




# צ'אנג צ'אנג מ'נ'ג

600 נאן מון פאיי - טאי צ'י, שינג אי, פה קווה

רשימת המנחים (Postures) פו פורמט טאי צ'י

|  |       |      |       |       |       |      |                               |    |
|--|-------|------|-------|-------|-------|------|-------------------------------|----|
|  |       |      |       | 预     | 备     | 式    | Preparing Form                | 1  |
|  |       |      |       | Yu    | Bei   | Shih |                               |    |
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|  |       |      |       | Kai   | Tai   | chi  |                               |    |
|  |       |      | 上     | 步     | 打     | 濟    | Up Step Press Apply           | 3  |
|  |       |      | Shang | Bu    | Da    | Chi  |                               |    |
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|  |       |      | Yu    | Pi    | Pa    | Shih |                               |    |
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|  |       |      |       | Lan   | Chue  | Wei  |                               |    |
|  |       |      |       | 斜     | 单     | 鞭    | Slanted Single Whip           | 6  |
|  |       |      |       | Hsieh | Tan   | Bien |                               |    |
|  |       |      | 左     | 右     | 搬     | 攔    | Left Right deflect Parry      | 7  |
|  |       |      | Tso   | Yu    | Pan   | Lan  | (diverte) (block)             |    |
|  |       |      | 提     | 手     | 上     | 勢    | Rasie Hand Up Posture         | 8  |
|  |       |      | Ti    | Shou  | Shang | Shih |                               |    |
|  |       |      | 白     | 鶴     | 亮     | 翅    | White Crane Flaps Wings       | 9  |
|  |       |      | Bai   | Ho    | Liang | Chih |                               |    |
|  |       |      | 摟     | 膝     | 拗     | 步    | Brush (Embrace) Knee Twist    | 10 |
|  |       |      | Lou   | Hsieh | Au    | Bu   | (Bent) Step                   |    |
|  |       |      | 左     | 琵     | 琶     | 勢    | Left Lute Posture             | 11 |
|  |       |      | Tso   | Pi    | Pa    | Shih |                               |    |
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| Ping   | Bu    | Shin | Bu    | Pan   | Lan   | Chui | Parry Punch                   |    |
|  |       |      | 如     | 封     | 似     | 閉    | Like Envelop Apparent closing | 13 |
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|  |       |      |       | 十     | 字     | 手    | The Figure 10 (Cross) Hands   | 14 |
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|  |       |      | Hsieh | Lou   | Hsieh | Au   | Knee Twist (Bent) Step        |    |
|  | 轉     | 身    | 抱     | 虎     | 歸     | 山    | Turn Body, Embrace tiger,     | 16 |
|  | Chuan | Shen | Pao   | Hu    | Kuei  | Shan | Return to Mountains           |    |
|  |       |      |       | 攬     | 雀     | 尾    | Grasp Sparrow's Tail          | 17 |
|  |       |      |       | Lan   | Chiao | Wei  |                               |    |
|  |       |      |       | 斜     | 单     | 鞭    | Slanted Single Whip           | 18 |
|  |       |      |       | Hsieh | Tan   | Pien |                               |    |
|  | 轉     | 身    | 肘     | 底     | 看     | 捶    | Turn Body with Fist under     | 19 |
|  | Chuan | Shen | Chou  | Ti    | Kan   | Chui | Elbow                         |    |

|     |       |       |       |      |   |    |
|-----|-------|-------|-------|------|---|----|
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|     |       | Hsieh | Fei   | Shih |   |    |
|     | 左     | 右     | 搬     | 攔    | Left Right deflect Parry                  | 22 |
|     | Tso   | Yu    | Pan   | Lan  |   |    |
|     | 提     | 手     | 上     | 勢    | Step forward Rasie Hand                   | 23 |
|     | Ti    | Shou  | Shang | Shih |   |    |
|     | 白     | 鶴     | 亮     | 翅    | White Crane Flaps Wings                   | 24 |
|     | Bai   | Ho    | Liang | Chih |   |    |
|     | 摟     | 膝     | 拗     | 步    | Embrace (brush) Knee Bent<br>(Twist) Step | 25 |
|     | Lou   | Hsih  | Au    | Bu   |   |    |
|     |       | 海     | 底     | 針    | Sea bottom Needle                         | 26 |
|     |       | Hai   | Ti    | Chen |   |    |
|     |       | 扇     | 通     | 背    | Fan Through Back                          | 27 |
|     |       | Shan  | Tung  | Bei  |   |    |
| 翻   | 身     | 撇     | 身     | 捶    | Turn Body, Fling Body Punch               | 28 |
| Fan | Shen  | Pieh  | Shen  | Chui |   |    |
| 退   | 步     | 搬     | 攔     | 捶    | Back Step, deflect Parry Punch            | 29 |
| Tai | Bu    | Pan   | Lan   | Chui |   |    |
| 活   | 步     | 攬     | 雀     | 尾    | Move in, Grasp Sparrow's Tail             | 30 |
| Huo | Bu    | Lan   | Chue  | Wei  |   |    |
|     |       |       | 单     | 鞭    | Single Whip                               | 31 |
|     |       |       | Tan   | Bien |   |    |
|     |       |       | 雲     | 手    | Cloud Hands                               | 32 |
|     |       |       | Yun   | Sho  |   |    |
|     |       |       | 单     | 鞭    | Single Whip                               | 33 |
|     |       |       | Tan   | Bien |   |    |
|     | 右     | 高     | 探     | 馬    | Right High Pat Horse                      | 34 |
|     | Yu    | Kao   | Tan   | Ma   |   |    |
|     |       | 右     | 分     | 脚    | Right back foot Kick                      | 35 |
|     |       | Yu    | Fen   | Giao |   |    |
|     | 左     | 高     | 探     | 馬    | Left High Pat on Horse                    | 36 |
|     | Tso   | Kao   | Tan   | Ma   |   |    |
|     |       | 左     | 分     | 脚    | Left back foot Kick                       | 37 |
|     |       | Tso   | Fen   | Giao |   |    |
|     | 轉     | 身     | 蹬     | 脚    | Turn Body heel Kick                       | 38 |
|     | Chuan | Shen  | Tong  | Giao |   |    |
|     | 摟     | 膝     | 拗     | 步    | Embrace (brush) Knee Bent<br>(Twist) Step | 39 |
|     | Lou   | Hsih  | Au    | Bu   |   |    |
|     | 提     |       | 栽     | 捶    | Raise leg, punch down                     | 40 |
|     | Ti    | Toi   | Tsai  | Chui |   |    |
| 翻   | 身     | 撇     | 身     | 捶    | Turn over, cast body fist                 | 41 |
| Fan | Shen  | Pieh  | Shen  | Chui |   |    |

|      |            |             |           |            |            |            |  |    |
|------|------------|-------------|-----------|------------|------------|------------|--|----|
|      | 上<br>Shang | 步<br>Bu     | 右<br>Yu   | 高<br>Kao   | 探<br>Tan   | 馬<br>Ma    | Walk up, Right High pat on horse               | 42 |
|      |            |             |           | 右<br>Yu    | 分<br>Fen   | 脚<br>Chaio | Right back foot Kick                           | 43 |
|      | 退<br>Tui   | 步<br>Bu     | 右<br>Yu   | 打<br>Ta    | 虎<br>Hu    | 勢<br>Shih  | Step back, Right hit tiger Posture             | 44 |
|      |            |             |           | 右<br>Yu    | 貫<br>Kuan  | 拳<br>Chuan | right Piercing fist                            | 45 |
|      | 退<br>Tui   | 步<br>Bu     | 左<br>Tso  | 打<br>Ta    | 虎<br>Hu    | 勢<br>Shih  | Step back, Left hit tiger Posture              | 46 |
|      |            |             |           | 左<br>Tso   | 貫<br>Kuan  | 拳<br>Chuan | Right Piercing fist                            | 47 |
|      |            |             |           | 右<br>Yu    | 蹬<br>Tong  | 脚<br>Chiao | Right Heel kick                                | 48 |
|      |            | 雙<br>Shuang | 風<br>Feng | 貫<br>Kuan  | 耳<br>Erh   |            | Two Winds Pierce Ears                          | 49 |
|      |            |             | 座<br>Tso  | 盤<br>Pan   | 勢<br>Shih  |            | Sit Coiled-Legs posture                        | 50 |
|      |            |             | 披<br>Pi   | 身<br>Shen  | 踹<br>Chuai | 脚<br>Chiao | Unroll body, tread Kick                        | 51 |
|      |            | 轉<br>Chuan  | 身<br>Shen | 右<br>Yu    | 踩<br>Tsai  | 脚<br>Chiao | Turn Body, Right side-leg Kick                 | 52 |
| Ping | 步<br>Bu    | 進<br>Chin   | 步<br>Bu   | 搬<br>Pan   | 攔<br>Lan   | 捶<br>Chui  | Step up, Move in, Deflect Parry Punch          | 53 |
|      |            |             | 如<br>Zu   | 封<br>Fhong | 似<br>Ssu   | 閉<br>Bi    | Like Envelop Apparent closing                  | 54 |
|      |            |             |           | 十<br>Shih  | 字<br>Tzu   | 手<br>Shou  | The Figure 10 (Cross) Hands                    | 55 |
|      |            | 斜<br>Hsieh  | 樓<br>Lou  | 膝<br>Hsieh | 拗<br>Au    | 步<br>Bu    | Slanted Brush (Embrace) Knee Twist (Bent) Step | 56 |
|      | 轉<br>Chuan | 身<br>Shen   | 抱<br>Pao  | 虎<br>Hu    | 歸<br>Kuei  | 山<br>Shan  | Turn Body, Embrace tiger, Return to Mountains  | 57 |
|      |            |             |           | 攬<br>Lan   | 雀<br>Chiao | 尾<br>Wei   | Grasp Sparrow's Tail                           | 58 |
|      |            |             |           | 斜<br>Hsieh | 單<br>Tan   | 鞭<br>Pien  | Slanted Single Whip                            | 59 |
|      |            | 野<br>Yeh    | 馬<br>Ma   | 分<br>Fen   | 鬃<br>Tsung |            | Wild Horse Parting its Mane                    | 60 |
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|      | 墊<br>Tien  | 步<br>Bu     | 攬<br>Lan  | 雀<br>Chue  | 尾<br>Wei   |            | Half (Soft) Step, Grasp Sparrow's Tail         | 62 |
|      |            |             |           | 單<br>Tan   | 鞭<br>Pien  |            | Single Whip                                    | 63 |

|     |       |      |       |       |       |  |    |
|-----|-------|------|-------|-------|-------|--|----|
|     |       |      |       | 雲     | 手     | Cloud Hands                            | 64 |
|     |       |      |       | 單     | 鞭     | Single Whip                            | 65 |
|     |       |      |       | 下     | 勢     | Down Posture                           | 66 |
|     | 左     | 金    | 鷄     | 獨     | 立     | Left Golden Rooster Single Leg Stand   | 67 |
| 落   | 步     | 右    | 劈     | 面     | 拳     | Drop step Right Hack face Palm         | 68 |
| Lao | Bu    | Yu   | Pi    | Mien  | Chang |  |    |
|     | 右     | 金    | 鷄     | 獨     | 立     | Right Golden Rooster Single Leg Stand  | 69 |
|     | 順     | 步    | 倒     | 撐     | 猴     | Back Step Repulse-Thrust Monkey        | 70 |
|     | Shun  | Bu   | Tao   | Nien  | Hou   |  |    |
|     |       |      | 斜     | 飛     | 勢     | Slant Flying Posture                   | 71 |
|     |       |      | Hsieh | Fei   | Shih  |  |    |
|     |       | 左    | 右     | 搬     | 攔     | Left Right deflect Parry               | 72 |
|     |       | Tso  | Yu    | Pan   | Lan   |  |    |
|     |       | 提    | 手     | 上     | 勢     | Raise Hand Up Posture                  | 73 |
|     |       | Ti   | Shou  | Shang | Shih  |  |    |
|     |       | 白    | 鶴     | 亮     | 翅     | White Crane Flaps Wings                | 74 |
|     |       | Bai  | Ho    | Liang | Shih  |  |    |
|     |       | 摟    | 膝     | 拗     | 步     | Brush (Embrace) Knee Twist (Bent) Step | 75 |
|     |       | Lou  | Hsieh | Au    | Bu    |  |    |
|     |       |      | 海     | 底     | 針     | Sea bottom Needle                      | 76 |
|     |       |      | Hai   | Ti    | Chen  |  |    |
|     |       |      | 扇     | 通     | 背     | Fan Through Back                       | 77 |
|     |       |      | Shan  | Tung  | Bei   |  |    |
|     | 翻     | 身    | 撇     | 身     | 捶     | Turn Body, Fling Body Punch            | 78 |
|     | Fan   | Shen | Pieh  | Shen  | Chui  |  |    |
|     | 上     | 步    | 搬     | 攔     | 捶     | Up Step, Deflect Parry Punch           | 79 |
|     | Shang | Bu   | Pan   | Lan   | Chui  |  |    |
|     | 上     | 步    | 攬     | 雀     | 尾     | Up Step, Grasp Sparrow's Tail          | 80 |
|     | Shang | Bu   | Lan   | Chue  | Wei   |  |    |
|     |       |      |       | 單     | 鞭     | Single Whip                            | 81 |
|     |       |      |       | Tan   | Pien  |  |    |
|     |       |      |       | 雲     | 手     | Cloud Hands                            | 82 |
|     |       |      |       | Yun   | Shou  |  |    |
|     |       |      |       | 單     | 鞭     | Single Whip                            | 83 |
|     |       |      |       | Tan   | Pien  |  |    |
|     | 提     | 腿    | 高     | 探     | 馬     | Raise Leg High Pat on Horse            | 84 |
|     | Ti    | Tui  | Kao   | Tan   | Ma    |  |    |
| 落   | 步     | 左    | 劈     | 面     | 拳     | Drop step, Left Hack face Palm         | 85 |
| Lao | Bu    | Tso  | Pi    | Mien  | Chang |  |    |

|       |       |        |       |       |                                |    |
|-------|-------|--------|-------|-------|--------------------------------|----|
| 轉     | 身     | 单      | 擺     | 脚     | Turn Body, Single Swing Kick   | 86 |
| Chuan | Shen  | Tan    | Bai   | Chiao |                                |    |
| 上     | 步     | 指      |       | 捶     | Up Step, Straight Punch        | 87 |
| Shang | Bu    | Zhih   | Tang  | Chui  |                                |    |
| 上     | 步     | 攬      | 雀     | 尾     | Up Step, Grasp Sparrow's Tail  | 88 |
| Shang | Bu    | Lan    | Chiao | Wei   |                                |    |
|       |       |        | 单     | 鞭     | Single Whip                    | 89 |
|       |       |        | Tan   | Pien  |                                |    |
|       |       |        | 下     | 勢     | Down Posture                   | 90 |
|       |       |        | Hsia  | Shih  |                                |    |
|       | 上     | 步      | 七     | 星     | Up Step, Seven Stars (Pleiads) | 91 |
|       | Shang | Bu     | Chi   | Hsing |                                |    |
|       | 退     | 步      | 跨     | 虎     | Return step Astride Tiger      | 92 |
|       | Tui   | Bu     | Kua   | Hu    |                                |    |
| 轉     | 身     | 左      | 劈     | 面     | Turn Body, Left Hack face Palm | 93 |
| Chuan | Shen  | Tso    | Pi    | Mien  | Chang                          |    |
|       |       | 雙      | 擺     | 脚     | Double Swing kick              | 94 |
|       |       | Shuang | Bai   | Chiao |                                |    |
|       | 彎     | 弓      | 射     | 虎     | Draw Bow Shoot tiger           | 95 |
|       | Wan   | Gong   | She   | Hu    |                                |    |
| 繞     | 步     | 搬      | 攔     | 捶     | Coil Step, Deflect Parry Punch | 96 |
| Jao   | Bu    | Pan    | Lan   | Chui  |                                |    |
|       | 如     | 封      | 似     | 閉     | Like Envelop Apparent closing  | 97 |
|       | Zu    | Fong   | Ssu   | Bi    |                                |    |
|       |       | 十      | 字     | 手     | Like Envelop Apparent closing  | 98 |
|       |       | Shih   | Tzu   | Shou  |                                |    |
|       |       | 合      | 太     | 極     | Close Tai Chi                  | 99 |
|       |       | Ho     | Tai   | Chi   |                                |    |