

四十八式太极拳

48 - Old Combined Style Competition Form

Commencing Form

1. White crane spreads its wing
2. Left brush knee and step forward
3. Left single whip
4. Right hand strums the lute
5. Roll back and press
6. Left deflect, parry and punch
7. Left ward off, roll back, press, and push
8. Diagonal leaning
9. Fist under elbow
10. Reverse reeling forearm
11. Turn body and thrust palm
12. Left hand strums the lute
13. Brush knee and punch down
14. White snake spits poison
15. Slap foot and tame the tiger
16. Left diagonal back fist
17. Piercing fist and lower the body
18. Stand on one leg and prop up palm
19. Right single whip
20. Wave hands like clouds to the right
21. Part the horse's mane (left and right)
22. High pat on horse
23. Right heel kick
24. Strike ears with both fists
25. Left heel kick
26. Cover hand and strike with fist
27. Needle at the sea bottom
28. Fan through the back
29. Right and left toe kick
30. Brush knee and step forward
31. Step forward, grab and punch
32. White snake spits poison
33. Wave hands like clouds to the left
34. Right diagonal back fist
35. Left and right shuttle
36. Step back and spear with palm
37. Press palm down with insubstantial stance
38. Stand on one leg and lift palm
39. Lean in horse stance
40. Turn body and large roll back
41. Scoop palm and lower body
42. Step forward and cross punch

43. Stand on one leg and ride the tiger
 44. Turn body and sweep lotus
 45. Draw the bow to shoot the tiger
 46. Right deflect, parry and punch
 47. Right ward off, roll back, press, and push
 48. Cross hands
- Closing Form