

# **48 Posture Taijiquan Introduction**

**By Grandmaster Shou-Yu Liang and Master Wen-Ching Wu**

Commencing (Qishi)

1. White Crane Spreads Its Wings (Baihe Liangchi)
2. Left Brush Knee and Step Forward (Zuo Louxi Aobu)
3. Left Single Whip (Zuo Danbian)
4. Left Lute Posture (Zuo Pipashi)
5. Roll Back and Press Posture (Lujishi)
6. Left Deflect, Parry and Punch (Zuo Banlanchui)
7. Left Ward Off, Roll Back, Press, and Push (Zuo Penglujian)
8. Lean on a Diagonal (Xieshenkao)
9. Fist Under Elbow (Zhoudichui)
10. Reverse Reeling Forearm (Daojuan Gong)
11. Turn Body and Thrust Palm (Zhuanshen Tuizhang)
12. Right Lute Posture (You Pipashi)
13. Brush Knee and Punch Down (Louxi Caichui)
14. White Snake Spits Poison (Baishe Tuxin)
15. Slap Foot and Tame the Tiger (Paijiao Fuhu)
16. Left Diagonal Back Fist (Zuopie Shenchur)
17. Piercing Fist and Lower Body (Chuanquan Xiashi)
18. Stand on One Leg and Prop Up Palm (Duli Chengzhang)
19. Right Single Whip (You Danbian)
20. Right Wave Hands Like Clouds (You Yunshou)
21. Left and Right Part the Horse's Mane (Zuoyou Fenzong)
22. High Pat on Horse (Gaotan Ma)
23. Right Heel Kick (You Dengjiao)

24. Strike to Ears with Both Fists (Shuangfeng Guaner)
25. Left Heel Kick (Zuo Dengjiao)
26. Cover Hand and Strike with Fist (Yanshou Liaoquan)
27. Needle at Sea Bottom (Kaidizhen)
28. Fan Through Back (Shan Tong Bei)
29. Right and Left Toe Kick (Zuoyou Fenjiao)
30. Brush Knee and Step Forward (Louxi Aobu)
31. Step Forward, Grab and Punch (Shangbu Qinda)
32. Appears Closed (Rufeng Sibi)
33. Left Wave Hands Like Clouds (Zuo Yunshou)
34. Right Diagonal Back Fist (Youpie Shenchur)
35. Left and Right Shuttle Back and Forth (Zuoyou Chuansuo)
36. Step Back and Spear Palm (Tuibu Chuanzhang)
37. Insubstantial Stance and Press Palm Down (Xubu Yazhang)
38. Stand on One Leg and Lift Palm (Duli Tuozhang)
39. Lean in Horse Stance (Mabukao)
40. Turn Body and Large Roll Back (Zhuanshen Dalu)
41. Scoop Palm and Lower Body (Liaozhang Xiashi)
42. Step Forward and Cross Punch (Shangbu Shiziquan)
43. Stand on One Leg and Ride the Tiger (Duli Kuahu)
44. Turn Body and Sweep Lotus (Zhuanshen Bailian)
45. Pull the Bow and Shoot the Tiger (Wangong Shehu)
46. Right Deflect, Parry, and Punch (You Banlanchui)
47. Right Ward Off, Roll Back, Press, and Push (You Penglujian)
48. Cross Hands (Shizishou)

Closing (Shoushi)