and at the same time, bend the left foot first, lift the knee and step forward. , touch the ground with the inner side of the heel, push out close to the ground, sink slightly and become smooth, the toes are upward and slightly inward, the heel is inward, the leg is inward, and the buttocks are on the inner side.

At the same time, both fists rotate left and right in reverse, fold the wrist inward and downward with the right fist, lift it to the right, back and upward, and position it on the right side of the right eye. The center of the fist is downward and forward, and the fist is empty. At the same time, the left fist is forward and downward Shen first bends his elbow to meet his left knee, then uses his strength to move forward and down, and then pulls forward until the fist reaches the foot. The center of the fist is upward and slightly inward, and the wrist is slightly inward and upward. Extend the arm to seven or eight points, and squeeze the sutra. Don't throw it away, it is located in front of the left knee and slightly above it.

Requirements: When turning the body to the right, sinking and kicking the feet, the body should be straight, not leaning forward or backward, leaning left or right, and should be relaxed. Look left and right first, then look left and front, and listen behind you.

#### Form 62: Left Golden Rooster Independent

1. Turn the body about 45° to the left, spiral up, move the center of gravity from the right back down and then spiral up to the left foot and inhale. At the same time, sink the abdomen, inhale, lift the anus and loosen the hips, sink to the left, turn the right hip, and bend the left knee Slightly sink. At the same time, use the heel as the axis of the left leg, rotate the toes to the right about 45°, put the soles of the feet firmly on the ground, and grasp the Yongquan point on the ground with five fingers to make it weak. At the same time, turn the right leg inward and bend the knee to lift the foot, and the right knee protects the right crotch. The foot protects the left knee.

At the same time, the left fist is slightly reversed and punched from bottom to front and up to the front of the chin. At the same time, the right fist is wrapped from the right side of the body back and up to the front of the abdomen. Bend the elbow and punch it on the inside of the left arm, with the center of the fist facing inward. Then turn your fists into palms and

twist them in reverse direction to the right, slightly forward, up, left, front and down, with the big fingers leading the way. The right palm points to the right, front and upper. The fingertips are slightly above the left midline, located on the right side of the right eye, slightly in front and above. The left hand is in front of the lower jaw. Wrap backwards and sink to the outside of the left hip, with the palms facing down and to the right, the fingertips facing forward and down, the arms stretched to seven or eight points, and the big fingers of both hands holding the strength without losing it.

Requirements: Move your legs from the ground to cross, move your left heel to the inside of your right foot, right knee up, punch forward with your left fist, jump up and up with your left fist from behind, turn your fists into palms, wrap around the upper right and lower left. At this time, you should lower your shoulders, elbows, chest and waist, tighten your abdomen, inhale, lift your anus and loosen your hips, loosen your right hip, bend your right knee, twist it inward and close up, and do not tilt your body to the left or right.

前俯后仰，眼看前方，耳听身后。

## 2. 第二动作第一种练法。

身略向右转螺旋下沉，再微向左转继续螺旋下沉，重心全部放在左脚，呼气。同时沉含松、沉左翻右臀，两膝屈合，左腿先逆缠里转，再微顺缠外转膝里合，脚五指抓地，湧泉穴要虚。

同时，右腿先略顺缠外转再微逆缠里转下沉震脚发劲、五指抓地湧泉穴要虚。右脚位在左脚里侧旁。同时，右手由右略前上变顺缠下沉，小颌至右肘右前变逆缠大颌下沉，与脚同时发劲，位在右大腿右侧前，指尖掌心向前下坐腕。同时，左手由左胯外侧（当右手顺缠下沉时，左手也略顺缠外转小颌），当右手变逆缠下沉时，左手也变逆缠，双手大指领劲向下沉使采劲，坐腕发劲，位在左大腿左侧略前上，指尖掌心向前下，眼由看前方下沉看前下方，耳听身后。

要求：双手下沉发劲与右脚下沉发劲呼气同时完成，身勿前俯后仰，左歪右斜。

第二种练法：身先略向右转螺旋下沉，呼气。再略向左转螺旋上升，再略向左转脚蹬地，身腾空跃起，再向右转螺旋下沉，再微向左转继续螺旋下沉，重心全部控制在左脚，先呼后吸，再呼，同时先沉含松屈，沉左翻右臀，再沉开胯收腿吸气提肚松胯，沉左翻右臀再变沉含松，沉左翻右臀，两膝屈下沉，同时左腿先逆缠里转，屈膝略下沉，脚五指抓地湧泉穴要虚。再左脚蹬地，脚跟先起，脚尖屈膝上提身腾空，左腿再下沉逆缠里转左脚尖先落地，脚跟后落地，再微顺缠外转膝里合，脚掌踏实五指抓地，湧泉穴要虚。

同时右腿先顺缠屈膝上提略向外转再随身上升，逆缠里转再下沉顺缠外转，再微逆缠里转下沉震脚发劲。同时，右手由右略前上先顺缠沉肩屈肘略下沉，再变逆缠大颌向上提掀起，当左脚落地身右转下沉时，右手随即变顺缠屈肘外转下沉至右肘右侧略前，再略逆缠大指领劲与右脚同时下沉发劲，位在右大腿右侧略前方，指尖掌心向前下。同时左手由左胯外侧先略顺缠外转略下沉，再变逆缠里转与右手同时分向右略前上左侧外下摆出，同时身体腾空，左脚随身提起，当左脚下沉落地时身略向右转，双手由左胯外侧变顺缠略下沉，当右手右脚变略逆缠下沉震脚时，左手也变略逆缠大指领劲下沉发劲使下采劲。

前俯后仰,眼看前方,耳听身后.

## 2. 第二动作第一种练法.

身略向右转螺旋下沉,再微向左转继续螺旋下沉,重心全部放在左脚,呼气.同时沉含松,沉左翻右臀,两膝屈合,左腿先逆缠里转,再微顺缠外转膝里合,脚五指抓地,湧泉穴要虚.

同时,右腿先略顺缠外转再微逆缠里转下沉震脚发劲,五指抓地湧泉穴要虚.右脚位在左脚里侧旁.同时,右手由右略前上变顺缠下沉,小颌至右胯右前变逆缠大颌下沉,与脚同时发劲,位在右大腿右侧前,指尖掌心向前下坐腕.同时,左手由左胯外侧《当右手顺缠下沉时,左手也略顺缠外转小颌》.当右手变逆缠下沉时,左手也变逆缠,双手大指领劲向下沉?采劲,坐腕发劲,位在左大腿左侧略前上,指尖掌心向前下,眼由看前方下沉看前下方,耳听身后.

要求: 双手下沉发劲与右脚下沉发劲呼气同时完成,身勿前俯后仰,左弯右斜.

第二种练法: 身先略向右转螺旋下沉,呼气.再略向左转螺旋上升,再略向左转脚蹬地,身腾空跃起,再向右转螺旋下沉,再微向左转继续螺旋下沉,重心全部控制在左脚,先呼后吸,再呼,同时先沉含松屈,沉左翻右臀,再沉开胸收腹吸气提肛松胯,沉左翻右臀再变沉含松.沉左翻右臀,两膝屈下沉,同时左腿先逆缠里转,屈膝略下沉,脚五指抓地湧泉穴要虚.再左脚蹬地,脚跟先起,脚尖屈膝上提身腾空,左旋再下沉逆缠里转左脚尖先落地,脚跟后落地,变微顺缠外转膝里合,脚掌踏实五指抓地,湧泉穴要虚.

同时右腿先顺缠屈膝上提略向外转再随身上升,逆缠里转再下沉顺缠外转,变微逆缠里转下沉震脚发劲.同时,右手由头略前上先顺缠沉肩屈肘略下沉,再变逆缠大颌向上提棚起,当左脚落地身右转下沉时,右手随即变顺缠屈肘外转下沉至右胯右侧略前,变略逆缠大指领劲与右脚同时下沉发劲位在右大腿右侧略前方,指尖掌心向前下.同时左手由左胯外侧先略顺缠外转略下沉,再变逆缠里转与右手同时分向右略前上左侧外下棚出,同时身体腾空.左脚随身提起,当左脚下沉落地时身略向右转,双手由左胯外侧变顺缠略下沉,当右手右脚变略逆缠下沉震脚时,左手也变略逆缠大指领劲下沉发劲?下采劲.

Lean forward and backward, look ahead and listen behind you.

2. The second movement and the first practice method.

Turn your body slightly to the right and spiral downward, then turn slightly to the left and continue to spiral downward, with all your weight on your left foot, and exhale. At the same time, sink your hands, turn your right hip to the left, bend your knees together, and wrap your left leg backwards first. Turn inward, then slightly turn outwards and close the knees inwards, grip the ground with the five fingers of the feet, and make the Yongquan point empty.

At the same time, first turn your right leg slightly outwards, and then turn it slightly backwards inward, sinking and shaking the feet to generate strength, and grasp the Yongquan point on the ground with five fingers to make it weak. The right foot is positioned on the inside and side of the left foot. At the same time, the right hand is slightly forward and upward from the right. Change to a smooth wrap and sink, the small collar reaches to the right front of the right hip, change to a reverse wrap to the large collar and sink, and exert strength at the same time with the feet. Position it in front of the right side of the right thigh, with the fingertips and palms forward and sit down on the wrist. At the same time, the left hand moves from the outside of the left hip (When the right hand wraps smoothly and sinks, the left hand also wraps slightly outward and turns to the small collar). When the right hand changes to the reverse wrap and sinks, the left hand also changes to the reverse wrap, and the big fingers of both hands sink downward [not clear] to collect the strength. Sit and use your wrists to generate strength, position it slightly forward and upward on the left side of your left thigh, with your fingertips and palms pointing forward and downwards, your eyes looking forward and downwards, and your ears listening behind you.

Requirements: Lower your hands to generate energy and lower your right foot to exhale at the same time. Do not bend forward or backward, bend left or right.

The second practice method: first turn your body slightly to the right and spiral down, exhale. Then turn slightly to the left and spiral up, then turn slightly to the left and push your feet on the ground, jump into the air, then turn right and spiral down, and then Turn slightly to the left and continue to spiral downward, with the center of gravity controlled on the left foot. First exhale, then inhale, then exhale. At the same time, first lower the mouth, relax and flex, lower to the left and turn the right hip, then lower, open the chest, tighten the abdomen, inhale, lift the anus and loosen the hips. Turn your right hip to the left and then turn it to the right hip. Turn your right hip to the left, bend your knees and sink. At the same time, turn your left leg inward and backward, bend your knees and sink slightly, and grasp the Yongquan point on the ground with the five fingers of your feet. Then move your left heel. Kick off the ground, start with your heels first, bend your toes and lift your body up into the air, turn left and then sink, then turn backwards and turn inwards. Land on the ground with your left toes first, then land with your heels, then turn slightly forward, turn your knees in and out, and grasp the ground with five fingers on the soles of your feet. Yongquan point Be imaginary.

At the same time, the right leg first bends and bends the knee, lifts it slightly outward, then rises with it, reversely rotates in and then sinks, rotates smoothly and outward, then changes slightly, reversely rotates inward, sinks and shakes the foot to generate strength. At the same time, the right leg moves slightly forward and upward from the head. Bend your elbows and

lower them slightly, then change to reverse and lift them up. When your left foot lands on the ground, turn right and sink, your right hand immediately changes to bend your elbows, turn outwards, and sink to the right side of your right hip. , turn your big finger backwards slightly to lead the energy, and sink your right foot simultaneously. The position of the energy is slightly in front of the right side of the right thigh, with the palm of your fingertips facing forward and down. At the same time, the left hand wraps slightly outward from the outside of the left hip and sinks slightly, and then At the same time, turn inward and forward with your right hand, slightly to the right, slightly forward, upward, left, and outward. At the same time, the body is in the air. Lift the left foot with you. When the left foot sinks to the ground, the body turns slightly to the right, and the hands become smooth from the outside of the left hip. Slightly sinking, when the right hand and right foot become slightly backward to wrap around the sinking Zhen foot, the left hand also becomes slightly backward to wrap around the big finger to lead the strength and sink to send strength [not clear] to collect strength.



要求：身体腾空下沉时，左脚头先落地脚跟后落地，当身有转布双手下沉更略双逆缠下沉以双采劲发劲时，右脚同时下沉，呼气发劲同时完成，勿勿前俯后仰左歪右斜。眼看前下，耳听身后。

### 第六十三式：有金鸡独立

1. 身向左转约45°，螺旋下沉，重心移偏左，吸气。同时沉含收腹吸气提肛松胯，沉左翻右臀左膝屈右膝屈，外开要作到开中寓合，同时左腿顺缠外转膝里合，脚掌踏实五指抓地，湧泉穴要虚。

同时，右腿逆缠里转以脚跟里侧着地贴地向右蹬出，脚尖上翘里合松胯略屈膝。同时，右手由右大腿前逆缠大领先向右侧外开，再变顺缠沉肩坠肘小领向中线上掀起，位在头前略上中线外折腕，掌心偏左上，指尖偏右前上，小领大合掌心虚。

同时，左手由左大腿左侧略前方顺缠向右经腹前变逆缠上升，大领经右胸再经鼻尖前再向左侧略上掀起，位在左眼左侧前上，坐腕，掌心偏左前，指尖向右里中线上，眼看身右侧耳听身左后，两手间距与肩同。

2. 身向有转约50°，螺旋下沉再略上升，重心由左下沉移偏右，先呼后吸，同时先沉含松，沉左翻右臀右膝屈合，再沉含收腹吸气提肛松胯，沉右翻左臀两膝屈合。右腿顺缠外转以脚跟为轴，脚尖略向外转，脚跟落地踏实五指抓地湧泉穴要虚。同时左腿逆缠里转五指抓地湧泉穴要虚。当右脚更实后左脚跟提起擦地至右脚里侧旁虚步脚尖点地。同时，右手由头前上中线逆缠由左里合，经左胸腹前再向右膝外侧，大指领劲，掌心向有外下，指尖向前。同时左手由左眼左侧前上顺缠略外开下沉，划弧经左膝前屈肘上升至胸前，掌心向上，指尖向前。眼先看两手再看前下，耳听身后。

3. 身略向有转先螺旋下沉，再略向左转螺旋上升，重心由左先略向左移再移至右脚，先呼后吸。同时，先沉含松略沉左翻右臀，再沉略含胸收腹吸气提肛松胯，沉右翻左臀屈右膝松胯，同时右腿先略顺缠外转膝里合，再逆缠里转脚掌五指抓地湧泉穴要虚。

同时，左腿先略逆缠里转再变顺缠外转屈膝里合上提，左膝护裆，左脚护右膝。同时，左手由胸前逆缠旋转，含胸塌腰沉肩坠肘里转，当劲旋转领劲到手指时，再向左略前上掀起，位在左眼左侧前略上方，掌心向上，指

要求：身体腾空下沉时，左脚尖先落地脚跟后落地，当身右转右双手下沉变略双逆缠下沉以双采劲发劲时，右脚同时下沉，呼气发劲同时完成，勿勿前俯后仰左歪右斜。眼看前下，耳听身后。

### 第六十三式：右金鸡独立

1. 身向左转约45°，螺旋下沉，重心移偏左，吸气。同时沉含收腹吸气提肛松胯，沉左翻右臀左膝屈右膝屈，外开要作到开中寓合，同时左腿顺缠外转膝里合，脚掌踏实五指抓地，湧泉穴要虚。

同时，右腿逆缠里转以脚跟里侧着地贴地向右蹬出，脚尖上翘里合松胯略屈膝。同时，右手由右大腿略前逆缠大领先向右侧外开，再变顺缠沉肩墜肘小领向中线上棚起，位在头前略上中线外折腕，掌心偏左上，指尖偏右前上，小领大合掌心虚。

同时，左手由左腿左侧略前方顺缠向右经腹前变逆缠上升，大领经右胸再经鼻尖前再向左侧略上棚起，位在左眼左侧前上，坐腕，掌心偏左前，指尖向右里中线略上。眼看身右侧耳听身左后，两手间距与肩同。

2. 身向右转约50°，螺旋下沉再略上升，重心由左下沉移偏右，先呼后吸，同时先沉含松，沉左翻右臀两膝屈合，再沉含收腹吸气提肛松胯，沉右翻左臀两膝屈合，右腿顺缠外转以脚跟为轴，脚尖略向外转，脚跟落地踏实五指抓地湧泉穴要虚。同时左腿逆缠里转五指抓地湧泉穴要虚。当右脚变实后左脚跟提起擦地至右脚里侧旁虚步脚尖点地。同时，右手由头前上中线逆缠由左里合，经左胸腹前再向右膝外侧，大指领劲，掌心向右外下，指尖向前。同时左手由左眼左侧前上顺缠略外开下沉，划弧经左膝前屈肘上升至胸前，掌心向上，指尖向前。眼先看两手再看前下，耳听身后。

3. 身略向右转先螺旋下沉，再略向左转螺旋上升，重心由左先略向左移再移至右脚，先呼后吸。同时，先沉含松略沉左翻右臀，再沉略含胸收腹吸气提肛松胯，沉右翻左臀屈右膝松胯，同时右腿先略顺缠外转膝里合，再逆缠里转脚掌五指抓地湧泉穴要虚。

同时，左腿先略逆缠里转再变顺缠外转屈膝里合上提，左膝护挡，左脚护右膝。同时，左手右胸前逆缠旋转，含胸塌腰沉肩墜肘里转，当劲旋转领劲到手指时，再向左略前上棚起。位在左眼左侧前略上方，掌心向左上，指

Requirements: When the body is in the air and sinking, the tip of the left toe lands first and then the heel. When the body turns to the right, the right hand sinks slightly, and both hands are wrapped backwards and sink to use both hands to generate energy. The right foot sinks at the same time, exhale and generate energy at the same time. When finished, don't bend forward or backward. Look forward and downward, and listen behind you.

#### Form 63: Right golden rooster independent

1. Turn your body about 45° to the left, sink in a spiral, shift your center of gravity to the left, and inhale. At the same time, lower your chest, tighten your abdomen, inhale, lift your anus, and loosen your hips. Move to the open center and join together. At the same time, the left leg should be turned outwards and the knees should be closed inwards. The soles of the feet should be firm and the five fingers should grasp the ground. The Yongquan point should be empty.

At the same time, turn your right leg backwards and inward, with your heel on the ground on the inside and push out to the right, with your toes turned up and inward, loosening your hips and slightly bending your knees. At the same time, your right hand moves your right thigh slightly forward, backwards and forward, and outwards to the right, and then Bend the shoulders and elbows, and lift the collar toward the midline. Position it slightly above the front of the head and fold the wrist outwards from the midline. The palms are to the upper left, and the fingertips are to the right and forward. The collar is closed and the palms are empty.

At the same time, the left hand is wrapped from slightly in front of the left leg to the right, in front of the abdomen, then in reverse direction, upward, through the collarbone, through the right chest, in front of the tip of the nose, and then slightly upward to the left, positioning it above and in front of the left eye, sitting Wrist, palm is in front of the left, fingertips are slightly above the midline to the right. Look to the right side of the body, listen to the left side of the body, and the distance between the hands is the same as the shoulders.

2. Turn the body about 50° to the right, spiral down and then rise slightly. The center of gravity shifts from the left to the right. Exhale first and then inhale. At the same time, sink and hold first, sink to the left, bend the right hip and bend the knees together, and then sink and hold. Inhale from the abdomen, lift the anus and loosen the hips, turn to the right and bend the left hip, bend the knees, wrap the right leg forward and turn outwards with the heel as the axis, turn the toes slightly outward, and place the heel firmly on the ground. Use your five fingers to grasp the Yongquan point on the ground. At the same time, leave your left leg Turn the five fingers backward and grasp the Yongquan point on the ground to make it weak. When the right foot becomes firm, lift up the left heel and rub the floor to the inside of the right foot and step forward with the toes touching the ground. At the same time, wrap the right hand backwards from the front of the head to the midline and close from the left to the inside. Pass through the front of the left chest and abdomen and then to the outside of the right knee, with the big finger leading the force, the palm of the hand facing down to the right, and the fingertips facing forward. At the same time, the left hand starts from the left side of the left eye, wraps around it slightly outward and sinks, and draws an arc in front of the left knee. Bend your elbows and raise them to your chest, with your palms facing up and your fingertips facing forward. Look at your hands first, then look forward and down, and listen behind you.

3. Turn your body slightly to the right, first spiral down, and then slightly to the left, then spiral upward. Move your center of gravity from left to left and then to your right foot. Exhale first and then inhale. At the same time, first sink in the pine and sink slightly, then turn left and right. Hips, then lower slightly, hold chest, tighten abdomen, inhale, lift anus, loosen hips, lower to the right, turn left hip, bend right knee, loosen hips, at the same time, first twist right leg slightly outward, turn knees inward, then reversely twist inward, grasp the ground with five fingers on the soles of the feet. The acupuncture points should be empty.

At the same time, the left leg is first slightly reversed and turned inwards, then turned outwards, bent inwards and lifted up, with the left knee blocking, and the left foot protecting the right knee. At the same time, the left hand is turned backwards in front of the right chest, the chest is bent, the waist is lowered, the shoulders are lowered, and the elbows are lowered. Turn it in and out, and when the rotation reaches the fingers, lift it up slightly in front of and to the left. Position it slightly above and in front of the left side of the left eye, with the palm of your hand facing upward to the left, pointing to

尖向者里中线上。

同时，右手逆缠先略向右侧略开，当左手逆缠向左前上棚出时，右手略向外开，大指向右侧以采捌劲棚出，掌心指尖向前下，位在右大腿略前右侧方，眼看前方，耳听身后。

要求：左手逆缠向左前方棚出，左膝松胯屈膝随即上提，两肩沉不要上顶，松胯右膝略屈，身勿左歪右斜，前俯后仰。

### 第六十四式：倒提肘

接倒提肘第一动作。

1. 身先略向右侧转，再向左转约 $50^\circ$ 螺旋下沉，重心由右移偏右吸气。同时，先沉肩略开胸略收腹吸气提肛松胯，沉右翻左臀屈右膝，右腿先略顺缠外转膝里合，变逆缠里转，脚掌踏实五指抓地湧泉穴要虚。

同时左腿先屈膝上提里合踏逆缠旋转，再变顺缠外转下沉向左侧后退步以脚尖先落地再脚跟落地，五指抓地湧泉穴要虚。同时两手由左眼前上右侧下先分向左前上右侧略后方，以双逆缠领劲，再变双顺缠外折腕，左手里合至眼前中线变逆缠，指尖偏前上，右手顺缠屈肘上翻右旋至右耳下变大指领劲。再略下沉经胸前中线，再向两眼前中线继续棚出\*，右手位在右肩右侧前掌心向右前下，指尖向右侧偏上。同时，左手由眼前中线逆缠屈肘里合至胸前中线，再向左外下沉至左大腿左侧，掌心偏左下，指尖偏左下。眼左顾右盼，瞻前顾后，耳听身后。 \*〈再向右侧外变顺缠出〉

第六十五式：退步压肘 〈动作与前同〉

第六十六式：中盘 〈动作与前同〉

第六十七式：白鹤亮翅 〈动作与前同〉

第六十八式：斜行拗步 〈动作与前同〉

第六十九式：闪通背 〈动作与前同〉

尖向右里中线上。

同时，右手逆缠先略向右外侧略开，当左手逆缠向左前上棚出时，右手略向外开，大指向右外侧以采捌劲棚出，掌心指尖向前下。位在右大腿略前右侧方，眼看前方，耳听身后。

要求：左手逆缠向左前方棚出，左膝松胯屈膝随即上提，两肩沉不要上顶，松胯右膝略屈，身勿左歪右斜，前俯后仰。

第六十四式： 倒卷肱

接倒卷肱第一动作：

1. 身先略向右转，再向左转约 50° 螺旋下沉，重心由右移偏右吸气。同时，先沉肩略开胸略收腹吸气提肛松胯，沉右翻左臀屈右膝，右腿先略顺缠外转膝里合，变逆缠里转，脚掌踏实五指抓地湧泉穴要虚。

同时左腿先屈膝上提里合略逆缠旋转，再变顺缠外转下沉向左侧后退步以脚尖先落地再脚跟落地，五指抓地湧泉穴要虚。同时两手由左眼前上右侧下先分向左前上右侧略后方，以双逆缠领劲，再变双顺缠外折腕，左手里合至眼前中线变逆缠，指尖偏前上。右手顺缠屈肘上翻右旋至右耳下变大指领劲。再略下沉经胸前中线，再向两眼前中线继续棚出\*\*，右手位在右肩右侧前掌心向右前下，指尖向右前偏上。同时，左手由眼前中线逆缠屈肘里合至胸前中线，再向左外下沉至左大腿左侧，掌心偏左下，指尖偏左下。眼左顾右盼，瞻前顾后，耳听身后。

\*\* 《再向右侧外变顺缠出。》

第六十五式： 退步压肘 《动作与前同》

第六十六式： 中盘 《动作与前同》

第六十七式： 白鹤亮翅 《动作与前同》

第六十八式： 斜行拗步 《动作与前同》

第六十九式： 闪通臂 《动作与前同》

The tip points toward the right center line.

At the same time, the right hand reversely wraps slightly to the outside of the right. When the left hand reversely wraps and pulls out to the left front and up, the right hand opens slightly outward, with the thumb pointing to the right outer side to pull out with force, and the fingertips of the palm face forward and downward. Positioned at The right thigh is slightly forward and to the right, with eyes looking in front and ears listening behind.

Requirements: The left hand is wrapped backwards and stretched out to the left front, the left knee is loosened and the hip is bent, and the knee is lifted immediately. The shoulders are heavy and do not push up. The right knee is loosened and the right knee is slightly bent. The body is not tilted to the left or right, and the body is not tilted forward or backward.

Posture 64: Curl the humerus backwards

Continuing with the first movement of reverse curl:

1. First turn your body slightly to the right, then turn left about 50°, spiral downward, shift your center of gravity from right to right, and inhale. At the same time, first lower your shoulders, slightly open your chest, slightly tighten your abdomen, inhale, lift your anus, loosen your hips, and lower your body to the right. Bend the left hip and the right knee, first turn the right leg slightly outward and close the knee inward, then turn it reversely and turn inward, with the sole of the foot firmly planted and the five fingers grasping the Yongquan point on the ground to make it weak.

At the same time, the left leg first bends the knee, lifts up, closes up, and rotates slightly in reverse, then turns outwards, sinks, and steps back to the left, landing first with the toes and then with the heels, and grasp the Yongquan point on the ground with five fingers. At the same time, both hands move from the top of the left eye to the left. The lower right side is first divided into the left front, upper right side and slightly behind the right side. Use both hands to wrap the collar force backwards, then change to double wraps smoothly and fold the wrist outwards. The left hand joins inwards to the midline in front of the eyes and becomes reverse wraps, with the fingertips facing forward and upward. The right hand wraps smoothly and bends the elbow. Rotate upwards and right to the point below the right ear to increase the finger leading force. Then sink slightly through the midline of the chest, and then continue to push out the vagina toward the midline of the front of both eyes. The right hand is in front of the right side of the right shoulder. The palm of the hand is forward and downward to the right, and the fingertips are forward and upward to the right. At the same time, the left hand is bent backward from the midline in front of the eyes to the midline of the chest, and then sinks outward to the left to the left side of the left thigh. The palm of the hand is downward to the left, and the fingertips are downward to the left. Look left and right, look forward and backward, and listen behind you.

\*\*(Then twist outward and to the right side.)

Posture 65: Step back and press the elbows (the action is the same as before)

Posture 66: Middle plate (same action as before)

Posture 67: White crane spreads its wings (same action as before)

Posture 68: Oblique step with a twist (the action is the same as before)

Form 69: Flashing Arm (same action as before)



第七十式：掩手肱捶 <动作与前同>

第七十一式：六封四闭 <动作与前同>

第七十二式：单鞭 <动作与前同>

第七十三式：云手 <动作与前同>

第七十四式：高探马 <动作与前同>

第七十五式：十字单摆脚

\* <随身外转90°后，脚掌落地五指抓地湧泉穴要虚，同时左脚以脚尖为轴，屈膝逆缠里转。>

1. 身先向右转约45°螺旋略上，再向左转约45°螺旋略下沉，重心先左后移偏右，先吸后呼，同时先沉肩含胸略收腹吸气提肛松胯，略沉左翻右臂屈膝合，再变沉略开胸突腹左旋松胯，沉右翻左臂两膝屈开中寓合，同时右腿先顺缠外转膝里合，变逆缠里转脚掌落地踏实，五指抓地湧泉穴要虚，同时左腿脚尖点地为轴先逆缠里转，再变顺缠外转开胯，会阴穴要虚要圆，同时，右手由右肩右侧前方逆缠里合上升至右眼右前方，掌心向外，指尖向右，臂保持半圆棚劲不丢，再变顺缠外开略下沉再螺旋略上升，位在右肩右前方，掌心向上指尖在右前，左手由腹前小指贴住先顺缠外转里折腕，再变逆缠屈肘上升里合至右肘里侧，以虎口贴住右肘，掌心向右前方，指尖向右前下，眼左顾右盼，耳听身后。

2. 身向右转螺旋略下沉，重心移偏左后，先呼后吸，同时沉含松，沉左翻右臂屈膝合，再变沉含略收腹吸气提肛松胯，沉左翻右臂，右腿以脚跟为轴，脚掌撑地\*，同时，右手由右肩右前方变逆缠坐腕，大领先上下相合再大领向右旋转，位仍在右眼略右前方，掌心向右外，指尖向左略偏里上，同时，左手贴右肘里侧，变逆缠大领坐腕，沉肩坠肘，先上下相合再随身旋转，掌心向右指尖向上贴住右肘里侧，眼先看右手兼顾左，再看左前方，耳听身右后。

3. 身略向右转螺旋下沉，重心由左下沉移右，吸气，同时沉含收腹吸气提肛松胯，沉右翻左臂两膝屈开中寓合，同时右腿顺缠外转膝里合，脚掌

- 第七十式： 掩手肱捶 《動作与前同》
- 第七十一式： 六封四闭 《動作与前同》
- 第七十二式： 单鞭 《動作与前同》
- 第七十三式： 云手 《動作与前同》
- 第七十四式： 高探馬 《動作与前同》
- 第七十五式： 十字单摆脚

\*\* 《随身外转 90°后,脚掌落地五指抓地湧泉穴要虚,同时左脚以脚尖为轴,屈膝逆缠里转。》

1. 身先向右转约 45°螺旋略上,再向左转约 45°螺旋略下沉,重心先左后移偏右,先吸后呼.同时先沉肩含胸略收腹吸气提肛松胯,略沉左翻右臀屈膝合,再变沉略开胸突腹左旋松胯,沉右翻左臀两膝屈开中寓合.同时右腿先顺缠外转膝里合,变逆缠里转脚掌落地踏实,五指抓地湧泉穴要虚.同时左腿脚尖点地为轴先逆缠里转,再变顺缠外转开裆,会阴穴要虚要圆.同时,右手由右肩右侧前方逆缠里合上升至右眼右前方,掌心向外,指尖向右,臂保持半园棚劲不丢.再变顺缠外开略下沉再螺旋略上升,位在右肩右前方,掌心向上指尖在右前,左手由腹前小指贴住先略顺缠外转里折腕,再变逆缠屈肘上升里合至右肘里侧,以虎口贴住右肘,掌心向右前方,指尖向右前下,眼左顾右盼,耳听身后.

2. 身向右转螺旋略下沉,重心移偏左后,先呼后吸.同时沉含松,沉左翻右臀屈膝合,再变沉含略收腹吸气提肛松胯,沉左翻右臀,右腿以脚跟为轴,脚掌擦地 \*\* 同时,右手由右肩右前方变逆缠坐腕,大领先上下相合再大领向右旋转,位仍在右眼略右前方,掌心向右外,指尖向左略偏里上.同时,左手贴右肘里侧,变逆缠大领坐腕,沉肩墜肘,先上下相合再随身旋转,掌心向右指尖向上贴住右肘里侧,眼先看右手兼顾左,再看左前方,耳听身右后.

3. 身略向右转螺旋下沉,重心由左下沉移右,吸气.同时沉含收腹吸气提肛松胯,沉右翻左臀两膝屈开中寓合,同时右腿顺缠外转膝里合,脚掌

Posture 70: Covering the hands and beating with the humerus (the action is the same as before)

Form 71: Six seals and four seals (the movements are the same as before)

Form 72: Single Whip (same action as before)

Form 73: Cloud Hand (same action as before)

Posture 74: Gao Tan Ma (same action as before)

Posture 75: Cross Single Swing Leg

\*\* (After turning the body outward 90°, place the sole of the foot on the ground and grasp the Yongquan point on the ground with five fingers to make it weak. At the same time, use the toe as the axis of the left foot, bend the knee and turn inwards.)

1. First turn your body about 45° to the right and spiral up slightly, then turn left about 45° and spiral down slightly. Move your center of gravity first to the left and then to the right. Inhale first and then exhale. At the same time, lower your shoulders, chest, and abdomen, and inhale and lift. Release the hips from the anus, slightly sink to the left, turn the right hip, bend the knees and close, then lower slightly, open the chest and protrude the abdomen, turn left to loosen the hips, sink to the right, turn to the right, bend the knees to open, open and close the knees. At the same time, first twist the right leg outwards, turn the knees inwards, and close the knees. Turn in reverse and turn your feet firmly on the ground, grasp the Yongquan point on the ground with your five fingers to make it weak. At the same time, turn the toes of your left leg on the ground as an axis, first turn inward and then turn outward to open your crotch. The Huiyin point should be empty and round. At the same time, The right hand goes up from the front of the right shoulder to the right front of the right eye, with the palm facing outward and the fingertips to the right. Keep the arm in a half-circle without losing strength. Then it becomes smooth and outward, then sinks slightly and then spirals slightly upward. Position it in front of the right shoulder, with the palm upward and the fingertips in front of the right hand. The left hand is attached with the little finger in front of the abdomen. First, it is slightly wrapped outward and folded inward. Then it is reversed and bent, the elbow is raised and folded inwards to the inside of the right elbow, and it is attached with the tiger's mouth. Right elbow, palm facing forward to the right, fingertips pointing forward and down to the right, eyes looking left and right, ears listening behind you.

2. Turn the body to the right and sink slightly in the spiral. After shifting the center of gravity to the left, first exhale and then inhale. At the same time, the chest is loosened, the sink is turned to the left and the right hip is bent and the knees are closed. Then the body is lowered and the chest is slightly closed. Inhale, lift the anus, loosen the hips, and sink. Turn your right hip to the left, use the heel of your right leg as the axis, and rub the sole of your foot on the ground.\*\* At the same time, your right hand changes from the right shoulder to the right and wraps around the wrist. The big lead joins the up and down, and then the big collar rotates to the right, still slightly in front of the right eye. , the palm is facing right and outward, and the fingertips are slightly to the left and inward. At the same time, the left hand is placed on the inside of the right elbow, and the wrist is wrapped around the collar. The shoulders are lowered and the elbows are lowered. First, the up and down are connected and then rotated with the palm. The palm is facing the right and the fingertips are upward. Stick to the

inside of your right elbow, look at your right hand first and then your left, then look in front of your left, and listen to your body and behind you.

3. Turn the body slightly to the right and sink in a spiral. Move the center of gravity from the left to the right. Inhale. At the same time, sink the abdomen, tighten the abdomen, inhale, lift the anus and loosen the hips. Turn the body to the right, bend the left hip, bend the knees, open and close, and at the same time, the right leg should be straight. Turn your knees outwards and close them inward, with the soles of your feet

落地踏实，五指抓地湧泉穴要虚。

同时左腿先屈膝上提脚逆缠里转，先与左肘上下相合再向左前迈步，以脚跟里侧着地贴地向左前方铲出，脚尖上翘里合。同时，右手继续逆缠大指领劲向右侧外开，位在右眼右侧方，掌心向右前，指尖向左偏里上。臂里侧保持半圆，棚劲不丢。同时，左手逆缠里转大指领劲向左前下方棚出，位在左膝上偏里侧上，掌心向左下指尖向右偏上，眼看左前顾右，耳听身后。

4. 身先略向右转下沉再继续向左旋转手上升再螺旋下沉约 $90^\circ$ ，重心由右后下沉移偏左，先呼后吸再呼。同时，先沉含松屈合，沉右翻左臂再变沉略开胸收腹吸气提肛松胯，沉左翻右臂，再变沉含松，沉左翻右臂两膝屈合，右腿先逆缠里转再顺缠外转膝里合，五指抓地湧泉穴要虚。同时，左腿先顺缠外转脚跟为轴，脚尖略向外转下沉落地，再以脚跟为轴脚尖略上翘，脚尖擦地里勾，脚掌踏实五指抓地湧泉穴要虚。

同时，左手先逆缠里转向左前下沉，再上升变顺缠外翻经头前上下沉至右膝前，掌心向左下，指尖偏右上。同时，右手由右眼右侧上先逆缠略外开略下沉，变顺缠外转里合经腹前，掌心向左偏下，指尖向左偏上，指尖在左腋下外侧。眼左顾右盼，耳听身后，重心先右后左。

5. 身先向左转约 $45^\circ$ 螺旋略上升，再向右转约 $45^\circ$ 螺旋下沉再向左转约 $45^\circ$ 螺旋上升，重心先右后左，先吸后呼再吸。当左转身脚上下斜线合时，鼻子略呼气。同时，先沉开胸收腹吸气提肛松胯两膝屈合，再变沉含松，沉左翻右臂两膝屈合下沉，再变沉略含收腹吸气提肛松胯，沉左翻右臂，左腿先顺缠外转膝里合，再变逆缠里转，再变顺缠外转膝里合螺旋略上升，左膝弯曲，左脚五指抓地湧泉穴要虚。

同时，右腿先逆缠里转再顺缠外转膝里合，再膝里合五指抓地湧泉穴要虚。再逆缠屈膝向左上摆再向右外摆，右脚左手上下斜线相合。左手由右膝前先向左外逆缠变顺缠上升，经鼻尖向右再下沉至右膝前再向右后略外摆，再向左外开，有肘腕放松以手掌击脚面外侧。

同时，右手贴于右腋下略偏外侧，先略顺缠略里下折腕，再变逆缠坐腕沿逆旋转，打完右膝屈继续放松上提，左手位在左膝上，掌心向左外下指尖略偏右前下，臂弯曲沉肩略坠肘与右膝相合右手在左腋下，肘弯放松。

6. 身向右转约 $90^\circ$ 螺旋略上升再螺旋下沉，重心全部在左脚，先吸拳

落地踏实，五指抓地湧泉穴要虚。

同时左腿先屈膝上提脚逆缠里转，先与左肘上下相合再向左前迈步，以脚跟里侧着地贴地向左前方铲出，脚尖上翘里合。同时，右手继续逆缠大指领劲向右侧外开，位在右眼右侧方，掌心向右前，指尖向左偏里上。臂里侧保持半园，棚劲不丢。同时，左肘逆缠里转大指领劲向左前下方棚出，位在左膝上偏里侧上，掌心向左下指尖向右偏上，眼看左前顾右，耳听身后。

4. 身先略向右转下沉再继续向左旋转手上升再螺旋下沉90°，重心由右后下沉移偏左，先呼后吸再呼。同时，先沉含松屈合，沉右翻左臀再变沉略开胸收腹吸气提肛松胯，沉左翻右臀，再变沉含松，沉左翻右臀两膝屈合，右腿先逆缠里转再顺缠外转膝里合，五指抓地湧泉穴要虚。同时，左腿先顺缠外转脚跟为轴，脚尖略向外转下沉落地，再以脚跟为轴脚尖略上翘，脚尖擦地里勾，脚掌踏实五指抓地湧泉穴要虚。

同时，左手先逆缠里转向左前下沉，再上升变顺缠外翻经头前上下下沉至右膝前，掌心向右下，指尖偏右上。同时，右手由右眼右侧上先逆缠略外开略下沉，变顺缠外转里合经腹前，掌心向左偏下，指尖向左偏上，指尖在左腋下外侧。眼左顾右盼，耳听身后。重心先右后左。

5. 身先向左转约45°螺旋略上升，再向右转约45°螺旋下沉再向左转约45°螺旋上升，重心先右后左，先吸后呼再吸。当左手与右脚上下斜线合时，鼻子略呼气。同时，先沉开胸收腹吸气提肛松胯两膝屈合，再变沉含松，沉左翻右臀两膝屈合下沉，再变沉略含收腹吸气提肛松胯，沉左翻右臀。左腿先顺缠外转膝里合，再变逆缠里转，再变顺缠外转膝里合螺旋略上升，左膝弯曲，左脚五指抓地湧泉穴要虚。

同时，右腿先逆缠里转再顺缠外转膝里合，再膝里合五指抓地湧泉穴要虚。再逆缠屈膝向左上摆再向右上外摆，右脚左手上下斜线相合。左手由右膝前先向左外逆缠变顺缠上升，经鼻尖向右再下沉至右膝前再向右后略外摆，再向左外开，肩肘腕放松以手掌击脚面外侧。

同时，右手贴于右腋下略偏外侧，先略顺缠略里下折腕，再变逆缠坐腕沾连旋转，打完后右膝屈继续放松上提，左手位在左膝上，掌心向左外下指尖略偏右前下，臂弯曲沉肩略坠肘与右膝相合右手再左腋下，肘弯放松。

6. 身向右转约90°螺旋略上升再螺旋下沉，重心全部在左脚，先吸拳

Land firmly on the ground and grasp the Yongquan point on the ground with five fingers to make it weak.

At the same time, the left leg first bends the knee, lifts the foot, and turns inward and backward. First, it meets the left elbow up and down, and then steps forward to the left. With the heel on the ground on the inside, it shoves out to the front of the left, and the toes turn upward and inward. At the same time, the right hand continues to wrap inward and backward. Point the leading force outward to the right, located to the right of the right eye, with the palm facing forward to the right, and the fingertips pointing upward and to the left. Keep the inner side of the arm half round, without losing the strength. At the same time, turn the left elbow backward and inwards. The fingertips are directed forward and downward to the left, on the inner side of the left knee, with the palm of the hand pointing to the lower left and the fingertips pointing upward to the right. Look left and right, and listen behind you.

4. First turn your body slightly to the right and sink, then continue to turn your hands to the left to rise and then spirally sink 90°. The center of gravity moves from the right back to the left, and then inhales and then exhales. At the same time, first sink, relax, flex and close, sink Turn the left hip to the right and then become heavy. Slightly open the chest, close the abdomen, inhale, lift the anus and loosen the hips. Turn the right hip to the left, then turn the right hip to the lower position. Bend the knees to the left. Turn the right leg backward and then forward. Turn your knees outwards and close them inward, and grasp the Yongquan point on the ground with your five fingers. At the same time, first turn your left leg outwards and turn the heel as the axis, turn the toes slightly outward and sink to the ground, then use the heel as the axis, the toes are slightly upward, and the toes rub The ground is hooked, the soles of the feet are firm, and the five fingers are grasping the Yongquan point on the ground to make it weak.

At the same time, the left hand first twists backwards inward, turns to the left front and sinks, then rises and turns outwards, goes up and down in front of the head and sinks in front of the right knee, with the palm of the hand facing downwards and to the right, and the fingertips pointing upwards to the right. At the same time, the right hand moves upwards from the right side of the right eye first. Open slightly outward and sink slightly, then turn outward and inward to close the meridian in front of the abdomen, with the palm facing down to the left, the fingertips pointing upward to the left, and the fingertips on the outside of the left armpit. Look left and right, and listen behind you. The center of gravity is right first. Back left.

5. First turn left about 45°, spiral up slightly, then turn right about 45°, spiral down, then turn left about 45°, spiral up, with the center of gravity first right and then left, inhale first, then exhale and then inhale again. When the left hand is with When the up and down diagonal lines of the right foot come together, exhale slightly through the nose. At the same time, first lower the chest, close the abdomen, inhale, lift the anus, loosen the hips, bend and close the knees, then become lower and looser, lower to the left, turn the right hip, bend the knees, close and lower. Then become slightly lowered, tighten the abdomen, inhale, lift the anus and loosen the hips, lower the left and right hips. The left leg is first bent outwards and the knees are closed together, then it becomes reversely twisted and turned inwards, and then it becomes straight and twisted outwards and the knees are closed together and the spiral rises slightly. , bend the left knee, and grasp the Yongquan point on the ground with the five fingers of the left foot to make it weak.

At the same time, first turn your right leg backwards and inwards, then turn outwards and turn your knees inwards and forwards, then bring your knees inward and outwards and grasp the Yongquan point on the ground with your five fingers to make it weak. Then bend your right legs backwards and swing upwards to the left and then upwards to the right, with your right foot and left hand diagonally up and down. Match. The left hand starts from in front of the right knee to the left and then goes up and down, passes through the tip of the nose to the right and then sinks to the front of the right knee, then swings slightly back to the right and outward to the left. Relax the shoulders, elbows and wrists and hit the top of the feet with the palm of your hand. outside.

At the same time, place the right hand slightly outside the right armpit, first fold the wrist slightly inward and downward, then reversely wrap the wrist in a sitting position and rotate it continuously. After finishing the exercise, bend the right knee and continue to relax and lift it up. Place the left hand on the left knee. The palms are facing outwards to the left, the fingertips are slightly facing forward and downwards to the right, the arms are bent, the shoulders are slightly bent, the elbows are in line with the right knees, the right hands are under the left armpits, and the elbows are relaxed.

6. Turn the body about 90° to the right, spiral up slightly and then spiral down. The center of gravity is all on the left foot, and the fist is sucked in first.



下沉发劲时略呼气，同时沉含收腹吸气提肛松胯，沉左翻右臂，左腿以脚跟为轴脚尖略上翘随身逆缠里转约 $90^\circ$ ，脚掌踏实五指抓地湧泉穴要虚，松胯略屈膝。同时右腿继续屈膝上提顺缠外转膝护裆，右脚尖护左膝，同时左手由左膝上逆缠向左下沉变拳至左侧变顺缠外翻，屈肘上升变略逆缠里折腕，掌心向左耳，臂里侧保持半圆棚劲不丢，同时，右手由左腋下左臂里侧变拳逆缠里下折腕掏出向右经下顎前向右前下沉至右膝外侧略下方，掌心向上略里下折腕，眼看前方兼顾左右，耳听身后。

## 第七十六式：指裆挂

1. 身快速向右旋转约 $45^\circ$ 螺旋下沉，重心由左先移偏右后再下沉移偏左前，呼气。同时沉含松，先沉右翻左臂再沉左翻右臂，两膝屈开中寓合，同时右腿顺缠随身外转下沉震脚，五指抓地湧泉穴要虚。左腿随身逆缠里转向左前方下沉震脚，五指抓地湧泉穴要虚。

同时左拳顺缠里转屈肘里上折腕向左前方棚出，臂里侧保持半圆棚劲不丢，拳心向上高与下顎同，同时右拳顺缠外转下沉，位在右膝外侧略上，拳心向上偏里上折腕，眼看左前兼顾右，耳听身后。

2. 身先略向左转螺旋略上升，再向右转约近 $50^\circ$ 螺旋下沉，再向左转约近 $50^\circ$ 螺旋上升，重心由偏左先向左前移，再下沉移偏右后，再移偏左前，先吸后呼再吸，双拳发劲时略呼气。

同时先沉臂开胸突腹左旋松胯，沉左翻右臂再变沉含松，沉右翻左臂，再变沉开胸收腹吸气提肛松胯，沉左翻右臂两膝屈作到开中寓合中寓开。同时，左腿先顺缠外转膝里合，再逆缠里转再变顺缠外转膝里合，脚掌五指抓地湧泉穴要虚，同时右腿先逆缠里转再顺缠外转膝里合，再逆缠里转脚五指抓地湧泉穴要虚。同时左手由左前方高与下顎同，变逆缠外折腕螺旋向左前上升，位在左眼前，拳心向外虎口向下，臂里侧保持半圆棚劲不丢。

同时，右拳由右膝略右上顺缠外翻外折腕，拳心向右位在右膝略上偏右外，再变左拳由左前上方变顺缠外转屈肘里合下沉至两膝前偏下中线，掌心向右前上，虎口向左前上。同时右拳由右膝略右上变逆缠里转略下沉外开再略上升，位在右膝右侧外略上，拳心向右后，虎口偏左前下。再变左拳由两膝中线路下方略向右后上变逆缠上提，经右胸前变顺缠经眼前中线棚出，再略

下沉发劲时略呼气,同时沉含收腹吸气提肛松胯,沉左翻右臀,左腿以脚跟为轴脚尖略上翘随身逆缠里转约90°,脚掌踏实五指抓地湧泉穴要虚.松胯略屈膝.同时右腿继续屈膝上提顺缠外转护裆,右脚尖护左膝,同时左手由左膝上逆缠向左下沉变拳至左侧变顺缠外翻,屈肘上升变略逆缠里折腕,掌心向左耳,臂里侧保持半园棚劲不丢.同时,右手由左腋下左臂里侧变拳逆缠里下折腕掏出向右上经下颚前向右前下沉至右膝外侧略下方,掌心向上略里下折腕,眼看前方兼顾左右,耳听身后.

### 第七十六式： 指裆捶

1.身快速向右旋转约45°螺旋下沉,重心由左先移偏右后再下沉移偏左前,呼气.同时沉含松,先沉右翻左臀再沉左翻右臀,两膝屈开中寓合,同时右腿顺缠随身外转下沉震脚,五指抓地湧泉穴要虚.左腿随身逆缠里转向左前方下沉震脚,五指抓地湧泉穴要虚.

同时左拳顺缠里转屈肘里上折腕向左前方棚出,臂里侧保持半园棚劲不丢,拳心向里下高与下颚同,同时右拳顺缠外转下沉,位在右膝外侧略上,拳心向上偏里上折腕,眼看左前兼顾右,耳听身后.

2.身先略向左转螺旋略上升,再向右转约近50°螺旋下沉,再向左转约近50°螺旋上升,重心由偏左先向左前移,再下沉移偏右后,再移偏左前,先吸后呼再吸.双拳发劲时略呼气.

同时先沉肩开胸突腹左旋松胯,沉左翻右臀再变沉含松,沉右翻左臀,再变沉开胸收腹吸气提肛松胯,沉左翻右臀两膝屈作到开中寓合中寓开.同时,左腿先顺缠外转膝里合,再逆缠里转变顺缠外转膝里合,脚掌五指抓地湧泉穴要虚.同时右腿先逆缠里转再顺缠外转膝里合,再逆缠里转脚五指抓地湧泉穴要虚.同时左手由左前方高与下颚同,变逆缠外折腕螺旋向左前上升,位在左眼前,拳心向外虎口向下,臂里侧保持半园棚劲不丢.

同时,右拳由右膝略右上顺缠外翻外折腕,拳心向右位在右膝略上偏右外,再变左拳由左前上方变顺缠外转屈肘里合下沉至两膝前偏下中线,掌心向右前上,虎口向左前上.同时右拳由右膝略右上变逆缠里转略下沉外开再略上升,位在右膝右侧外略上,拳心向右后,虎口偏左前下.再变左拳由两膝中线略下方略向右后上变逆缠上提,经右胸前变顺缠经眼前中线棚出,再略

Exhale slightly when sinking to generate strength. At the same time, sink your abdomen, inhale, lift your anus and loosen your hips. Turn your right hip to the left and turn your right hip. Use the heel as the axis of your left leg, your toes slightly upward, and turn around 90° inward and backward with the soles of your feet firmly grasped with five fingers. The Diyongquan point should be empty. Loosen the hips and bend the knees slightly. At the same time, continue to bend the knee, lift it up and wrap it around the crotch, protect the left knee with the toes of your right toes. At the same time, the left hand moves from the reverse wrap on the left knee to the left, then sinks to the left, then fists to the left side. Twist outwards, bend the elbow and rise to slightly twist the wrist inward, with the palm facing the left ear, and maintain a half-circle squeeze on the inside of the arm without losing strength. At the same time, the right hand changes from under the left armpit to a fist on the inside of the left arm, twisting the wrist inward and downward. Take it out and move it upward to the right, in front of the lower jaw, to the right and downward to slightly below the outer side of the right knee. With the palm of your hand pointing upward and slightly inward and downward, fold your wrist. Look forward while looking to the left and right, and listen behind you.

#### Form 76: crotch pounding

1. Quickly rotate the body about 45° to the right and sink in a spiral. The center of gravity moves from the left to the right first, then sinks to the left front. Exhale. At the same time, sink to the right and turn the left hip, then sink to the left and turn the right hip. Bend the two knees and open the center and bring them together. At the same time, the right leg is wrapped around the body and outwards, and the feet are lowered and the five fingers are grasping the Yongquan point on the ground. Be imaginary.

At the same time, the left fist is turned inward and bent, the elbow is bent upward and the wrist is stretched forward to the left. The inner side of the arm is kept half-circle without losing force. The center of the fist is turned inward and downward to the same level as the lower jaw. At the same time, the right fist is turned outward and lowered. Position it slightly above the outside of your right knee, with the center of your fist pointing upward and inward, and folding your wrist upward. Look to the left and in front of you as well as the right, and listen to behind you.

2. First turn slightly to the left and spiral up slightly, then turn to the right about 50° to spiral down, then turn left about 50° to spiral up, the center of gravity first moves from left to left forward, then sinks to the side. After moving to the right, inhale first, then exhale and then inhale again before moving to the left. Exhale slightly while exerting force with both fists.

At the same time, first lower the shoulders, open the chest, protrude the abdomen, turn left to loosen the hips, lower to the left, turn the right hip, then lower to the left, lower to the right, turn to the left hip, then lower the chest, open the chest, tighten the abdomen, inhale, lift the anus, loosen the hips, lower to the left, turn the right hip and knees. Bend until you open the middle, turn the knees outward, and close the knees. At the same time, first turn the left leg outwards and fold the knees inwards, then reverse the folds inwards and turn the knees outwards and close inward. The five fingers of the soles of the feet grasp the Yongquan point on the ground to make it empty. At the same time, right The legs are first turned inward, then turned outwards, and the knees are folded inward. Then the legs are turned inward, and the five fingers of the feet are grasping the Yongquan point on the ground. At the same time, the left hand is raised from the left front to the

same level as the lower jaw, and then the left hand is turned outwards and the wrists are spirally raised to the left. , located in front of the left eye, with the center of the fist pointing outwards and the tiger's mouth downwards, keeping a half-circle grip on the inside of the arm without losing strength.

At the same time, the right fist moves from the right knee slightly above and to the right, turning forward and outward, with the center of the fist pointing to the right, slightly above the right knee and to the right and outside. The knees are forward and lower than the midline, the palms are facing forward and upward to the right, and the tiger's mouth is facing forward and upward to the left. At the same time, the right fist changes from slightly upward to the right of the right knee, then reverses, wraps inward, turns slightly downward, opens outward, and then slightly upwards. It is positioned slightly upward on the right side of the right knee. The heart moves back to the right, and the tiger's mouth moves to the left, front, and down. Then the left fist moves from slightly below the midline of the knees to the right behind and upward, reversely wraps and lifts, passes through the right chest, then wraps along the middle line of the front of the eye, and then pulls out, and then slightly

下沉，位在左眼前方，拳心偏里上，虎口向左略偏后。

同时右拳由右膝右侧略上方，由逆缠变顺缠由右后上经头右侧上变略逆缠向左前略下沉安劲，位在两眼中线上，拳心向左偏后，虎口向上偏左，两拳距不超过肩，拳眼对准左拳心，眼先看左前兼顾后，再看左前方，耳听身后。

3. 身先略向左转，腰以上螺旋上升，腰以下螺旋下沉，再向右转约近45°螺旋下沉，再向左转约近45°继续螺旋下沉，重心由偏左前方再向左前移，再下沉移略偏左前，再继续下沉移偏左，先呼后吸。

同时先沉肩开胸收腹吸气提肛松胯，沉左翻右臂，再沉含松略沉左略翻右臂，再沉含松沉左翻右臂，两膝屈作到开中寓合合中寓开。左腿先略顺缠外转膝里合，再变略逆缠里转再变顺缠外转膝里合，五指抓地湧泉穴要虚。同时，右腿先略顺缠外转膝里合，再继续顺缠略外转膝里合，再变逆缠外转脚五指抓地湧泉穴要虚。

同时双拳由左前上方以双逆缠向头前上升，再以双顺缠外转屈肘里合下沉，左肘与左膝相合，左拳心位在腹前中线，左拳心偏向后虎口偏左前上，右拳位在左拳里侧，拳心向里偏上，再以双逆缠右拳由左肘下向右前下摆出位在腹前中线，拳心向下臂伸展至七八分，肩肘拳均放松，同时左拳逆缠里合经右拳背下至肚子左侧，拳心向里贴于腹左侧，左臂沉肩坠肘，眼先看左前上再看右前下，耳听身后。

### 第七十七式：白猿探果

\*〈再变顺缠外转下沉，经两膝前〉

1. 身先向右转45°螺旋下沉，再向左转先下沉再上升约50°，重心由左前移偏右后再移偏左，先吸后呼再吸，同时先沉肩含胸收腹吸气提肛松胯沉右翻左臂，再变沉含松略沉左翻右臂，再变沉含收腹吸气提肛松胯，沉左翻右臂。同时，左腿先逆缠屈膝里转，再变顺缠外转再以脚跟为轴，脚掌略上翘外转约近90°，脚掌落地踏实五抓地湧泉穴要虚。同时右腿先顺缠屈膝里合外转，再变逆缠里转，当右脚旋转变实后右腿继续逆缠里转上提膝，同时左拳贴肚子左侧沾逆先屈肘折腕逆缠里转，再变顺缠外转沉肩坠肘里上折腕拳心向上，虎口向左前以拳眼贴肚子左侧。同时，右拳由两膝前下逆缠里下折腕屈肘上提，拳心向右后，虎口向里下，位在下顎右侧前<sup>\*</sup>再向右前上冲。

下沉,位在左眼前方,拳心偏里上,虎口向左略偏后.

同时右拳由右膝右侧略上方,由逆缠变顺缠由右后上经头右侧变略逆缠向左前略下沉发劲,位在两眼中线上,拳心向左偏后,虎口向上偏左,两拳距不超过肩,拳眼对准左拳心,眼先看作前兼顾后,再看左前方,耳听身后.

3.身先略向左转,腰以上螺旋上升,腰以下落旋下沉,再向右转约近45°螺旋下沉,再向左转约近45°继续螺旋下沉,重心由偏左前方再向左前移,再下沉移略偏左前,再继续下沉移偏左,先呼后吸.

同时先沉肩开胸收腹吸气提肛松胯,沉左翻右臀,再沉含松略沉左略翻右臀,再沉含松沉左翻右臀,两膝屈作到开中寓合合中寓开.左腿先略顺缠外转膝里合,再变略逆缠里转再变顺缠外转膝里合,五指抓地湧泉穴要虚.同时,右腿先略顺缠外转膝里合,再继续顺缠略外转膝里合,再变逆缠外转脚五指抓地湧泉穴要虚.

同时双拳由左前上方以双逆缠向头前上升,再以双顺缠外转屈肘里合下沉,左肘与左膝相合,左拳心位在腹前中线,左拳心偏向后虎口偏左前上.右拳位在左拳里侧,拳心向里偏上.再以双逆缠右拳由左肘下向右前下棚出位在腹前中线,拳心向下臂伸展至七八分,肩肘拳均放松.同时左拳逆缠里合经右拳背下至肚子左侧,拳心向里贴于腹佐侧,左臂沉肩坠肘,眼先看左前方再看右前下,耳听身后.

### 第七十七式： 白猿探果

#### \*\* 《再变顺缠外转下沉,经两膝前》

1.身先向右转45°螺旋下沉,再向左转先下沉再上升约50°,重心由左前移偏右后再移偏左,先吸后呼再吸.同时先沉肩含胸收腹吸气提肛松胯沉右翻左臀,再变沉含松略沉左翻右臀,再变沉含收腹吸气提肛松胯,沉左翻右臀.同时,左腿先逆缠屈膝里转,再变顺缠外转再以脚跟为轴,脚掌略上翘外转约近90°,脚掌落地踏实五抓地湧泉穴要虚.同时右腿先顺缠屈膝里合外转,再变逆缠里转,当右脚旋转变实后腿继续逆缠里转上提膝,同时左拳贴肚子左侧沾连先屈肘折腕逆缠里转,再变顺缠外转沉肩坠肘里上折腕拳心向上,虎口向左前以拳眼贴肚子左侧.同时,右拳由两膝前下逆缠里下折腕屈肘上提,拳心向右后,虎口向里下,位在下颚右侧前 \*\* 再向右前上冲,

Sink down, in front of the left eye, with the center of the fist facing upwards and the tiger's mouth slightly to the left.

At the same time, the right fist moves from slightly above the right side of the right knee, from an inverse twist to a smooth twist, from the right back and up through the right side of the head, to a slightly reverse twist, to the left front and slightly downward, exerting force, positioned on the line between the eyes, with the center of the fist tilted back to the left. , the tiger's mouth is upward and to the left, the distance between the two fists is no more than the shoulder, the eye of the fist is aligned with the center of the left fist, look forward and backward first, then look to the left front, and listen behind you.

3. First turn slightly to the left, spiral upward from the waist up, descend from the waist down, then turn to the right approximately 45° and spiral downward, then turn left approximately 45° and continue to spiral downward, with the center of gravity shifting to the left Move the front forward to the left, then sink slightly to the left, then continue to sink and move to the left, first exhale and then inhale.

At the same time, first lower the shoulders, open the chest, close the abdomen, inhale, lift the anus and loosen the hips, lower the left buttocks and turn the right hip, then lower the chest, lower the chest slightly, turn the right buttocks slightly, then lower the chest, loosen the chest, turn the right buttocks to the left, and bend both knees until they are open. The left leg should first be slightly bent outwards and the knees should be closed inwards. Then, the left leg should be slightly reversed and the knees should be closed inward. Then the left leg should be slightly bent outwards and the knees should be closed inwards. Grasp the Yongquan point on the ground with five fingers to make it weak. At the same time, the right leg should be stretched first. Slightly twist outwards and turn the knees together inward, then continue to twist slightly outwards and close the knees inwards, then change to reverse wrapping and turn the feet outwards and grasp the Yongquan point on the ground with five fingers to make it weak.

At the same time, both fists are raised from the upper left front to the front of the head in double reverse twists, and then turned outwards with double twists, bending the elbows inward and sinking, the left elbow and left knee are in line, the center of the left fist is at the center line of the front of the abdomen, and the center of the left fist is tilted backward. The tiger's mouth is tilted to the left and forward. The right fist is on the inside of the left fist, and the center of the fist is inward and upward. Then use both hands to wrap the right fist backwards from under the left elbow to the right, forward and down, and position it on the midline in front of the abdomen. The center of the fist extends to the lower arm. At seven or eight points, relax your shoulders, elbows, and fists. At the same time, the left fist is wrapped around the Lihe meridian and the back of the right fist is lowered to the left side of the stomach. The center of the fist is inward and attached to the side of the abdomen. The left arm is lowered by the shoulder and elbow. Look first to the left and then to the front. Right front and bottom, ear behind you.

#### Form 77: White Ape Exploring Fruit

\*\* (Turn outwards and sink again, passing in front of the knees)

1. First turn your body 45° to the right and sink in a spiral, then turn left and sink first and then rise about 50°. Move your center of gravity from left to forward to right and then to left. Inhale first, then exhale and then

inhale again. At the same time, lower your shoulders first. Hold the chest, tighten the abdomen, inhale, lift the anus, loosen the crotch, turn the left hip to the right, then turn the left hip to the right, then turn the left hip to the left, then turn the right hip to the left, then turn the right hip to the left, then turn the right hip to the left. First, bend your knees backwards and turn them in, then turn your knees forward and then use the heel as the axis. The soles of your feet are slightly upward and turn outwards by about 90°. The soles of your feet are firmly on the ground. Five grips on the ground, the Yongquan point should be empty. At the same time, your right leg should be bent and bent inward. Close the external rotation, then change to the reverse internal rotation. When the rotation of the right foot becomes solid, the back leg continues to reverse the internal rotation and lift the knee.

At this time, the left fist is attached to the left side of the stomach. First, bend the elbow, fold the wrist, and turn it backwards and forwards. Then turn outwards, sink the shoulders, drop the elbows, fold the wrists inward, and with the center of the fist upward. At the same time, the tiger's mouth moves forward to the left, and the fist eye is placed on the left side of the stomach. At the same time, The right fist starts from the front and down of the knees, twists inward and downwards, folds the wrist, bends the elbow and lifts up, the center of the fist is to the right and back, the tiger's mouth is inward and downward, and is located in front of the right side of the lower jaw\*\* and then punches forward and upward to the right,



位在右肩右侧前上，拳心向里下高与下颚同，眼先左顾，盼再看右前，耳听身后。

### 第七十八式：小六封四闭

1. 与前大六封四闭之区别：双拳以双逆缠屈肘里合由胸前绕一小圈再向胸前下再略上升推出，身法小圈小。眼重点看右前兼顾左，先吸后呼，重心偏右前，左腿仍蹬，虚步脚尖点地。

### 第七十九式：单鞭 <动作与前单鞭相同>

### 第八十式：铺地锦

1. 身先快速略向右转螺旋上升，再向左转约近 $90^\circ$ 螺旋下沉再上升，先吸后呼再短吸。重心由略偏右先移偏右再下沉移偏左前。同时先沉肩开脚收腹吸气提肛松胯，沉右翻左臂再变沉舍松、沉左翻右臂两膝屈作到开中寓合中寓开。左腿先逆缠里转再顺缠外转膝里合、脚五指抓地湧泉穴要虚。同时，右腿先顺缠外转膝里合，再逆缠里转五指抓地湧泉穴要虚。

同时，右手在右肩右侧前方由五指捏拢变拳虚握先逆缠里合再上升，经右眼右前方向外开下沉屈肘里合，经腹前再向左前上合于左腕背下，拳心向上略偏里。同时，左掌由左肩左前方先顺缠外转变拳略上升经左眼前下沉合于右腕背上，拳心向下双腕交叉点高与胸部同，眼先左顾右盼再看左前，耳听身后。

2. 身向右转约 $45^\circ$ 螺旋下沉，重心由左前下沉移偏右后，呼气。同时沉舍松沉右翻左臂两膝屈作到开中寓合。同时右腿顺缠屈膝外转里合，脚掌踏实五指抓地湧泉穴要虚。同时，左腿逆缠里转当右脚变实后左脚尖贴地回里勾。同时，右拳逆缠里转里下折腕向左后上摊开，位在右眼右侧，拳心向下虎口向里拳虚握，臂里侧保持半圆，肩肘放松棚劲不丢。

同时，左拳由右腕里侧顺缠里折腕向前下沉，拳心向上偏里，位在左膝里侧略下方，眼看左拳兼顾右，耳听身后。

位在右肩右侧前上,拳心向里下高与下颚同,眼先左顾右盼再看右前,耳听身后.

### 第七十八式： 小六封四闭

1. 与前大六封四闭之区别：双拳以双逆缠屈肘里合由胸前绕一小圈再向胸前下再上升推出,身法小圈小.眼重点看右前兼顾左,先吸后呼.重心偏右前,左腿仍蹬,虚步脚尖点地.

### 第七十九式： 单鞭 《动作与前单鞭相同》

### 第八十式： 铺地锦

1. 身先快速略向右转螺旋上升,再向左转约近90°螺旋下沉再上升,先吸后呼再短吸.重心由略偏右先移偏右再下沉移偏左前.同时先沉肩开胸收腹吸气提肛松胯,沉右翻左臀再变沉含松,沉左翻右臀两膝屈作到开中寓合中寓开.左腿先逆缠里转再顺缠外转膝里合,脚五指抓地湧泉穴要虚.同时,右腿先顺缠外转膝里合,再逆缠里转五指抓地湧泉穴要虚.

同时,右手再右肩右侧前方由五指捏拢变拳虚握先逆缠里合在上升,经右眼右前方向右外开下沉屈肘里合,经腹前再向左前上合于左腕背下,拳心向上略偏里.同时,左掌由左肩左前方先顺缠外转变拳略上升经左眼前下沉合于右腕背上,拳心向下双腕交叉点高与胸部同,眼先左顾右盼再看左前,耳听身后.

2. 身向右转约45°螺旋下沉,重心由左前下沉移偏右后,呼气.同时沉含松沉右翻左臀两膝屈作到开中寓合.同时右腿顺缠屈膝外转里合,脚掌踏实五指抓地湧泉穴要虚.同时,左腿逆缠里转当右脚变实后左脚尖贴地向里勾.同时,右拳逆缠里转里下折腕向左后上棚开,位在右眼右侧,拳心向下虎口向里拳虚握,臂里侧保持半圆,肩肘放松棚劲不丢.

同时,左拳由右腕里侧顺缠折腕向前下沉,拳心向上偏里,位在左膝里侧略下方,眼看左拳兼顾右,耳听身后.

Position it in front of and on the right side of the right shoulder, with the center of the fist inward and downward at the same level as the chin, eyes first looking left and right and then right in front, and ears listening behind you.

#### Posture 78: Six Small and Four Closes

1. The difference from the previous six seals and four seals: use both fists to wrap inversely, bend the elbows inward and close, make a small circle in front of the chest, then go down to the chest, then rise and push out, the body method is small, the circle is small. Focus on the right front and take care of the left, first inhale and then exhale. The center of gravity is tilted forward to the right, the left leg is still kicking, and the toes point to the ground while taking a virtual step.

#### Form 79: Single whip (the action is the same as the previous single whip)

#### Step 80: Brocade paving the floor

1. First, quickly turn slightly to the right and spiral up, then turn left about 90°, spiral down and then rise again. First inhale, then exhale, and then inhale briefly. The center of gravity shifts from slightly to the right, then to the right, then sinks to the left. At the same time, first lower the shoulders, open the chest, close the abdomen, inhale, lift the anus and loosen the hips, lower the left hip and turn it to the right, then bend the right hip and bend the knees until the center is opened. The left leg is twisted backwards first. Turn inwards and then outwards, turn the knees together inwards, and grasp the Yongquan point on the ground with the five fingers to make it weak. At the same time, first turn the right leg outwards, turn the knees inwards together, and then turn inwards backwards, and grasp the Yongquan point on the ground with the five fingers to make it weak.

At the same time, the right hand moves from pinching together with five fingers to making a fist in front of the right shoulder, then twists backwards and closes inward, then rises, passes through the right front of the right eye, opens to the right outward, sinks downward, bends the elbow inward and closes, passes in front of the abdomen, then moves forward and upward to the left, closing at the left wrist. At the same time, the left palm moves from the left front of the left shoulder to the outside, then the fist slightly ascends through the front of the left eye and sinks down to join the back of the right wrist, with the center of the fist pointing downwards and the intersection of the wrists at the same height as the chest. Look left and right first, then look left and forward, and listen behind you with your ears.

2. Turn the body about 45° to the right and sink in a spiral. The center of gravity shifts from the left front to the right back. Exhale. At the same time, turn the left hip to the right and bend the knees until they open and close. At the same time, the right leg is folded forward. Bend your knees and turn them outwards and close them inward. Use the soles of your feet firmly and grasp the Yongquan point on the ground with your five fingers. At the same time, turn your left leg backwards and inwards. When your right foot becomes firm, your left toe sticks to the ground and hooks inwards. At the same time, turn your right fist backwards and inwards and downwards. Open the wrist to the left and back, position it to the right of the right eye, make a virtual fist with the center of the fist facing downwards and the tiger's mouth facing inward, keep the inner side of the arm half round, relax the shoulders and elbows without losing strength.

At the same time, the left fist wraps around the wrist from the inside of

the right wrist and sinks forward. The center of the fist is upward and inward, located slightly below the inside of the left knee. See the left fist while looking at the right, and listen behind you.

## 第八十一式： 上步七星

1. 身向左转约45°螺旋先略下沉再螺旋上升，重心由右后移至左脚，先呼后吸。同时先沉含松、沉右翻左臂再变沉含收腹吸气提肛松胯，沉左翻右臂，同时左腿以脚跟为轴脚尖随身向左外旋转约130°，脚掌落地踏突五指抓地湧泉穴要虚。

同时，右腿逆缠里转脚五指抓地湧泉穴要虚，当左脚变实后，再松胯屈膝上提脚向左脚前迈步，虚步脚尖点地，同时左拳略逆缠先略下沉再向前上里折腕冲起，位在鼻尖前方里折腕拳心向下，臂里侧保持半圆，肩肘放松棚劲不丢。同时，右拳由右眼有侧先顺缠略向有肩外开下沉经右膝上腹前，里上折腕向左前上冲至左腕外侧上，拳心向里略偏下，双拳交叉点在鼻尖前略下方，双拳高与鼻尖同，眼看左前，耳听身后。

2. 身先略向左转再微向右转，先螺旋腰部以上上升，腰部以下下沉，再实腹松胯与手同时发劲，重心先全部放在左腿，右脚虚步脚尖点地，再重心由左后向右前移，发劲时右脚尖随发劲向前使劲点地，同时，先沉右开胸收腹吸气提肛松胯，沉左翻右臂再沉含松，沉左翻右臂两膝屈合，同时左腿先略顺缠外转膝里合，再变逆缠里转脚掌踏突，五指抓地湧泉穴要虚。

同时，右腿先略顺缠外转膝里合脚尖虚步点地，再略逆缠里转膝里合，脚尖向前下快速使劲再放松，同时双拳快速变掌双腕沾逆略向前上棚起，眼由双手下向前看，双掌心向下，指尖偏下，右手在左手上再双逆缠下沉至胸前上，再坐腕向前右手在右左手在前合劲向前略偏上发劲，两腕交叉点位在胸前略上方，双掌心向外，指尖互相左右略上方，眼看前方，耳听身后。

## 第八十二式： 退步踭虎

1. 身先略向右转再略向左转先螺旋上升再螺旋下沉，再继续向有旋转约90°螺旋下沉，重心由左先移右再移左，再移右，再移略偏左，先吸后呼，再吸再呼。同时，先略开胸折叠收腹吸气提肛松胯，先略沉右略翻左臂，再沉左略翻右臂，再沉右略翻左臂，再沉左略翻右臂，再变沉含松，再变略开胸，胸腰折叠退化，收腹吸气提肛松胯，再变沉含松两膝屈作到合中离开，开中离合。同时，左腿先略顺缠外转膝里合，再略逆缠里转当右脚踏实后再

## 第八十一式： 上步七星

1. 身向左转约45°螺旋先略下沉再螺旋上升,重心由右后移至左脚,先呼后吸.同时先沉含松,沉右翻左臀再变沉含收腹吸气提肛松胯,沉左翻右臀,同时左腿以脚跟为轴脚尖随身向左外旋转约130°,脚掌落地踏实五指抓地湧泉穴要虚.

同时,右腿逆缠里转脚五指抓地湧泉穴要虚.当左脚变实时,再松胯屈膝上提脚向左脚前迈步,虚步脚尖点地,同时左拳略逆缠先略下沉再向前上里折腕冲起,位在鼻尖前方里折腕拳心向下,臂里侧保持半园,肩肘放松棚劲不丢.同时,右拳由右眼右侧先顺缠略向右后外开下沉经右膝上腹前,里上折腕向左前上冲至左腕外侧上,拳心向里略偏下,双拳交叉点在鼻尖前略下方,双拳高与鼻尖同,眼看左前,耳听身后.

2. 身先略向左转再微向右转,先螺旋腰部以上上升,腰部一下下沉,再突腹松胯与手同时发劲,重心先全部放在左腿,右腿虚步脚尖点地,再重心由左后再向右前移,发劲时右脚尖随发劲向前?劲点地.同时,先沉肩开胸收腹吸气提肛松胯,沉左翻右臀再沉含松,沉左翻右臀两膝屈合,同时左腿先略顺缠外转膝里合,再变逆缠里转脚掌踏实,五指抓地湧泉穴要虚.

同时,右腿先略顺缠外转膝里合脚尖虚步点地,再略逆缠里转膝里合,脚尖向前下快速发劲再放松,同时双拳快速变掌双腕沾连略向前上棚起,眼由双手下向前看,双掌心向下,指尖偏下,右手在左手上再双逆缠下沉至胸前上,再坐腕向前右手在后左手在前合劲向前略偏上发劲,两腕交叉点位在胸前略上方,双掌心向外,指尖互相左右略上方,眼看前方,耳听身后.

## 第八十二式： 退步跨虎

1. 身先略向右转再略向左转先螺旋上升再螺旋下沉,再继续向右旋转约90°螺旋下沉,重心由左先移右再移左,再移右,再移略偏左,先吸后呼,再吸再呼.同时,先略开胸折叠收腹吸气提肛松胯,先略沉右略翻左臀,再沉左略翻右臀,再沉右略翻左臀,再沉左略翻右臀,再变沉含松,再变略开胸,胸腰折叠运化,收腹吸气提肛松胯,再变沉含松两膝屈作到合中寓开,开中寓合.同时,左腿先略顺缠外转膝里合,再略逆缠里转当右脚踏实后再

## Form 81: Step up to seven stars

1. Turn the body to the left about 45°, the spiral first sinks slightly and then spirals upward. Move the center of gravity from the right back to the left foot, first exhale and then inhale. At the same time, sink first and relax, turn the left hip to the right, then become sinker, hold the abdomen and inhale. Lift the anus and loosen the hips, lower the left hip and turn the right hip. At the same time, use the heel as the axis of the left leg and the toes to rotate outward about 130° to the left. The soles of the feet are firmly on the ground and the five fingers are grasping the Yongquan point on the ground to make it weak.

At the same time, twist your right leg backwards and turn your foot inwards to grasp the Yongquan point on the ground with five fingers. When the left foot becomes soft, loosen your hips, bend your knees, lift your foot and step in front of your left foot. Touch the ground with your toes while making a weak step. At the same time, twist your left fist slightly backwards. Sink slightly, then press forward and upward, folding your wrists inwards and forwards. Position your fists in front of the tip of your nose with your fists facing downwards. Keep the inner side of your arms half-circled, relax your shoulders and elbows without losing strength. At the same time, move your right fist forward from the right side of your right eye. Wrap it slightly to the right, back and outward, and sink it in front of the upper abdomen of the right knee. Fold the wrist inward and upward, and rush forward and upward to the outside of the left wrist. The center of the fist is inward and slightly downward. The intersection of the fists is slightly below the tip of the nose. The fists are at the height of the tip of the nose is the same, the eyes look to the left and the ears listen to the back.

2. Turn your body slightly to the left and then to the right. First, rise above the waist in a spiral, and then sink the waist. Then protrude your abdomen, relax your hips, and exert strength with your hands at the same time. The center of gravity is first placed on the left leg, and the right leg is on the tiptoe of an empty step. The ground, then move the center of gravity from left to back and then to the right. When exerting force, the toes of the right toes move forward [not clear] and point to the ground. At the same time, first lower the shoulders, open the chest, contract the abdomen, inhale, lift the anus, loosen the hips, and lower to the left. The right hip is then bent and loosened, and the right hip is bent to the left and the knees are bent together. At the same time, the left leg is first slightly bent outwards and the knees are bent inward, then reversely turned inwards and the soles of the feet are firmly planted. The five fingers grasp the Yongquan point on the ground to make it weak.

At the same time, first turn your right leg slightly outward, turn your knees in and bring your toes together, and point the ground in a virtual step, then turn your right leg slightly backwards and turn your knees in and bring your toes in, quickly exert force and then relax with your toes forward and down. At the same time, your fists quickly change into palms and your wrists are slightly connected. Lift it forward and upward, look forward from the bottom of your hands, palms down, fingertips downward, wrap your right hand on your left hand and lower it to your chest, then sit with your wrists forward, right hand behind, left hand in front. The combined strength is forward and slightly upward, with the intersection point of the two wrists slightly above the chest, the palms of both hands facing outward, the fingertips slightly above each other, looking forward and listening behind you.

## Posture 82: Step back and cross the tiger

1. First turn slightly to the right and then slightly to the left. First spiral up and then spiral down. Then continue to turn right about 90° and spiral down. The center of gravity moves from left to right, then left, then right, and then slightly. To the left, first inhale and then exhale, then inhale and then exhale. At the same time, first open the chest slightly, fold the abdomen, inhale, lift the anus, and loosen the hips. Turn the left hip, then lower it to the left and slightly turn the right hip, then become heavy and loose, then slightly open the chest, fold the chest and waist, tighten the abdomen, inhale, lift the anus and loosen the hips, then become heavy and loose, bend the knees until they are close Open in the middle and close in the middle. At the same time, first turn the left leg slightly outward and close the knee inward, then turn slightly backward and inward when the right foot is firmly planted.



逆缠里转，以脚跟为轴脚尖随身里转后脚掌落地踏实五指抓地湧泉穴要虚。同时右腿先略逆缠里转再变略顺缠外转下沉，脚尖点地，再脚尖擦地划外弧随身右转脚跟再着地，脚掌踏实五指抓地湧泉穴要虚。

同时，双手腕左前右后沾连由胸前上双腕交叉，双肩肘腕先略放松，腕部先折叠双手放松先略双顺缠，由前略向后上再向前上坐腕，双掌变双逆缠向前下沉，指尖扣抱采劲，双手使采劲下沉至腹前中线，双掌心向下，右腕在上左腕在下交叉，双手再领劲向前旋转至中线变双腕交叉呈折腕，双手指尖向里下，左腕在上右腕在下，渐变双顺缠经胸前变双逆缠，左腕在外右腕在里，交叉点在胸前中线略上，双臂里侧保持半圆，肩肘放松棚劲不丢，双掌心互相左右，劲松到双手中指肚，眼先看双手再看双掌前，耳听身后。

2. 身微向前转螺旋下沉，重心微偏左呼气，同时沉舍松，略沉左翻右两膝屈合，两腿左逆右顺缠两脚五指抓地湧泉穴要虚。同时双手由鼻尖两侧以双逆缠下沉至腹前中线前向左右两侧开，变双顺缠，劲松到双手中指肚，双掌心分向左右前方下，指尖分向左右前。位在两膝两侧略前方，眼左顾右盼，耳听身后。

3. 身先略向前转螺旋上升，再略向后转先略螺旋下沉再螺旋上升，重心由微偏左先向左移再下沉移至右腿，先吸后呼。同时，先沉肩开胸收腹吸气提肛松胯，略沉左略翻右臂，再沉右翻左臂，同时右腿先逆缠里转变顺缠外转膝里合，右脚掌踏实五指抓地湧泉穴要虚。同时，左腿先顺缠外转膝里合，再变逆缠里转五指抓地湧泉穴要虚。当重心移至右脚后，左脚跟提起略划里弧，脚尖点地并与右脚里侧旁，脚尖向前。

同时，双手由两膝两侧下略前方，先逆缠里合上升，掌心向外至眼前中线下两侧分，再下沉领劲，右手向上向里合，左手向下向里合，双掌心上下相对，右手腕位在胸前中线，指尖向前上，左手位在腹前中线，指尖偏左前眼左顾右盼再看前方，耳听身后。

### 第八十三式：转身双摆莲

1. 身先略向后转再微向前转螺旋下沉，重心偏右，呼气。同时沉舍松沉右翻左臂两膝屈合。右腿先略顺缠外转再微逆缠里转，脚掌踏实五指抓地湧泉穴要虚。同时左腿先微顺缠外转，再微逆缠里转，脚跟提起脚尖点地，

逆缠里转,以脚跟为轴脚尖随身里转后脚掌落地踏实五指抓地湧泉穴要虚.同时右腿先略逆缠里转再变略顺缠外转下沉,脚尖点地,再脚尖擦地划外弧随身右转脚跟再落地,脚掌踏实五指抓地湧泉穴要虚.

同时,双手腕左前右后沾连由胸前上双腕交叉,双肩肘弯先略放松,腕部先折叠双手放松先略双顺缠,由前略向后上再向前上坐腕,双掌变双逆缠向前下沉,指尖扣?采劲,双手?采劲下沉至腹前中线,双掌向下,右腕在上左腕在下交叉.双手再领劲向右旋转至中线变双腕交叉了折腕,双手指尖向里下,左腕在上右腕在下,渐变双顺缠经胸前变双逆缠,左腕在外右腕再里,交叉点在胸前中线略上,双臂里侧保持半圆,肩肘放松棚劲不丢,双掌心互相左右,劲松到双手中指肚.眼先看双手再看双掌前,耳听身后.

2.身微向右转旋转下沉,重心微偏左呼气,同时沉含松,略沉左翻右两膝屈合,两腿左逆右顺缠两脚五指抓地湧泉穴要虚.同时双手由鼻尖两侧以双逆缠下沉至腹前中线前向左右两侧开,变双顺缠,劲松到双手中指肚,双掌心分向左右前方下,指尖分向左右前.位在两膝两侧略前方,眼左顾右盼,耳听身后.

3.身先略向左转螺旋上升,再略向右转先略螺旋下沉再螺旋上升,重心由微偏左先向左移再下沉移至右腿,先吸后呼.同时,先沉肩开胸收腹吸气提肛松胯,略沉左略翻右臀,再沉右翻左臀,同时右腿先逆缠里转变顺缠外转膝里合,右脚掌踏实五指抓地湧泉穴要虚.同时,左腿先顺缠外转膝里合,再变逆缠里转五指抓地湧泉穴要虚.当重心移至右脚后,左脚跟提起略划里弧,脚尖点地并与右脚里侧旁,脚尖向前.

同时,双手由两膝两侧下略前方,先逆缠里合上升,掌心向外至眼前中线下两侧分,再下沉领劲,右手向上向里合,左手向下向里合,双掌心上下相对,右手腕位在胸前中线,指尖向前上,左手位在腹前中线,指尖偏左前眼左顾右盼再看前方,耳听身后.

### 第八十三式： 转身双摆莲

1.身先略向右转再微向左转螺旋下沉,重心偏右,呼气.同时沉含松沉右翻左臀两膝屈合.右腿先略顺缠外转再微逆缠里转,脚掌踏实五指抓地湧泉穴要虚.同时左腿先微顺缠外转,再微逆缠里转,脚跟提起脚尖点地,

Turn inward and backward, using the heel as the axis, turn inward and forward with the toes, and then the soles of the feet land firmly on the ground, grasping the Yongquan point on the ground with five fingers to make it empty. At the same time, the right leg first turns slightly backwards and then turns slightly outwards and sinks. Touch the ground with the toes, then rub the ground with the toes and make an outward arc. Turn the heels to the right and then land on the ground. The soles of the feet should be firm, and the five fingers should grasp the Yongquan point on the ground to make it weak.

At the same time, the wrists are connected from left to front, right to back, and crossed from the front to the chest. The shoulders and elbows are slightly relaxed first, the wrists are folded first, and the hands are relaxed. Turn into double and sink forward, clasp the fingertips, and sink the hands to the midline in front of the abdomen. With both palms facing down, cross the right wrist above and the left wrist below. Then rotate the hands to the right to the midline to become double. The wrists are crossed, the fingertips of both hands are pointed inwards and downwards, the left wrist is on top and the right wrist is on the bottom, gradually changing from double straight to the chest to double reverse, with the left wrist outside and the right wrist in again, the intersection point is slightly above the midline of the chest, on the inside of both arms. Maintain a half circle, relax your shoulders and elbows without losing strength, place your palms around each other, and relax your strength to the belly of the middle finger of both hands. Look first at your hands and then in front of your palms, and listen behind you.

2. Turn the body slightly to the right, rotate and sink, the center of gravity is slightly to the left, exhale, and at the same time sink and relax, slightly sink to the left, turn to the right, bend the knees together, wrap the legs left and right, wrap around the feet, and grasp the Yongquan point on the ground with five fingers. . At the same time, the hands are wrapped backwards from both sides of the nose and lowered to the midline of the front of the abdomen, opening forward to the left and right sides. Then they are wrapped smoothly, and the strength is relaxed to the belly of the middle finger of both hands. The palms of both hands are divided to the left and right fronts, and the fingertips are divided to the left and right fronts. Positioned slightly in front of both knees, eyes looking left and right, ears listening behind you.

3. First turn slightly to the left and spiral up, then turn slightly to the right, first spiral down and then spiral up. The center of gravity moves from slightly left to left, then down to the right leg. Inhale first and then exhale. At the same time, first Lower your shoulders, open your chest, close your abdomen, inhale, lift your anus, loosen your hips, lower your left buttocks slightly, lower your right buttocks, and then lower your right buttocks. At the same time, your right leg first turns inward, then forwards, turns your knees inward, and your right foot is firmly planted on the ground with your five fingers. The Yongquan point should be empty. At the same time, first wrap the left leg outward and turn the knee inwards, then turn inward and turn backwards and grasp the ground with five fingers. The Yongquan point should be empty. When the center of gravity moves to the right foot, lift the left heel and draw a slight arc inwards. Point your toes to the ground and to the inside of your right foot, pointing your toes forward.

At the same time, the hands are lowered from both sides of the knees and slightly in front. First, they are wrapped inward and upward, with the palms facing outward to the sides below the midline in front of the eyes. The palms of the hands are facing each other, the right wrist is on the midline of the chest, the fingertips are pointing forward and upward, the left hand is on the

midline of the front of the abdomen, the fingertips are on the left side, the front eyes are looking left and right, and then looking forward, and the ears are listening behind you.

Posture 83: Turn and double lotus swing

1. First turn your body slightly to the right, then slightly to the left, and sink in a spiral, with your center of gravity to the right, and exhale. At the same time, turn your body to the right, bend your left hip and bend your knees. First, turn your right leg slightly forward and then slightly backward. Turn in and out, with the soles of your feet firmly planted and your five fingers grasping the ground, the Yongquan point should be weak. At the same time, first turn your left leg slightly smoothly and outward, then turn it slightly counter-inward, lift your heels and point your toes on the ground.

双手由身前中线先坐腕以双逆缠略下沉，再分向有前下左下，右手位在右眼右前方，掌心向前，指尖偏左中线上，左手向前下，指尖向前，位在左膝略前上。

2. 身向有转约近 $180^\circ$ 螺旋上升再下沉，重心先在右腿再移略偏左，吸气。同时先沉肩开胸收腹吸气提肛松胯，沉右翻左臂两膝屈，升中离合。同时右腿以脚跟为轴脚尖略上翘，随身向有后旋转约 $180^\circ$ ，顺缠外转脚掌落地踏实，五指抓地湧泉穴要虚。同时左腿随左手上提里合旋转近 $180^\circ$ ，落地以脚跟里侧着地，脚尖向上翘里合，位在右脚左侧略前方。

右手与左手以有逆左顺缠快速向左右上领劲，先螺旋上升再螺旋下沉，左手位在鼻尖前中线，掌心向上，指尖向左前，右手位在右眼右前方，掌心向前，指尖向中线里略偏上，眼先看双手，再看身左前方，耳听身右后。

第三、第四劫作身前双摆莲劫作完全相同。

### 第八十四式。当头炮

1. 由双摆莲接：身先略向有转再向左转约近 $50^\circ$ ，螺旋下沉，重心先在左后移偏左前，先快速短吸后呼气。同时，先沉肩收腹吸气提肛松胯，沉左略翻右臂再沉肩开胸实腹松胯，沉左翻右臂两膝屈，合中离升开中离合。

同时，左腿先略逆缠里转，再变顺缠外转，脚掌踏实，五指抓地湧泉穴要虚。同时，右脚踏屈膝上提，脚先略顺缠外转，膝先向左前略向上提，再快速双逆缠向有后方下沉蹬出，脚掌落地五指抓地湧泉穴要虚。

同时双掌由右膝两侧变拳屈肘，先左顺右逆缠与右膝相合，再略向有后，再向左前上棚出发劲，左拳位在两眼前中线，右拳在左拳右上方，双拳相对两拳宽度不超过肩，眼瞻前顾后，再看左前方，耳听身后。

要求：双拳与右膝先上下左右略合，再快速升，双拳向左前上，右脚踏有后下沉蹬出，呼气，同时完成。

2. 身先略向左转螺旋略上升，再略向有转螺旋下沉，再略向左转螺旋上升，再向左转螺旋略下沉，重心由左前先向左前移，再下沉移偏右后，再移偏左前，先吸后呼，再吸再呼。同时，先沉肩开胸收腹吸气提肛松胯，沉左翻右臂，胸腰折叠运化，屈膝合，再变沉舍松，沉右翻左臂，再变沉舍，略收腹吸气提肛松胯，沉右翻左臂，再变沉舍松，再沉左翻右臂两膝屈合，同时，两腿先以左顺右逆缠旋转，再变左逆右顺缠旋转，再变左顺右逆缠旋

双手由身前中线先坐腕以双逆缠略下沉,再分向右前下左下,右手位在右眼右前方,掌心向前,指尖偏左中线上,左手向前下,指尖向前位在左膝略前上。

2. 身向右转约近 180° 螺旋上升再下沉,重心先再右腿再移略偏左,吸气. 同时先沉肩开胸收腹吸气提肛松胯,沉右翻左臀两膝屈开中寓合. 同时右腿以脚跟为轴脚尖略上翘,随身向右后旋转约 180°,顺缠外转脚掌落地踏实,五指抓地湧泉穴要虚. 同时左腿随左手上提里合旋转近 180°,落地以脚跟里侧着地,脚尖向上翘里合,位在右脚左侧略前方。

右手与左手以右逆左顺缠快速向左后上领劲,先螺旋上升再螺旋下沉,左手位在鼻尖前中线,掌心向上,指尖向左前,右手位在右眼右前方,掌心向前,指尖向中线里略偏上,眼先看双手,再看身左前方,耳听身右后。

第三,第四动作与前双摆莲动作完全相同。

#### 第八十四式： 当头炮

1. 由双摆莲接：身先略向右转再向左转约近 50°,螺旋下沉,重心先在左后移偏左前,先快速短吸后呼气. 同时,先沉含收腹吸气提肛松胯,沉左略翻右臀再沉肩开胸突腹松胯,沉左翻右臀两膝屈,合中寓开开中寓合。

同时,左腿先略逆缠里转,再变顺缠外转,脚掌踏实,五指抓地湧泉穴要虚. 同时,右脚略屈膝上提,脚先略顺缠外转,膝先向左前略向上提,再快速变逆缠向右后方下沉蹬出,脚掌落地五指抓地湧泉穴要虚。

同时双掌由右膝两侧变拳屈肘,先左顺右逆缠与右膝相合,再略向右后,再向左前上棚出发劲,左拳位在两眼前中线,右拳在左拳右上方,双拳相对两拳宽度不超过肩,眼瞻前顾后,再看左前方,耳听身后。

要求：双拳与右膝先上下左右略合,再快速开,双拳向左前上,右脚向右后下沉蹬出,呼气,同时完成。

2. 身先略向左转螺旋略上升,再略向右转螺旋下沉,再略向左转螺旋上升,再向左转螺旋略下沉,重心由左前先向左前移,再下沉移偏右后,再移偏左前,先吸后呼,再吸再呼. 同时,先沉肩开胸收腹吸气提肛松胯,沉左翻右臀,胸腰折叠运化,屈膝合,再变沉含松,沉右翻左臀,再变沉含略收腹吸气提肛松胯,沉右翻左臀,再变沉含松,再沉左翻右臀两膝屈合,同时,两腿先以左顺右逆缠旋转,再变左逆右顺缠旋转,再变左顺右逆缠旋

The hands start from the midline in front of the body, sit on the wrists, wrap them backwards and sink slightly, and then divide them to the right, front, lower and left. The right hand is in front of the right eye. The palms are forward, and the fingertips are on the left midline. The left hand is forward and downward, with the fingertips pointing towards the anterior position is slightly in front of the left knee.

2. Turn the body nearly 180° to the right, spiral up and then sink down. The center of gravity is first on the right leg and then slightly to the left. Inhale. At the same time, lower the shoulders, open the chest, tighten the abdomen, inhale, lift the anus and loosen the hips, lower the right leg and turn the left hip. Bend the two knees and open the center. At the same time, the right leg is centered on the heel and the toes are slightly raised. Rotate the body back to the right about 180°, turn the sole of the foot forward and land firmly on the ground, and grasp the Yongquan point on the ground with five fingers. At the same time, the left leg follows. Lift the left hand up and rotate it nearly 180°, land with the heel on the inside, and turn the toes upward, slightly in front of the left side of the right foot.

The right hand and the left hand wrap around each other from right to left and quickly move forward to the left and back, first spiraling up and then spiraling down. The left hand is positioned on the midline in front of the tip of the nose, with the palm upward and the fingertips pointing forward to the left. The right hand is positioned in front of the right eye, with the palm facing in front of the body, the fingertips are slightly upward in the midline. Look at the hands first, then look at the left front of the body, and listen to the right back of the body.

The third and fourth movements are exactly the same as the previous double lotus swing movements.

#### Type 84: Head-cannon

1. From double pendulum joint: first turn slightly to the right and then to the left about 50°, sink in a spiral, move the center of gravity from left to front, first inhale quickly and briefly and then exhale. At the same time, sink first and absorb. Inhale the abdomen, lift the anus and loosen the crotch, sink to the left, slightly turn the right hip, then lower the shoulder, open the chest, protrude the abdomen, loosen the crotch, sink to the left, turn the right hip, bend both knees, close the center and open the center, open the center and close.

At the same time, first turn your left leg slightly counter-inward, then turn it forward and outward, with the soles of your feet firmly planted, and your five fingers grasping the Yongquan point on the ground to make it weak. At the same time, slightly bend your right foot at the knee and lift it up. Lift the left front slightly upward, then quickly reverse the twist and push down to the right rear, then the soles of the feet land on the ground and the five fingers grasp the Yongquan point on the ground to make it weak.

At the same time, the palms of both hands change from the sides of the right knee to fists and bend the elbows. First, the left and right sides are wrapped around the right knee to meet the right knee, then slightly to the right and then to the left and forward to exert force. The left fist is in the middle line in front of the two eyes, and the right fist is in front of the left fist. On the upper right side, the fists should be no more than shoulder-width apart relative to each other. Look forward and backward, then to the left and in front, and listen behind you.

Requirements: The fists and the right knee first move slightly together up, down, left and right, then open quickly, move the fists forward and to the left, push the right foot back and down to the right, exhale, and complete at the same time.

2. First turn slightly to the left to spiral up slightly, then turn slightly to the right to spiral down, then turn slightly to the left to spiral up, then turn left to spiral down slightly, and move the center of gravity from the left front to the left, and then sink. After moving to the right, then move to the left, first inhale and then exhale, then inhale and then exhale. At the same time, first lower the shoulders, open the chest, close the abdomen, inhale, lift the anus and loosen the hips, lower to the left and turn the right hip, fold the chest and waist, and bend the knees together. , then become heavy and loose, turn to the right and turn the left hip, then become heavy and hold slightly, tighten the abdomen, inhale, lift the anus and loosen the hips, turn to the right and turn the left hip, then become heavy and loose, then turn to the left, bend the right hip and bend the knees together. At the same time, both legs first rotate left and right, then change to left and right, and then rotate left and right.



转、两脚五指抓地涌泉穴要虚。

同时，双拳先向左前上里折腕，先以双逆缠变双顺缠向前上棚出，再以双顺缠向前下沉至两膝前中线，复里折腕双逆缠再螺旋上升，双虎口向上，左拳略高，右拳略低，双拳心向里，两拳间距约15公分，眼先看左前上，再看左前下，再看左前方，耳听身后。

## 第八十五式。 金刚捣碓

1. 身快速先略向左转再向右转约近45°螺旋下沉，重心由偏左前方再快速向左前移，再下沉移偏右后。吸气。同时沉含收腹吸气提肛松胯，先沉左翻右臂，再沉右翻左臂，两膝屈开中窝合，合中窝开。

同时，右腿先逆缠里转变顺缠外转，屈膝下沉脚掌踏实，五指抓地涌泉穴要虚。同时，左腿先顺缠外转变逆缠里转，以脚跟为轴脚尖里合略上翘，同时，双拳先以左略逆右略顺缠向前略棚变掌，再向左侧上以左顺右逆缠棚起左手位在鼻尖前中线，掌心向上指尖向左前，右手位在右眼右前方，坐腕大指领劲，掌心向右前，指尖向左里中线上，两拳间距不超过肩宽。眼看左前方，耳听身右后。

第4，第5，第6同第一金刚捣碓动作相同。

《 完 》

### 练拳注意事项。

出势面朝南，收势面向北。

金刚捣碓后，两手分向两大腿放松自然下沉，眼看前方，咀微闭。

练后散步，舒筋活血，不要坐或躺下，以免造成气血聚积现象。

每天练前先活动开，动作要小中大。练拳注意放松，不要横气上升。

转, 两脚五指抓地湧泉穴要虚。

同时, 双拳先向左前上里折腕, 先以双逆缠变双顺缠向前上棚出, 再以双顺缠向前下沉至两膝前中线, 变里折腕双逆缠再螺旋上升, 双虎口向上。左拳略高, 后拳略低, 双拳心向里, 两拳间距约 15 公分, 眼先看左前上, 再看左前下, 再看左前方, 耳听身后。

#### 第八十五式： 金刚捣捶

1. 身快速先略向左转再向右转约近 45° 螺旋下沉, 重心由偏左前方再快速向左前移, 再下沉移偏右后。吸气。同时沉含收腹吸气提肛松胯, 先沉左翻右臀, 再沉右翻左臀, 两膝屈开中寓合中寓开。

同时, 右腿先逆缠里转变顺缠外转, 屈膝下沉脚掌踏实, 五指抓地湧泉要虚。同时, 左腿先顺缠外转变逆缠里转, 以脚跟为轴脚尖里合略上翘, 同时, 双拳先以左略逆右略顺缠向前略棚变掌, 再向左侧上以左顺右逆缠棚起左手位在鼻尖前中线, 掌心向上指尖向左前, 右手位在右眼右前方, 坐腕大指领劲, 掌心向右前, 指尖向左里中线上, 两手间距不超过肩宽。眼看左前方, 耳听身右后。

第 4, 第 5, 第 6 同第一金刚捣捶动作相同。

《 完 》

练拳注意事项：

出势面向南, 收势面向北。

金刚捣捶后, 两手分向两大腿放松自然下沉, 眼看前方, 咀微闭。

练后散步, 舒筋活血, 不要坐或躺下, 以免造成气血聚 现象。

每天练前先活动开, 动作要小中大。练拳注意放松, 不要横气上升。

Turn, grab the Yongquan point on the ground with both feet and five fingers to make it weak.

At the same time, fold the wrists forward and upward with both fists to the left, first use double reverse twists to double smooth twists, and push them forward and upward, then use double straight twists to sink forward to the midline in front of the knees, change to double twists, fold the wrists inward, and then twist backwards. Spiral upward, with both fists pointing upward. The left fist is slightly higher, the back fist is slightly lower, the hearts of both fists are facing inward, and the distance between the two fists is about 15 cm. Look first at the left front and upper, then at the left front and lower, then at the left front, and listen behind you.

#### Form 85: Vajra Pounding

1. Quickly turn the body first slightly to the left and then to the right, about 45°, and sink in a spiral. The center of gravity moves from the front to the left, then quickly to the front of the left, then sinks to the back of the right. Inhale. At the same time, sink your mouth and tighten your abdomen. Lift the anus and loosen the hips. First, lower the left hip and turn the right hip, then lower the right hip and turn the left hip. Bend the knees and open them in the middle to close and open.

At the same time, the right leg first turns backwards, then turns outwards, bends the knees and lowers the soles of the feet, and grasps the ground with five fingers. At the same time, the left leg first turns forwards, then turns backwards, with the heel as the axis and the toes close together. Upward, at the same time, both fists are first slightly turned to the left and slightly counter-wrapped to the right, and slightly forward to turn into palms. Then, they are raised to the left side. The left hand is placed on the midline in front of the tip of the nose, with the palms upward and the fingertips facing forward to the left. Position it in front of the right eye, sit with the big finger of the wrist pointing forward, the palm facing forward to the right, the fingertips facing the left midline, and the distance between the hands should not exceed shoulder width. Look to the left and front, and listen to the right behind you.

The 4th, 5th, and 6th steps are the same as the first Vajra pounding movements.

( over )

Things to note when practicing boxing:

When going out, face south, and when closing, face north. After performing the Vajra Pounding, spread your hands toward your thighs, relax and sink naturally, look forward, and close your mouth slightly. After training, take a walk to relax your muscles and activate blood circulation. Do not sit or lie down to avoid accumulation of qi and blood. Be active before practicing every day. The movements should be small, medium and large. Pay attention to relaxation when practicing boxing, and don't let your anger rise.