

For each posture, the four lines represent the following:

- Posture number and Chinese characters
- Pinyin pronunciation
- Literal translation of each character
- English translation of posture name (as translated by Y.W. Chang and Ann Carruthers)
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### Chen Pan Ling 99 Taijiquan Form

#### Section 1:

1. 渾 元 椿  
hún yuán zhuāng  
mix original post  
"Preparation"
2. 開 太 極  
kāi tài jí  
start greatest polarity  
"Open Tai Chi"
3. 上 步 打 擠  
shàng bù dǎ jǐ  
up step strike press  
"Step Forward; Press"
4. 右 琵琶 勢  
yòu pípa shì  
right lute gesture  
"Play Guitar, Right"
5. 攬 雀 尾  
lǎn què wěi  
sieze sparrow tail  
"Grasp Bird's Tail"
6. 斜 單 鞭  
xié dān biān  
slanting single whip  
"Diagonal Single Whip"
7. 左右 搬 攔  
zuǒ-yòu bān lán  
left and right/nearby shift obstruct  
"Left, Right; Deflect, Parry"
8. 提 手 上 勢  
tí shǒu shàng shì  
lift hand up gesture  
"Raise Arm; Step Forward"

9. 白 鶴 亮(亮) 翅  
bái hè liàng chì  
white crane shows wing  
"White Crane Spreads Its Wings"

10. 摟 膝 拗 步  
lǒu xī ào bù  
embrace knee break step  
"Brush Knee, Twist Step"

11. 左 琵琶 勢  
zuǒ pípa shì  
left lute gesture  
"Play Guitar, Left"

12. 並 步 進 步 搬 攔 錘[捶]  
bìng bù jìn-bù bān lán chuí  
together step advance a step shift obstruct to strike with a hammer  
"Feet Together; Step Forward, Deflect; Parry And Punch"

13. 如 封 似 閉  
rú fēng sì bì  
as if sealed to appear closed  
"Apparent Close-Up"

14. 十字 手  
shí-zì shǒu  
cross-shaped hands  
"Cross Hands"

## Section 2:

15. 斜 摟 膝 拗 步  
xié lǒu xī ào bù  
slanting embrace knee broken step  
"Diagonal Brush Knee, Twist Step"

16. 轉 身 抱 虎 歸 山  
zhuǎn shēn bào hǔ guī shān  
turn body carry tiger return mountain  
"Turn Back; Carry Tiger To Mountain"

17. 攬 雀 尾  
lǎn què wěi  
seize sparrow tail  
"Grasp Bird's Tail"

18. 斜 單 鞭  
xié dān biān  
slanting single whip  
"Diagonal Single Whip"

19. 轉 身 肘 底 看 捶  
zhuǎn shēn zhǒu dǐ kān chuí  
turn body elbow bottom watch/guard to strike with a hammer  
"Fist Under Elbow While Turning Back"

20. 拗 步 倒 攆 猴  
ào bù dǎo niǎn hóu  
broken step move back repulse monkey  
"Twist Step Back, Repulse Monkey"

21. 斜 飛 勢  
xié fēi shì  
slanting fly/dart gesture  
"Slant Flying"

22. 左右 搬 攔  
zuǒ-yòu bān lán  
left and right/nearby shift obstruct  
"Left, Right; Deflect, Parry"

23. 提 手 上 勢  
tí shǒu shàng shì  
lift hand up gesture  
"Raise Arm; Step Forward"

24. 白 鶴 亮(亮) 翅  
bái hè liàng chì  
while crane shows wing  
"White Crane Spreads Its Wings"

25. 摟 膝 拗 步  
lǒu xī ào bù  
embrace knee break step  
"Brush Knee, Twist Step"

26. 海底 針  
hǎi-dǐ zhēn  
sea floor needle/injection  
"Needle at Bottom of Sea"

27. 扇 通 背  
shān tōng bèi  
to fan through the back of something  
"Fan Through Back"

28. 翻 身 撇 身 捶  
Fān shēn piě shēn chuí  
Flip body throw body to strike with a hammer  
"Turn Back; Hit With Fist"

29. 退 步 搬 攔 捶  
tuì bù bān lán chuí  
backward step shift obstruct to strike with a hammer  
"Step Back, Deflect, Parry, and Punch"

30. 活 步 攬 雀 尾  
huó bù lǎn què wěi  
lively/moving step seize sparrow tail  
"Step Forward, Grasp Bird's Tail"

31. 單 鞭  
dān biān  
single whip  
"Single Whip"

32. 雲 手  
yún shǒu  
cloud hands  
"Wave Hands Like Clouds"

33. 單 鞭  
dān biān  
single whip  
"Single Whip"

34. 右 高 探馬  
yòu gāo tàn-mǎ  
right high mounted scout  
"High Pat On Horse, Right"

35. 右 分 脚  
yòu fèn jiǎo  
right separate foot  
"Separate Right Foot"

36. 左 高 探馬  
zuǒ gāo tàn-mǎ  
left high mounted scout  
"High Pat On Horse, Left"

37. 左 分 脚  
zuǒ fèn jiǎo  
left separate foot  
"Separate Left Foot"

38. 轉 身 蹬 脚  
zhuǎn shēn dēng jiǎo  
Turn body stomp foot  
"Turn Back; Front Heel Kick"

39. 摟 膝 拗 步  
lǒu xī ào bù  
embrace knee break step  
"Brush Knee, Twist Step"

40. 提 腿 栽 捶  
tí tuǐ zāi chuí  
raise leg to plant/insert to strike with a hammer  
"Raise Leg; Punch Down"

41. 翻 身 撇 身 捶  
fān shēn piě shēn chuí  
flip body throw body to strike with a hammer  
"Turn Back; Hit With Fist"

42. 上步 右 高 探馬  
shàng-bù yòu gāo tàn-mǎ  
step up right high mounted scout  
"Step Forward; High Pat On Horse, Right"

43. 右 分 脚  
yòu fēn jiǎo  
right separate foot  
"Separate Right Foot"

44. 退 步 右 打 虎 勢  
tuì bù yòu dǎ hǔ shì  
backward step right strike tiger gesture  
"Step Back; Hit Tiger, Right"

45. 右 貫 拳  
yòu guàn quán  
right piercing fist  
"Hit With Right Reverse Fist"

46. 退 步 左 打 虎 勢  
tuì bù zuǒ dǎ hǔ shì  
backward step left strike tiger gesture  
"Step Back; Hit Tiger, Left"

47. 左 貫 拳  
zuǒ guàn quán  
left piercing fist  
"Hit With Left Reverse Fist"

48. 右 蹬 脚  
yòu dēng jiǎo  
right stomp foot  
"Right Heel Kick"

49. 雙 風 貫 耳  
shuāng fēng guàn ěr  
two/both wind pierce ear  
"Two Winds Hit Two Ears"

50. 坐 盤 勢  
zuò pán shì  
sitting coiled gesture  
"Bend Down With Knees Crossing"

51. 披 身 踹 脚  
pī shēn chuài jiǎo  
spread out body trample foot  
"Slant Body, Stomp"

52. 轉 身 右 踩 脚  
zhuǎn shēn yòu cǎi jiǎo  
turn body right stomp foot  
"Turn; Stomp From Right Heel"

53. 並 步 進 步 搬 攔 錘[捶]  
bìng bù jìn bù bān lán chuí  
together step advance step shift obstruct to strike with a hammer  
"Feet Together; Step Forward, Deflect; Parry And Punch"

54. 如 封 似 閉  
rú fēng sì bì  
as if sealed to appear closed  
"Apparent Close-Up"

55. 十字 手  
shí-zì shǒu  
cross-shaped hands  
"Cross Hands"

### Section 3:

56. 斜 摟 膝 拗 步  
xié lǒu xī ào bù  
slanting embrace knee broken step  
"Diagonal Brush Knee, Twist Step"

57. 轉 身 抱 虎 歸 山  
zhuǎn shēn bào hǔ guī shān  
turn body carry tiger return mountain  
"Turn Back; Carry Tiger To Mountain"

58. 攬 雀 尾  
lǎn què wěi  
seize sparrow tail  
"Grasp Bird's Tail"
59. 斜 單 鞭  
xié dān biān  
slanting single whip  
"Diagonal Single Whip"
60. 野 馬 分 鬃  
yě mǎ fēn zōng  
feral/wild horse separate mane  
"Part Wild Horse's Mane"
61. 玉女 穿 梭 (四 隅)  
yù-nǚ chuān suō (sì yú)  
beautiful woman pierce shuttle (four corners)  
"Fair Lady Works The Shuttle"
62. 墊 步 攬 雀 尾  
diàn bù lǎn què wěi  
pad/fill gap step seize sparrow tail  
"Half Step Forward, Grasp Bird's Tail "
63. 單 鞭  
dān biān  
single whip  
"Single Whip"
64. 雲 手  
yún shǒu  
cloud hands  
"Wave Hands Like Clouds"
65. 單 鞭  
dān biān  
single whip  
"Single Whip"
66. 下 勢  
xià shì  
down gesture  
"Glide Down"
67. 左 金 鷄 獨 立  
zuǒ jīn jī dú lì  
left gold chicken single stand  
"Golden Cock Stands On One Leg, Left"

68. 落 步 右 劈 面 掌  
luò bù yòu pī miàn zhǎng  
drop step right split face palm  
"Step Forward, Strike Opponent's Face With Right Palm"

69. 右 金 鷄 独 立  
yòu jīn jī dú lì  
right gold chicken single stand  
"Golden Cock Stands On One Leg, Right"

70. 順 步 倒 攆 猴  
shùn bù dǎo niǎn hóu  
go along with step move back repulse monkey  
"Draw Back, Repulse Monkey"

71. 斜 飛 勢  
xié fēi shì  
slanting fly/dart gesture  
"Slant Flying"

72. 左右 搬 攔  
zuǒ-yòu bān lán  
left and right/nearby shift obstruct  
"Left, Right; Deflect, Parry"

73. 提 手 上 勢  
tí shǒu shàng shì  
lift hand up gesture  
"Raise Arm; Step Forward"

74. 白 鶴 亮(亮) 翅  
bái hè liàng chì  
while crane shows wing  
"White Crane Spreads Its Wings"

75. 摟 膝 拗 步  
lǒu xī ào bù  
embrace knee break step  
"Brush Knee, Twist Step"

76. 海底 針  
hǎi-dǐ zhēn  
seafloor needle/injection  
"Needle at Bottom of Sea"

77. 扇 通 背  
shān tōng bèi  
to fan through the back of something  
"Fan through Back"



78. 翻 身 撇 身 捶  
fān shēn piě shēn chuí  
flip body throw body to strike with a hammer  
"Turn Back; Hit With Fist"

79. 上 步 搬 攔 捶  
shàng bù bān lán chuí  
up step shift obstruct to strike with a hammer  
"Step Forward, Deflect, Parry, and Punch"

80. 上 步 攬 雀 尾  
shàng bù lǎn què wěi  
up step seize sparrow tail  
"Step Forward, Grasp Bird's Tail"

81. 單 鞭  
dān biān  
single whip  
"Single Whip"

82. 雲 手  
yún shǒu  
cloud hands  
"Wave Hands Like Clouds"

83. 單 鞭  
dān biān  
single whip  
"Single Whip"

84. 提 腿 高 探馬  
tí tuǐ gāo tàn-mǎ  
raise leg high mounted scout  
"Raise Leg; High Pat On Horse"

85. 落 步 左 劈 面 掌  
luò bù zuǒ pī miàn zhǎng  
drop step left split face palm  
"Step Forward, Strike Opponent's Face With Left Palm"

86. 轉 身 單 擺 脚  
zhuǎn shēn dān bǎi jiǎo  
turn body single swing foot  
"Turn Back; Kick Horizontally, Left Hand Touching Top Of Right Foot"

87. 上 步 指 襠 捶  
shàng bù zhǐ dāng chuí  
up step point at groin to strike with a hammer  
"Step Up, Hit Opponent's Groin"

88. 上 步 攬 雀 尾  
shàng bù lǎn què wěi  
up step seize sparrow tail  
"Step Forward, Grasp Bird's Tail"

89. 單 鞭  
dān biān  
single whip  
"Single Whip"

90. 下 勢  
xià shì  
down gesture  
"Glide Down"

91. 上 步 七 星  
shàng bù qī xīng  
up step seven star  
"Step Forward To Form Seven Stars"

92. 退 步 跨 虎  
tuì bù kuà hǔ  
backward step straddle/ride tiger  
"Step Back To Ride Tiger"

93. 轉 身 左 劈 面 掌  
zhuǎn shēn zuǒ pī miàn zhǎng  
turn body left split face palm  
"Turn Back; Hit Opponent's Face with Left Palm"

94. 雙 擺 腳  
shuāng bǎi jiǎo  
two/both swing foot  
"Kick Horizontally With Right Foot; Hands Slap Top Of Right Foot"

95. 彎 弓 射 虎  
wān gōng shè hǔ  
bend bow shoot tiger  
"Shoot Tiger with Bow"

96. 繞 步 搬 攔 捶  
rào bù bān lán chuí  
coiling step shift obstruct to strike with a hammer  
"Twist Step, Deflect, Parry and Punch"

97. 如 封 似 閉  
rú fēng sì bì  
as if sealed to appear closed  
"Apparent Close-Up"

98. 十字                      手  
shí-zì                      shǒu  
cross-shaped              hands  
"Cross Hands"

99. 合                      太                      極  
hé                      tài                      jí  
close                      greatest              polarity  
"Conclusion; Tai Chi"