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第三套国际武术竞赛套路

3rd International Wushu Competition Routine

国际武术联合会审定

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青奥武术系列中英双语教材

Youth Olympic Wushu Series: Bilingual Chinese-English Teaching Materials

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国际武术联合会

International Wushu Federation

前言 Preamble

2020年1月8日，国际奥委会在瑞士洛桑宣布将武术列入2026年达喀尔青奥会的正式比赛项目，这是武术首次成为奥林匹克系列运动会的正式比赛项目，是武术国际化发展的一个重要里程碑，标志着武术国际化发展推广迈入新的历史阶段。

On January 8, 2020, the International Olympic Committee (IOC) announced in Lausanne, Switzerland that wushu would be included as an official sport in the Dakar 2026 Youth Olympic Games. This marks the first time that wushu has been recognized as an official event in the Olympic series, signifying a major milestone in its global development and propelling its international expansion and promotion into a new historical stage.

为助力全球武术健儿备战青奥武术盛会，加速构建武术运动的国际标准化体系，国际武术联合会对标青奥会武术竞赛项目，对长拳、棍术、太极拳和太极扇四个比赛套路，采用国际化视角组织编译了“青奥武术系列中英双语教材”，力求成为全球各国和地区武术教练员精准施训、裁判员准确执裁和习练者精进技艺的权威指南与重要参考。

To support athletes worldwide in preparing for this historic wushu competition at the Youth Olympics, and to accelerate the construction of an international standardized system for the sport of wushu, the International Wushu Federation (IWUF) has aligned with the Youth Olympic Games' wushu competition requirements and compiled the *Youth Olympic Wushu Series: Bilingual Chinese-English Teaching Materials* for the four competition routines of changquan, gunshu, taijiquan and taijishan from an international perspective. This series will serve as an authoritative guide and essential reference for wushu coaches to deliver precise training, for referees to ensure accurate officiating, and for practitioners to refine their skills in different countries and regions.

让我们共同期待2026年达喀尔青奥会，期待武术在奥林匹克舞台上绽放异彩！

Let us all eagerly anticipate the 2026 Dakar Youth Olympic Games, and look forward to witnessing the brilliance of wushu on the Olympic stage.

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一、太极扇套路简介

Introduction of Taijishan Routine

第三套国际武术竞赛套路——太极扇（40 式）是在第三套国际武术竞赛套路——太极拳和太极剑套路的基础上，遵循武术套路运动技术发展的规律和竞赛要求创编而成的。

该套路内容充实，动作多样，难度适中，编排新颖，结构紧凑。全套动作中规中矩，转换合顺，它既体现了中正圆活，动静有序，快慢相间，刚柔相济的太极拳运动特点，也展示了太极扇的基本特征。

The 3rd International Wushu Competition Routine - Taijishan (40-Form), was created and designed based on foundation of the routines from the 3rd International Wushu Competition Routines - Taijiquan and Taijishan. It strictly adheres to the principles and trends of technical development of wushu routines and the requirements of competition.

The routine has a rich content as well as featuring a substantial variety of movements and is of moderate level of difficulty. Its choreography is unique with a compact structure. The movements of the entire routine conform to the standardized practices with smooth transitions. These movements not only captured the characteristics of taijiquan's movements of being centered, upright and flexible, exhibiting sequential dynamic movements and still poses, with regulating swiftness and slowness yet balancing strength and gentleness, they also demonstrated the fundamental characteristics of taijishan's techniques.

太极扇套路动作名称
Movement Names of Taijishan Routine



Zhèn Jiǎo Pī Shàn

Stamp Feet Fan Chop

35. 插步开扇

Chā Bù Kāi Shàn

Back Crossed Step Fan Opening

36. 马步刺扇

Mǎ Bù Cì Shàn

Horse Stance Fan Thrust

37. 跟步横击扇

Gēn Bù Héng Jī Shàn

Follow-up Step Horizontal Fan Strike

38. 行步抹扇

Xíng Bù Mǒ Shàn

Forwarding Step Wiping Fan

39. 仆步捧扇

Pū Bù Pěng Shàn

Crouching Stance Upholding Fan

40. 收势

Shōu Shì

Ending Position



三、太极扇套路动作图解

Movements Illustrations of Taijishan Routine

预备势

Yù Bèi Shì

Ready Position

两脚并拢，自然直立；头颈正直，下颌微内收；胸腹放松，背部轻拔；肩臂松垂，两手轻贴于两腿外侧，右手掌心向内，左手持扇（合扇），掌心向后，扇大骨竖直贴靠小臂，目视前方。（图 1）

The two feet closed together and standing upright; maintain the neck upright with the chin tuck in slightly; relax the chest and abdomen, brace the back slightly; the arms relax and lightly touch against the outer sides of the thighs; the right palm facing inwards, the left hand holding the fan (fan closed) with the palm facing the rear, the main bone of the fan being vertically touching against the forearm, look to the front. (Figure 1)

要点：口闭齿叩，舌抵上腭；上悬下沉，中节舒松；精神集中，心平气和，呼吸自然。合扇持扇两扇大骨合拢重叠，扇身不可歪斜。

Key Points: Mouth closed, the tongue touches against the upper palate; the core body being up-pulled and down-sink, the mid joints relaxed and loosened; focus the attention, remain calm, breathe naturally. When holding the closed fan, the two main bones of the fan should be closed and overlapping, the body of the fan should not be slant.

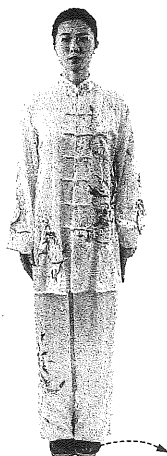


图 1
Fig. 1



第一段 Section One

1. 起势 Qǐ Shì

Starting Position

(1) 接上势，重心微下沉右移，左脚向左开步；随即重心落于两腿之间，平行步站立，两脚内侧间距与肩同宽；目视前方。（图 2）

(1) Following the previous stance, lowers the body gravity slightly and shifts to the right, steps the left foot to the left; following that the body gravity shifts to the center of both legs, standing with both feet parallel to each other; the distance between the inner sides of both legs is shoulder width apart; look to the front. (Figure 2)



图 2
Fig. 2

(2) 两臂前举至腕与肩平，两臂间距与肩同宽；掌心向下，肘低于腕和肩；目视前方。（图 3）

(2) The two arms raises to the front until the wrists reaches the shoulder level, and as wide as the shoulder width; the palms facing down, the elbows being lower than the wrists and shoulder levels; look to the front. (Figure 3)

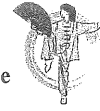


图 3
Fig. 3

(3) 上体保持正直，两腿屈膝松胯半蹲；同时，两臂下落至腹前，两肘松沉；目视前方。(图 4)

(3) Keep the upper body upright, slightly bending the knees to a half squat and relax the hip section; at the same time, both palms lower to the front of the abdomen, both elbows hanging loose; look to the front. (Figure 4)

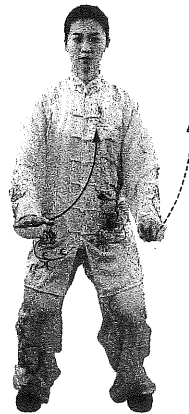


图 4
Fig. 4

要求：身型自然；两臂前举时，以腕引领；按掌时，掌指舒展，掌心微含；气沉丹田，松静自然。

Key Points: When executing the palm press, the fingers should be relaxed and extended, the palm slightly cupped; the posture being centered and relaxed, sink the breath to “dantian” (the point two inches below the navel), keep calm, still and natural.



2. 震脚捧扇 Zhèn Jiǎo Pěng Shàn

Stamp Feet Upholding Fan

(1)接上势，上体微左转，左手持扇侧掬，右掌向左前掬至胸前，两臂呈弧形内、外旋向左前上方托起，掌心向上；随即，身体右转，重心移至左腿，右脚以脚跟为轴外摆约 90°；同时，两臂随身体右转在体前内、外旋划平弧向右捋带，掌心向右；目先随右手再转视左前方。(图 5)

(1)Following the previous stance, the upper body slightly turns to the left; the left hand holding the fan ward off to the side, the right palm drag to the left front of the chest; both arms rounded, bend slightly and form an arc, first rotate inwards, then outwards to rise to the left front with the palms facing upwards; following that, the body turns right, shift the body gravity to the left leg, the right foot, using the heel as the rotational axis, turn 90°outwards; at the same time, both arms, following the body's right turn, rotate inwards and outwards in front of the body and horizontally stroke to the right in a curve motion with the palms facing right; the vision follows the right hand first, then turn to look to the left front. (Figure 5)



图 5
Fig. 5

(2)重心移至右腿，屈膝下蹲；左腿屈膝提起，两手屈收；左脚跟收至右脚内侧，随即向左前方贴地铲出；同时，两手向右撑展；随即，重心微前移，身体微右转，左脚踏实，成右半马步；同时，右手接扇在胯侧平开扇，左手向左前划弧至腹部左前方；目视前方。(图 6—图 8)

(2) Shift the body gravity to the right leg, bending the knee to a squat; lift the



left leg with the knee bent, both hands retract; the left heel retract to the inner side of the right foot, then immediately glides along the ground to the left front; at the same time, both hands extend and expand to the right; following that, shift the body gravity forward, turn the body slightly to the right, the left foot steps fully on the ground and form a Right Half-Horse Stance; at the same time, the right hand takes over the fan and open the fan horizontally at the side of the hip section, the left hand moves in an arc motion to the left front of the abdomen; look to the front. (Figure 6- Figure 8)



图 6
Fig. 6



图 7
Fig. 7



图 8
Fig. 8

(3)左脚外摆，重心前移，右脚向前上步成虚步；同时，右手合扇，随身体向下向前撩出，左手附于右小臂内侧，右脚提膝；同时，右手持扇（合扇）继续向上撩至胸前屈肘，左手由下向上经右手肘内侧下按至腹前；随即，右脚下落踏地震脚；左手在腹前外旋，掌心向上，右手持扇立扇下落，砸击左掌心；目视前方。（图 9—图 12）

(3)The left foot turns outwards, shift the body gravity forward, the right foot steps to the front to form an empty stance; at the same time, the right hand closes the fan, following the body movement and execute an uppercut from the bottom to the front, the left hand attaches to the inner side of the right forearm, raises the right knee; at the same time, the right hand holding the fan (fan closed) continues to rise to the front of the chest with the elbow bent, the left hand moves upwards from the bottom, passes the inner side of the right elbow, and presses down in front of the abdomen; following that, the right foot lowers and stamps on the



ground; the left hand rotates outwards to the palm facing up at the front of the abdomen, the right hand holding the fan vertically and lowers to smash onto the left palm; look to the front. (Figure 9- Figure 12)



图 9
Fig. 9



图 10
Fig. 10

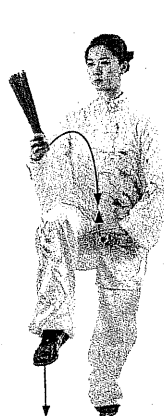


图 11
Fig. 11

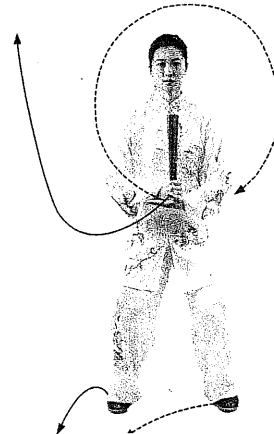


图 12
Fig. 12

要求：两臂动作与转腰移重心相随；开扇快速有力，两根扇骨成一直线；震脚时，屈松胯，气沉丹田，震脚与砸击掌心协调一致。

Key Points: The arm movements, and the shifting of the body gravity with the turning of the waist should be well coordinated; the opening of the fan should be swift and forceful, the two main bones of the fan should align in a straight line; when stamping feet, relax and bend the hip section, sink the breath to “dantian” (the point two inches below the navel), the movements of the stamp feet and the smash onto the palm should be well-coordinated and harmonized.

3. 侧弓步持扇 Cè Gōng Bù Chí Shàn

Side Bow Stance Holding Fan

(1)接上势，重心微向左移，右脚向右前上步；随即左脚收至右脚内侧；同时，右手持扇（合扇）由下向右向上划弧在额头上方开扇，扇沿向左，左手由下向上向左划弧收至腰间；目视扇前方。（图 13—图 14）

(1) Following the previous stance, shift the body gravity slightly to the left, the right foot steps to the right front; following that, the left foot retracts to the inner side of the right foot; at the same time, the right hand holding the fan (fan closed) moves in an arc motion from the bottom to the right, then up to above the forehead and opens the fan with the edge of the fan pointing left, the left hand



moves in an arc motion from the bottom upwards, then to the left and retracts to the waist; look to the front of the fan. (Figure 13- Figure 14)



图 13
Fig. 13



图 14
Fig. 14

(2)重心移至右腿，左脚向左侧铲出；同时，右手持扇（开扇）经体前弧形向右后藏于右胯后侧，扇面向后，扇沿向上；左手内旋立掌向前推掌；目视前方。（图 15）

(2) Shift the body gravity to the right leg, the left foot slides outwards to the left; at the same time, the right hand holding the fan (fan opened) moves in an arc motion passes the front of the body to the right rear, and hide behind the right hip, with the face of the fan facing backwards and the edge pointing up; the left hand rotates inwards to form a vertical palm and pushes to the front; look to the front. (Figure 15)



图 15
Fig. 15

(3)重心移至左腿，成侧弓步，身体微左转；同时，右手持扇由身后向右



提起，随即外旋向前向左平捋带至左臂内侧，扇沿向上；左手由右向下向左随身体左转在腹前变勾手提至左侧，右手持扇向左捋带后，变为扇面向上的平扇运行，腕与肩平；目视扇方向。（图 16）

(3) Shifts the body gravity to the left leg and form a side bow stance, turn the body slightly to the left; at the same time, the right hand holding the fan moves from behind the body to the right and lift up, immediately rotates outwards and horizontally ward pass the front to the left and positions at the inner side of the left arm with the fan edge pointing up; the left hand moves downwards from the right, then to the left, following the body's left turn, changes to a hook hand in front of the abdomen, then rises to the left side at the shoulder level; look towards the fan's direction., the right hand holding the fan after gliding horizontally to the left, changes to the face of the fan facing up and continue to move horizontally with wrist at the shoulder level; look towards the fan's direction. (Figure 16)



图 16
Fig. 16

(4)重心微下沉，身体微右转，同时，右手持扇（开扇）内旋随身体右转向右平带至右胸前，随即小臂外旋立扇，扇柄贴于小臂，扇沿向上，左手勾于左侧，勾尖向下，腕与肩平；目视扇前方。（图 17）

(4) Lowers the body gravity and turn the body slightly to the right, at the same time, the right hand holding the fan (fan opened) rotates inwards, following the body's right turn, horizontally glide to the front of the right chest, immediately the forearm rotates outwards to form a vertical fan with the handle touches tightly against the forearm and the edge of the fan pointing up, the left hand hook to the left side with the tip of the hook pointing down and wrist at shoulder level; look to



the front of the fan. (Figure 17)

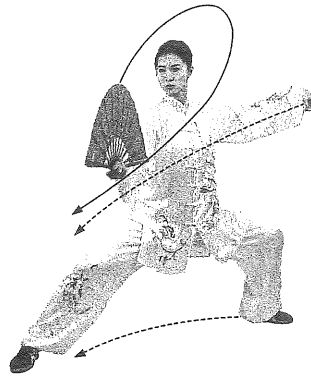


图 17
Fig. 17

要求：开扇快速有力；以腰为轴带动两手臂在体侧缠绕；定势时，沉肩、坠肘、松腕与转腰、合胯下沉协调一致，并有合劲。

Key Points: Opening fan should be swift and forceful; use the waist as the rotational axis to initiate the arms to circulate at the sides of the body; during the static posture, the movements of lowering the shoulders, dropping the elbows, and relaxing the wrist should be well-coordinated and in unison with the movements of turning the waist, retracting and lowering the hip section, it also should exhibit a unifying strength.

4. 跟步插扇 Gēn Bù Chā Shàn

Follow-up Step Downward Reversed Fan Thrust

接上势，重心移至右腿，屈膝半蹲；左脚回收至右脚侧后半步，前脚掌着地，成跟步；同时，右手持扇（开扇）由上经额头上方，左手勾手变掌与右手合于左肩处后，双手由左向右下插按，扇沿向下，左掌按于右手腕处；目先随右手再转视至扇方向。（图 18）

Following the previous stance, the body gravity continues to shift to the right foot, both legs half squat, the left foot retracts to half a step behind the side of the right foot, with the front sole touching the ground, to form a follow-up step; at the same time, the right hand holding the fan (fan opened) moves from above the forehead and meets with the left hook hand which changes to a palm, and position at the left shoulder, the left palm presses on the right wrist and both hands together pressing and thrusting from the left towards the lower right, with the edge of the



fan pointing down; the vision follows the right hand first, then turn to look to the fan's direction. (Figure 18)



图 18
Fig. 18

要求：上体中正，力达扇沿，上下相随，协调一致。

Key Points: The upper body should be centered; the force should be exerted at the edge of the fan; the upper body movements and the lower limb movements should flow and be well-coordinated, harmonized and in unison.

5. 跟步抛接扇 Gēn Bù Pāo Jiē Shàn

Follow-up Step Toss & Catch Fan

接上势，步型不变；同时，右手持扇（开扇）向上抛起顺时针旋转 360° 后接扇；目随扇方向移动。（图 19—图 20）

Following the previous stance, the stance remains the same; at the same time, the right hand holding the fan (fan opened) tosses the fan upwards to rotate it clockwise 360°, then catches back the fan; the vision follows the fan's movements. (Figure 19- Figure 20)

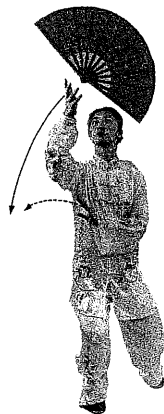


图 19
Fig. 19



图 20
Fig. 20



要求：抛接过程中扇面完全打开，两扇大骨呈 180° ，旋转 360° 后再接扇。

Key Points: During the toss and catch movements, the fan should be fully opened with the two major ribs of the fan aligned at 180° ; only catches the fan after it rotates 360° .

6. 提膝穿扇 Tí Xī Chuān Shàn

Knee Raised Threading Fan

(1) 接上势，步型不变，身体微右转；同时，右手持扇手腕外旋回收至腰间；随即左手经右手上方两掌裹抱采，掌心向下；目视扇方向。（图 21）

(1) Following the previous stance, the stance remains the same, the body turns slightly to the right; at the same time, the wrist of the right hand holding the fan rotates outwards and retracts to the waist, following that, the left hand moves above the right hand, both hands execute the wrap and hug movements, with the palm facing down; look towards the fan's direction. (Figure 21)

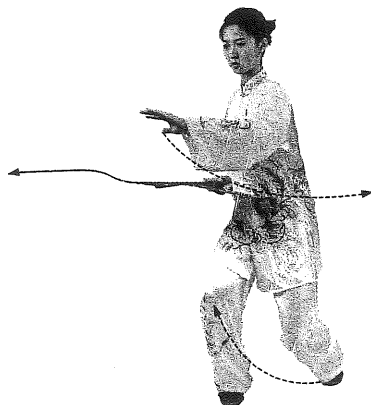


图 21
Fig. 21

(2) 重心上移，右腿微屈站稳，左腿屈膝提起，脚尖下垂，成提膝独立；同时，右手持扇内旋向右前平穿，扇沿向外，高与肩平；左手按于左胯旁；目视扇前向。（图 22）

(3) Raise the body gravity, the right leg bends slightly and stand firm, the left knee bends and raises with the toes pointing downwards, forming a single raised-knee stance; at the same time, the right hand holding the fan rotates inwards and threads horizontally to the right front, with the edge of the fan



pointing out and at the same level as the shoulder level; the left hand presses on the side of the left hip section; look to the front of the fan. (Figure 22)



图 22
Fig. 22

要求：右脚站立稳固，左脚脚尖不可触地；提膝高过腰，力达扇沿，提膝与穿扇协调一致。

Key Points: The right leg should be standing firm and steady; the left toes should not touch the ground; the knee raise should be higher than the waist level; the force should be exerted at the edge of the fan; the movements of knee raise and threading fan should be well-coordinated and in unison.

7. 弓步刺扇 Gōng Bù Cì Shàn

Bow Stance Fan Thrust

(1)接上势，右手持扇（开扇）旋腕合扇向下划弧至右腰间，左手由下向右向上划弧合于右臂内侧；身体左转，左脚向左前上步，脚跟着地；左手向左向下按至腹前同时，目视扇前方。（图 23）

(1) Following the previous stance, the wrist of the right hand that holding the fan (fan opened) rotates to close the fan and moves in an arc motion down the waist level, the left hand moves in an arc motion from the bottom to the right, then upwards and positions at the inner side of the right arm,; the body turns left; the left foot steps to the left front with the heel touches the ground; the left hand continue to press down to the front of the abdomen from the right inner arm in an arc motion at the same time, look to the front of the fan. (Figure 23)



图 23
Fig. 23

(2)重心左移，左脚尖外摆；随即右脚向前上步，成右弓步；同时，右手持扇（合扇）从腰间向前平刺，左手由下向左呈弧形外撑，手腕略高于肩，掌心向外；目视右手前方。（图 24、图 24 附图）

(2) Shift the body gravity to the left, turn the left toes outwards; following that, the right foot steps forward to the front forming a right bow stance; at the same time, the right hand holding the fan (fan closed) thrusts forward horizontally from the waist to the front, the left hand moves from the bottom, extends and expands to the left side in a curved posture, the left wrist is slightly higher than the shoulder level and the palm facing outwards; look to the front of the right hand. (Figure 24、Figure 24 Alternate View)



图 24
Fig. 24



图 24 附图
Fig. 24 Alternate View

要求：刺扇要求臂与扇身成一直线，力达扇骨顶端。

Key Points: The movements of fan thrust require the arm and the fan to be aligned in a straight line, the force exerted at the tip of the fan bone.



8. 虚步撩扇 Xū Bù Liāo Shàn

Empty Stance Fan Uppercut

(1)接上势，重心后移，右脚尖外摆；同时，右手由右向上向左与左手合于腰间；目视右脚前方。（图 25、图 25 附图）

(1) Following the previous stance, shift the body gravity backwards, the right toes turn outwards; at the same time, the right hand moves upward from the right and then to the left, meeting the left hand at the waist level; look to the front of the right foot. (Figure 25、Figure 25 Alternate View)

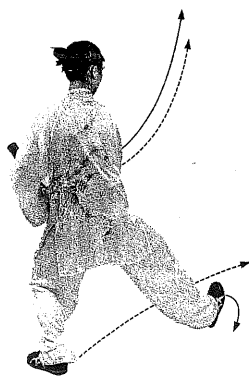


图 25
Fig. 25

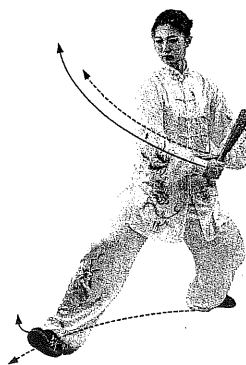


图 25 附图
Fig. 25 Alternate View

(2)重心移至右脚，身体右转，左脚向左前上步成虚步；同时，右手持扇（合扇）扣腕，经腰间由下向前上方撩击，架于右额上方，扇首略低于手腕，左手掌指附于右小臂内侧；目视扇首前方。（图 26、图 26 附图）

(2) Shift the body gravity to the right foot, turn the body to the right, the left foot steps to the left front to form an empty stance; at the same time, the right hand holding the fan (fan closed) flexes the wrist, moves past the waist from the bottom and uppercut towards the front, then rises to block above the right forehead, the tip of the fan being slightly lower than the wrist level, the left palm attaches to the inner side of the right forearm; look to the front of the fan. (Figure 26、Figure 26 Alternate View)

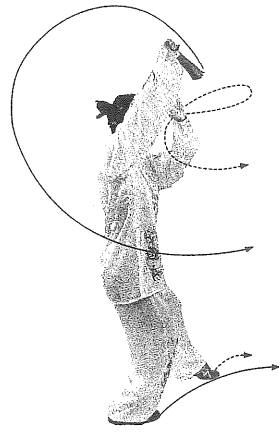


图 26
Fig. 26

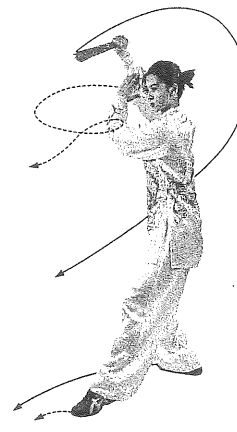


图 26 附图
Fig. 26 Alternate View

要求：撩扇贴身呈立圆，力达扇身；撩扇与上步协调配合。

Key Points: The movement of the uppercut fan should be executed in a vertical circle motion and close to the body, the force exerted at the body of the fan; the movements of the uppercut fan and advance step should be well-coordinated and harmonized.

9. 上步扫扇 Shàng Bù Sǎo Shàn

Advancing Step Sweeping Fan

接上势，左脚向前上步，重心移至左腿，随即右脚上步成右弓步；同时，右手持扇（合扇）向右向下向左开扇平扫置右膝内侧，扇沿向左，扇面略低于膝；左掌指附于右小臂内侧；目视右脚前方。（图 27—图 28）

Following the previous stance, the left foot steps forward, shifts the body gravity to the left leg, following that the right leg steps forward to form a right bow stance; at the same time, the right hand holding the fan (fan closed) moves to the right, then downwards, opens the fan and sweeps horizontally to the left and positions at the inner side of the right knee, the edge of the fan pointing to the left, the face of the fan slightly lower than the knee; the left fingers attaches at the inner side of the right forearm; look to the front of the right foot. (Figure 27-Figure 28)



图 27
Fig. 27



图 28
Fig. 28

要求：左右上步连贯，开扇快速有力，力达扇沿；上步与开扇平扫协调配合。

Key Points: The left and right advancing steps should be continuous; the fan opening should be swift and forceful with the force exerted at the edge of the fan; the movements of advancing steps and fan opening horizontal sweep should be well-coordinated.

10. 提膝下刺扇 Tí Xī Xià Cì Shàn

Knee Raised Downward Fan Thrust

(1) 接上势，重心微后移；同时，右手持扇（开扇）由下向左向上向右立圆划弧，在额头上方合扇，随即收至右腰间；左掌指附于右小臂随右手划弧；目视扇前方。（图 29）

(1) Following the previous stance, shift the body gravity slightly backwards; at the same time, the right hand holding the fan (fan opened) moves in a vertical circular motion from the bottom to the left, then upwards, then to the right, and closes the fan above the forehead, following that, retracts to the right side of the waist; the left fingers attached at the right forearm follow the right hand's circular movements; look towards the front of the fan's direction. (Figure 29)

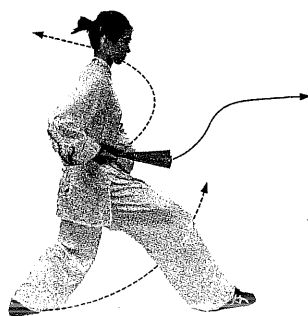
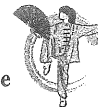


图 29
Fig. 29



(2) 重心移至右脚站立，左腿屈膝提起；同时，右手持扇（合扇）向前下方刺出；左手由右向左撑于身体左侧，腕略高于肩，掌心向外；目视扇方向扇前方。（图 30）

(2) Shift the body gravity to the right leg and stand with the left knee raised; at the same time, the right hand holding the fan (fan closed) thrusts to the lower front; the left hand extends from the right to the left side of the body with the palm facing outwards and wrist position is slightly higher than shoulder level; look towards the front of the fan's direction. (Figure 30)

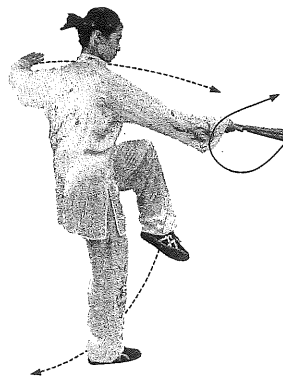


图 30
Fig. 30

要求：扇骨完全合拢，臂与扇骨成一条直线，力达扇首；提膝与刺扇同步完成，提膝高于腰。

Key Points: All fan ribs should be fully closed, the arm and the fan should be aligned in a straight line, the force exerted should be at the tip of the fan; the movements of the knee raise and fan thrust should be completed in synchronicity, and the knee should be higher than the waist level.

11. 退步抽扇 Tuì Bù Chōu Shàn

Retreating Step Withdraw Fan

(1) 接上势，左脚下落撤；同时，右手持扇向外腕花后随即开扇，左掌指附于右小臂内侧；扇沿向前，目视前方。（图 31）

(1) Following the previous stance, the left foot lowers and steps backwards; at the same time, the right hand holding the fan performs an outer figure 8 and immediately opens the fan, the left fingers attach at the inner side of the right



forearm; the edge of the fan pointing the front; look to the front. (Figure 31)



图 31
Fig. 31

(2) 重心后移，右脚经左脚内侧擦地向右后方退步，脚踏地，右腿屈膝微蹲，重心偏于右腿；同时，右手持扇（开扇）向后发劲回抽，腕与胸平；扇面朝外，左手置于扇沿前方，掌心斜向下；目视前方。（图 32）

(2) Shift the body gravity backwards, the right foot moves pass the inner left foot and glides backward to the rear right, with the heel stepping on the ground, the right knee bends to a slight squat, the body gravity inclines slightly to the right leg; at the same time, the right hand holding the fan (fan opened) retracts forcefully backwards, with the wrist at the chest level, the face of the fan facing outwards; the left hand positions at the front of the edge of the fan with the palm facing diagonally downwards; look to the front. (Figure 32)



图 32
Fig. 32

要求：开扇快速有力，顶肘发劲回抽扇与踏脚协调一致。

Key Points: The opening of the fan should be swift and forceful; the elbow strike should exert force; the movements of the withdraw fan and the stepping should be well-coordinated and in unison.



12. 腾空飞脚 Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

(1) 接上势，上右步起跳，右脚向前方上步；蹬地向上跳起腾空，左腿向前上摆起；目视前方。(图 33)

(1) Following the previous stance, take a right forward step, push the ground and launch a jump; the left leg swings upwards to the front; look to the front. (Figure 33)

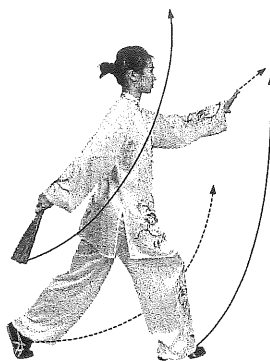


图 33
Fig. 33

(2) 右手持扇（合扇），随上步两臂依次向前、向上摆动至额头前上方；随即右腿向上踢摆，右脚脚面展平，左手拍击右脚面；目视右脚。(图 34—图 35)

(2) The right hand holding the fan (fan closed), following the forward steps, the two arms swing sequentially to the front and upwards above the forehead; the right leg kicks upwards immediately with the face of the foot flattened, the left hand slaps onto the face of the right foot; look at the right foot. (Figure 34-Figure 35)

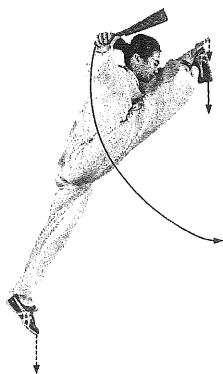


图 34
Fig. 34

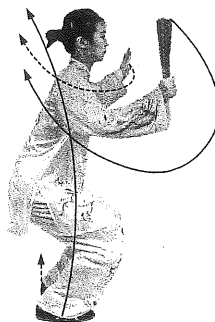


图 35
Fig. 35



要求：击响腿脚尖过肩；击拍准确，双脚须同时落地。

Key Points: The toes of the slapped leg should be above the shoulder level; the slap should be accurate; both feet should land at the same time.

13. 腾空摆莲 360° Téng Kōng Bǎi Lián 360°

Jumping Lotus Kick 360°

(1) 接上势，双脚同时落地，双脚原地蹬地向上跳起腾空，身体在空中向右后转 360°，随即右腿向右外摆；目视前方。（图 36）

(1) Following the previous stance, both feet land together; both feet push off the ground from the landing spot and launch a jump, the body turns 360° to the rear right in the mid-air, following that, the right leg swings outwards and kicks to the right; look to the front. (Figure 36)

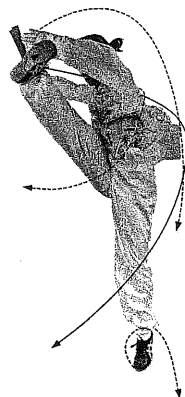


图 36
Fig. 36

(2) 右手持扇（合扇）两臂上摆，随身体转体自然摆动至头顶上方，左手在空中击拍右脚脚面；目视右脚。

(2) The right hand holding the fan (fan closed), both arms, following the body turn, swing upwards naturally to above the head, left hand slaps on the face of the right foot; look at the right foot.

要求：击响腿脚尖过肩；击拍准确响亮。

Key Points: The toes of the slapped leg should be above the shoulder level; the slap should be accurate.



14. 跌叉开扇 Diē Chā Kāi Shàn

Hurdler's Split Fan Opening

(1) 接上势，两腿同时前后分开下落成跌叉，左腿伸直在前；右腿屈膝在后；臀部、右膝内侧和左腿后侧贴地。目视前方。(图 37)

(1) Following the previous stance, the two legs parted into front and back and at the same time land to form the hurdler's split, the left leg stretched and straightened towards the front; the right knee bent at the back; the buttock, inner side of the right knee and the back of the left thigh should be sitting on the ground. Look to the front. (Figure 37)



图 37
Fig. 37

(2) 跌叉落地同时右手持扇（合扇）在右上方向下开扇，扇沿向右；左手置于左脚尖上方，掌心向上，身体微前倾；目视左掌方向。

(2) At the same time while landing with the hurdler's split, the right hand holding the fan (fan closed) opens the fan downwards at the upper right side, the edge of the fan pointing to the right; the left hand positions above the left toes, with the palm facing up; the body slightly leans forward; look to the left palm's direction.

要求：两腿不可依次落地；跌叉前脚掌不可内扣触地；跌叉开扇要求同步完成，开扇快速有力。

Key Points: The two legs are not allowed to land sequentially; in the hurdler's split, the front foot sole is not allowed to turn inwards to touch the ground; the movements of the hurdler's split and fan opening should be completed in synchronicity; the fan opening should be swift and forceful.



第二段 Section Two

15. 跟步开扇 Gēn Bù Kāi Shàn

Follow-up Step Fan Opening

(1) 接上势，重心上移，左腿屈膝回收；同时，右手持扇合扇；目视前方。

(图 38)

(1) Following the previous stance, raise the body gravity upwards, the left knee bends and retracts, at the same time, the right hand holding the fan, closes the fan; look to the front. (Figure 38)



图 38
Fig. 38

(2) 右脚蹬地起立向前上步，左脚跟步置右脚后侧，两腿屈膝半蹲，脚掌着地；同时，右手持扇由下向左、向上划弧，在右额侧上方开扇，扇面向外；左掌下按于左胯旁，掌心向下；目视前方。(图 39、图 39 附图)

(2) The right foot pushes the ground and stands up, and steps forward, the left foot follow-up with a step to the rear of the right foot, both knees bend to a half squat with the soles stepping on the ground; at the same time, the right hand holding the fan moves in an arc motion from the bottom to the left, then upwards to the upper right side of the forehead, then opens the fan with the face of the fan facing outwards; the left palm presses down towards the side of the left hip section with the palm facing down; look to the front. (Figure 39 、 Figure 39



Alternate View)

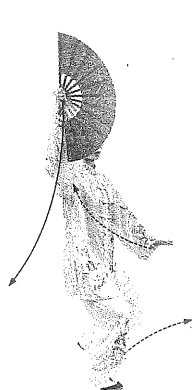


图 39
Fig. 39



图 39 附图
Fig. 39 Alternate View

要求：开扇快速有力，转腰、下沉、开扇要协调一致。

Key Points: The fan opening should be swift and forceful. The movements of the waist turn, lowering body gravity and fan opening should be well-coordinated and in unison.

16. 转身反持扇 Zhuǎn Shēn Fǎn Chí Shàn

Body Turn Reverse Holding Fan

(1) 接上势，左脚回收至右腿内侧（脚不落地）；同时，右手持扇（开扇）外旋下落至右肩前，左手由下向右合于右肩内侧；目视扇前方。（图 40）

(1) Following the previous stance, the left foot retracts to the inner side of the right foot (left foot not touching the ground); at the same time, the right hand holding the fan (fan opened) rotates outwards and lowers to the front of the right shoulder, the left hand moves from the bottom to the right and positioned at the inner side of the right shoulder; look to the front of the fan. (Figure 40)

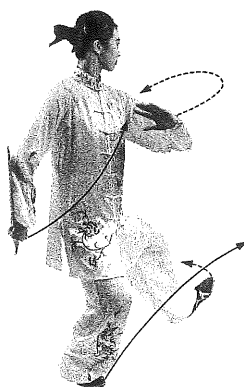


图 40
Fig. 40



(2) 左脚向左前方上步，重心移至左腿，右脚向左脚前方内扣上步，身体随步法左转 180°，随即左脚后撤；同时，右手持扇（开扇）内旋反持扇，左手向左划弧展开，两手左右外撑随身体旋转平带，目先随左手再转视扇前方。（图 41）

(2) The left foot steps to the left front, shift the body gravity to the left leg, the right foot steps to the front of the left foot and turns inwards, the body, following the steps, turns 180° to the left, following that, the left foot retreats; at the same time, the right hand holding the fan (fan opened) rotates inwards and changes to a reverse grip, the left hand extends to the left in an arc motion, both hands expand outwards to the respective sides, following the body turn, glide horizontally while turning; the vision follows the left hand first, then look to the front of the fan's direction while turning. (Figure 41)

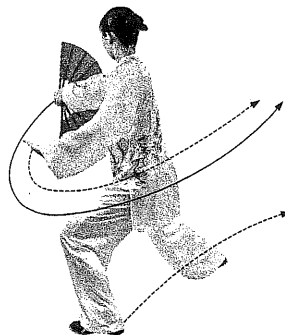


图 41
Fig. 41

(3) 重心后移至左腿，成半马步；同时，右手屈肘反持扇（开扇），扇面紧贴右小臂外侧，扇面朝前，扇沿向右；左掌指搭于右手腕上，双手合于左胸前；目视右前方。（图 42）

(3) Shift the body gravity to the left leg, form a half horse stance; at the same time, the right hand holding the fan in a reverse grip (fan opened), the face of the fan touches tightly to the outer side of the right forearm, the face of the fan facing front and the edge of the fan pointing to the right; the left hand fingers attach to the right wrist, both hands meet in front of the left chest; look to the front. (Figure 42)

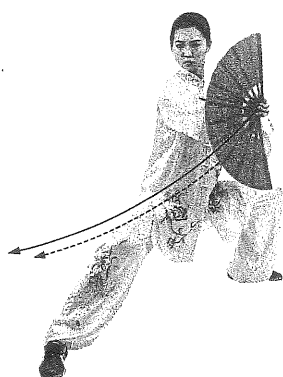


图 42
Fig. 42

要求：转身平稳自然，左右上步连接紧凑顺畅。

Key Points: The body turn should be steady and natural; the left and right Advancing Steps should be compact and smooth.

17. 歇步压扇 Xiē Bù Yā Shàn

Cross-legged Crouching Stance Fan Press

(1) 接上势，重心前移至右腿；同时，右手持扇（开扇）外旋由左向右平带，左手附于右臂内侧随右手划弧；目视前方。（图 43）

(1) Following the previous stance, shift the body gravity forward to the right leg; at the same time, the right hand holding the fan (fan opened) rotates outwards and glide horizontally from the left to the right, the left hand attaches to the inner side of the right forearm and following the right hand's arc motion; look to the front. (Figure 43)

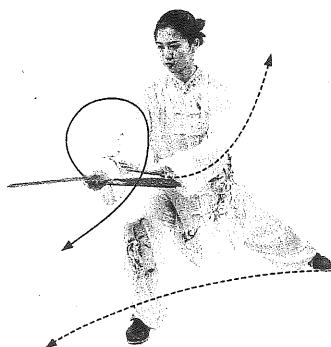


图 43
Fig. 43



(2) 左脚向右脚前方上步，成歇步；同时，右手持扇（开扇）由右向上划弧随即向下压扇，扇面水平，与腕同高；左手由下向左后方呈弧形架于左后上方；目视扇首前方。（图 44）

(2) The left foot steps to the front of the right foot to form a resting stance; at the same time, the right hand holding the fan (fan opened) moves upwards in an arc motion from the right, following that, press downwards with the face of the fan being horizontal, and at the wrist level; the left hand moves from the bottom to the left rear, then bending in a curved posture to block to the upper rear left; look to the front of the fan's tip. (Figure 44)

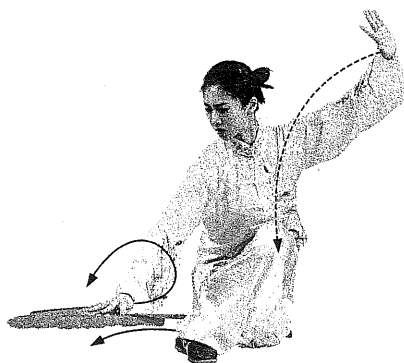


图 44
Fig. 44

要求：右手握扇平扇由上向下平压，掌心朝下；两腿交叉下蹲与压扇动作协调配合，势正劲整，力点准确。

Key Points: The right hand holding the fan with the fan flattened and press from the top downwards, with the palm facing down; the movements of the lowering of the crossed-legs and the fan press should be well-coordinated, the pose should be upright and with unifying strength, the force impact point should be accurate.

18. 进步绞扇 Jìn Bù Jiǎo Shàn

Forward Step Straight Fan Enveloping

(1) 接上势，重心上移，右脚向左脚前方上步；同时，右手持扇（开扇）外旋合扇，以腕为轴逆时针立圆绞扇 360°；左手向前下落至左胯旁；目视



扇首方向。(图 45)

(1) Following the previous stance, raise the body gravity, the right foot steps to the front of the left foot; at the same time, the right hand holding the fan (fan opened) rotates outwards and closes the fan, using the wrist as the rotational axis, turn the fan in an anti-clockwise 360° vertical circle motion; the left hand lowers to the front to the side of the left hips section; look to the fan's tip direction. (Figure 45)

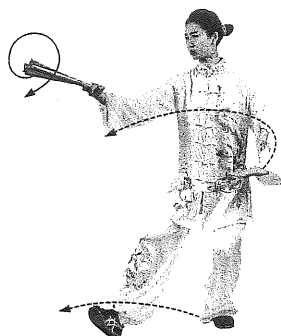


图 45
Fig. 45

(2) 重心前移，左脚向前方进步；同时，右手持扇（合扇）再次绞扇，左手划弧侧举，腕与肩平；目视扇前方。(图 46)

(2) Shift the body gravity forward, left foot steps forward; at the same time, the right hand holding the fan (fan closed) performs again the fan enveloping movement, the left hand moves in an arc motion and raises up with the wrist at the shoulder level; look to the front of the fan's direction. (Figure 46)

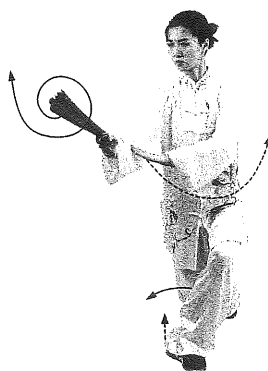


图 46
Fig. 46



要求：上步时扇首呈小立圆绕环，力达上板；步法轻灵平稳，与绞扇动作协调配合。

Key Points: During the advancing steps, the tip of the fan should perform small vertical circular motions with the force exerted on the upper plate of the fan; the footwork should be agile and steady, and should coordinate well with the enveloping movements.

19. 弓步推扇 Gōng Bù Tuī Shàn

Bow Stance Fan Push

(1) 接上势，重心前移，右脚屈膝提起，左脚向前垫步；同时，右手持扇由前向下向右划弧，在体前开扇；左手由右向下向左平带；目视扇前方。(图 47)

(1) Following the previous stance, shift the body gravity forward, raise the right knee, the left foot skips forward; at the same time, the right hand holding the fan moves in an arc motion from the front downwards then to the right, and opens the fan in front of the body; the left hand glides horizontally from the right downwards then to the left; look towards the front of the fan's direction. (Figure 47)



图 47
Fig. 47

(2) 右脚向前落步，重心前移，成弓步；同时，右手持扇（开扇）向内屈肘，左掌指附于扇面上方，随重心前移两手向前推扇，扇面斜向前下方，力达扇面；目视扇前方。(图 48—图 49)

(2) The right foot lands and steps to the front, shift the body gravity forward to form a bow stance; at the same time, the right hand holding the fan (fan opened) bends the elbow inward, the left palm points to the upper part of the fan surface, as the center of gravity moves forward, both hands push the fan forward, the fan surface is slanted forward and downward, the force reaches the fan surface; look towards the front of the fan's direction. (Figure 48—Figure 49)



bends the elbow and retracts, the left fingers attach on top of the face of the fan, following the shifting of body gravity forward, both hands push the fan forward, the fan facing diagonally downwards with the force exerted on the face of the fan; look to the direction of the face of the fan. (Figure 48-Figure 49)



图 48
Fig. 48

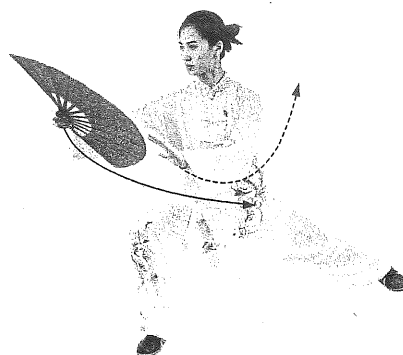


图 49
Fig. 49

要求：开扇要快速有力，跳步轻灵，弓步与推扇协调一致。

Key Points: The fan opening should be swift and forceful; the skipping step should be agile; the movements of forming the Bow Stance and fan push should be well-coordinated and in unison.

20. 提膝上刺扇 Tí Xī Shàng Cì Shàn

Knee Raised Upward Fan Thrust

(1) 接上势，重心后移，身体左转，右脚内扣，左脚外摆屈膝前弓；同时，右手合扇，两手随身体左转向下向左划弧，右手持扇（合扇）置于腰间，左手置于身体前方，掌心向下；目视前方。（图 50）

(1) Following the previous stance, shift the body gravity backwards, turn the body to the left, the right toes turn inwards, the left foot turns outwards, bends the knee and pushes forward; at the same time, the right hand closes the fan, both hands, following the body's left turn, move in an arc motion downwards to the left, the right hand holding the fan (fan closed) positions at the waist, the left hand positions in front of the body with the palm facing down; look to the front. (Figure 50)



图 50
Fig. 50

(2) 重心上移，左腿微屈站稳，右腿屈起，脚尖下垂，成提膝独立；同时，右手持扇（合扇）向头顶上方刺扇，扇骨与右臂成垂直，左手向下按于左胯旁，掌心向下；目视前方。（图 51、图 51 附图）

(2) Raise the body gravity, the left leg bends slightly and stands firm, the right knee raises with the toes pointing down to form a single raised-knee stance; at the same time, the right hand holding the fan (fan closed) thrust upwards above the head, the fan ribs align vertically with the right arm, the left hand presses down to the side of the left hip section with the palm facing down; look to the front. (Figure 51、Figure 51 Alternate View)

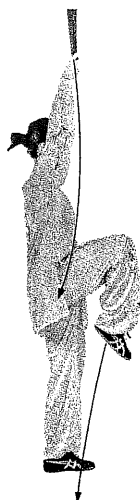


图 51
Fig. 51



图 51 附图
Fig. 51 Alternate View

要求：刺扇力达扇首，提膝高过腰，提膝独立与持扇上刺、左手下按协调一致；势正劲整，柔中寓刚。

Key Points: In the fan thrust, the force should be exerted on the tip of the fan;



the knee should be raised higher than the waist level; the movements of the single-leg stance, upward fan thrust and left palm press should be well coordinated and in unison; the pose should be upright and the strength be unified, the strength being implicated in the gentleness of the movements.

21. 旋风脚 180° 开扇 Xuàn Fēng Jiǎo 180° Kāi Shàn

Tornado Kick 180° Fan Opening

(1) 右脚下落于左脚内侧，两脚间距与肩同宽；同时，右手持扇（合扇）下落，左手由下向左向上向下划弧；目视前方。（图 52）

(1) The right foot lands on the inner side of the left foot, the distance between the two legs is shoulder width apart; at the same time, the right hand holding the fan (fan closed) lowers, the left hand moves in an arc motion from the bottom to the left, then upwards and then down; look to the front. (Figure 52)

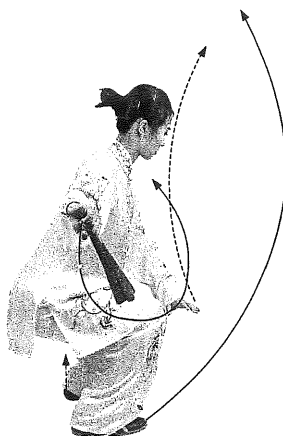


图 52
Fig. 52

(2) 重心下沉，双腿屈膝下蹲，双脚原地蹬地跳起，身体在空中向左后转 180°；同时，两臂依次向上、向后摆动至头前上方；随即右腿里合，左手拍击右脚掌；击响腿单腿落地同时开扇，右手自然落于胸腹前，左手合于扇沿；目视前下方。（图 53—图 54）

(2) Lowers the body gravity, both knees bend to a squat, both feet pushes the ground at the original spot and launch a jump, the body turns 180° to the left rear in mid-air; at the same time, both arms swings sequentially upwards and then backwards to the upper front of the head; following that, the right leg swings and



kicks inwards, the left palm slaps on the right sole; as the kicking leg lands on the ground single legged, opens the fan concurrently; the right hand lowers naturally to the front of the abdomen, the left hand closes on to the edge of the fan; look to the lower front. (Figure 53-Figure 54)

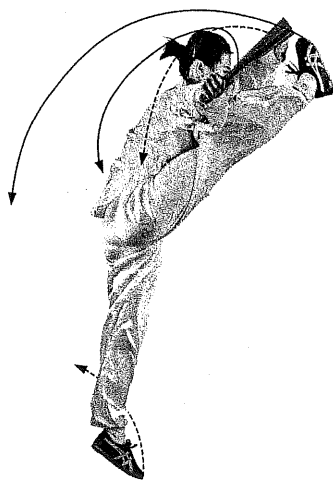


图 53
Fig. 53

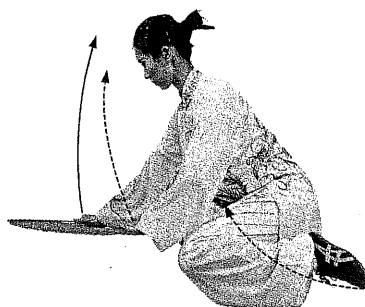


图 54
Fig. 54

要求：原地起跳前不可停顿；击响腿脚尖过肩，击拍准确；击响腿单脚落地时不可出现上体晃动、脚移动或跳动。右脚落地瞬间快速开扇。

Key Point: When jumping from the spot, there should not be any pauses; the toes of the kicking leg should be higher than the shoulder level, the slap should be accurate; when landing the single leg, there should not be any upper body sway, shifting of foot or hopping. When the right leg lands, immediately opens the fan swiftly.

22. 提膝抱扇 Tí Xī Bào Shàn

Knee Raised High Hugging Fan

接上势，重心上移，右腿微屈站稳，左腿屈膝上提，脚尖下垂，成提膝独立；同时，右手持扇（开扇）向右棚出，腕略高于肩，扇柄贴于小臂，扇面斜向上；左掌附于扇沿前方；目视前方。（图 55）

Following the previous stance, raise the body gravity, the right leg bends slightly and stands firm, the left knee raises with the toes pointing down to form a single raised-knee stance; at the same time, the right hand holding the fan (fan



opened) parry horizontally to the right with wrist slightly higher than the shoulder level, the handle of the fan touches against the forearm with the face of the fan facing diagonally upwards; the left hand attaches at the front of the edge of the fan; look to the front. (Figure 55)



图 55
Fig. 55

要求：提膝高过腰，提膝腿脚不可触地，提膝独立与抱扇协调一致。敏捷自然，转换灵活。

Key Points: The raised knee should be higher than the waist level, the foot of the knee raised should not touch the ground; the movements of the knee raised and high hugging fan should be well-coordinated and in unison. The entire movement being agile and natural and the transition being flexible.



第三段 Section Three

23. 左右挂扇 Zuǒ Yòu Guà Shàn

Left & Right Fan Hooking Parry

(1) 接上势，重心下沉，左脚下落于右脚内侧，脚尖内扣，身体右转；右手持扇（开扇）下落于胸前合扇，左手顺着右臂向前平抹；目视扇前方。（图 56、图 56 附图）

(1) Following the previous stance, lower the body gravity, the left foot lowers to the inner side of the right foot, turn the toes inwards, the body turns left; the right hand holding the fan (fan opened) lowers to the front of the chest and closes the fan, the left hand following the right hand's movement wipes horizontally to the front; look towards the front of the fan's direction. (Figure 56、Figure 56 Alternate View)

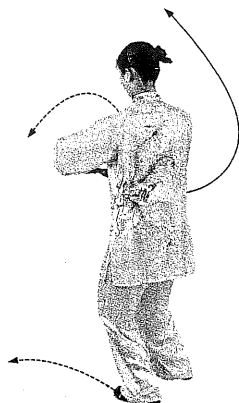


图 56
Fig. 56

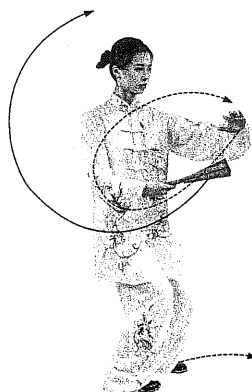


图 56 附图
Fig. 56 Alternate View

(2) 右脚外摆；同时，右手持扇（合扇）向下向后向上划弧置于右额上方，扇首向左前方；左手随右手由下向右向上向左划弧至左前方，掌心向前；目视扇前方。（图 57、图 57 附图）

(2) The right foot turns outwards; at the same time, the right hand holding the fan (fan closed) moves in an arc motion downwards to the rear, then upwards to positions at the upper right forehead, with the tip of the fan pointing to the left front; the left hand, following the right hand's movement, moves in an arc motion from the bottom to the right, then upwards, then to the left and positions at the left



front, with the palm facing forward; look towards the front of the fan's direction.
(Figure 57、Figure 57 Alternate View)



图 57
Fig. 57



图 57 附图
Fig. 57 Alternate View

(3) 左脚向左前方上步，脚尖外摆，身体微左转；同时，右手持扇由上向身体左侧立圆挂扇，力达扇首，左掌指附于右手小臂内侧；目视扇前方。(图 58)

(3) The left foot takes a small step to the left front, turn the toes outwards, turns the body slightly to the left; at the same time, the right hand holding the fan, parry in a vertical circular motion from the top downwards to the left side of the body, the force exerted at the tip of the fan, the left palm attaches at the inner side of the right forearm; look towards the front of the fan's direction. (Figure 58)



图 58
Fig. 58

(4) 重心前移，右脚向左脚前方上步，脚尖外摆，身体微右转；同时，右手持扇外旋由左向上向前向身体右侧立圆挂扇，力达扇首，左掌指附于右手



小臂内侧；目视扇前方。(图 59、图 59 附图)

(4) Shift the body gravity forward, the right foot steps to the front of the left foot, turn the toes outwards, the body turns slightly to the right; at the same time, the right hand holding the fan, rotates outwards and parry in a vertical circular motion from the left upwards, then to the front and then to the right side of the body, the force exerted at the tip of the fan, the left palm attaches at the inner side of the right forearm; look towards the front of the fan's direction. (Figure 59、Figure 59 Alternate View)

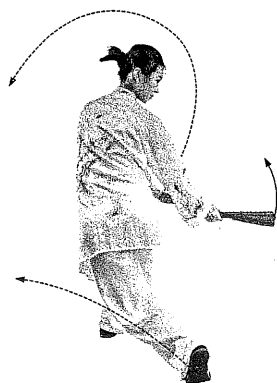


图 59
Fig. 59



图 59 附图
Fig. 59 Alternate View

要求：上步身体重心平稳；右手扣腕，持扇贴身立圆环绕，以腰带手，舒展和顺，连贯圆活。

Key Points: When performing the forward steps, the body should maintain stable and steady; the right wrist flexes while holding the fan, when performing the vertical circular motion, it should be close to the body and using the waist to guide the arms' movements, the movements should be expansive and smooth, continuous and smooth.

24. 虚步点扇 Xū Bù Diǎn Shàn

Empty Stance Fan Pointing

(1) 接上势，左脚向左前方上步，脚尖外摆；同时，左手由右向上向左前摆掌；目视前方。(图 60)

(1) Following the previous stance, the left foot steps to the front left, turn the toes outwards; at the same time, the left hand moves from the right upwards, then positions to the left front; look to the front. (Figure 60)

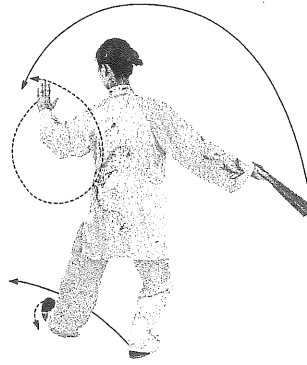


图 60
Fig. 60

(2) 重心前移，身体左转，右脚向左脚前方上步成虚步；同时，右手持扇（合扇）由右后向上向右前下方点击，手腕略低于肩，扇首低于手腕；左臂由前向下向左后立圆呈弧形举至左额上方，掌心向外；目视扇首前方。（图 61）

(2) Shift the body gravity forward, turn the body to the left, the right foot steps to the front of the left foot to form an empty stance; at the same time, the right hand holding the fan (fan closed) moves from the rear right upwards and dotting the fan down to the lower front, the wrist slightly lower than the shoulder and the tip of the fan lower than the wrist; the left arm moves in a vertical circular motion from the front downwards, then to the left, then raises in a curved manner to the upper left above the forehead, with the palm facing outwards; look towards the direction of the fan's tip. (Figure 61)

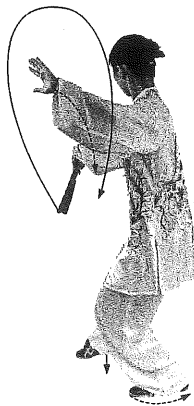


图 61
Fig. 61



要求：步型虚实分明，右手提腕点击，力达扇首，虚步与点扇、左手架掌协调一致。

Key Points: In the empty stance, clearly distinguish the poses of firmness and emptiness. The right wrist should be raised before dotting downwards, the force should be exerted at the tip of the fan. The movements of the empty stance and dotting fan, and the left upward block should be well-coordinated and in unison.

25. 蹬脚架扇 Dēng Jiǎo Jià Shàn

Heel Kick Upward Block Fan

(1)接上势，右脚提收，扣脚落于左脚内侧，身体左转 180°；同时，右手持扇（合扇）随身体左转由右向上向前向下划弧收至腰间，左手附于右手腕；目视前方。（图 62）

(1)Following the previous stance, the right leg raises and retracts, turns inwards and lands at the inner side of the left foot, the body turns 180°to the left; at the same time, the right hand holding the fan (fan closed), following the body turn, moves in an arc motion from the right upwards, then to the front and lowers to the waist, the left hand attaches at the right wrist; look to the front. (Figure 62)

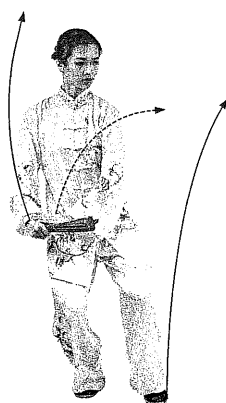


图 62
Fig. 62

(2)重心移至右腿，右腿微屈站稳，左腿屈膝提起，脚尖下垂，随即左脚以脚跟为力点向左侧蹬出；同时，右手持扇（合扇）由腰间向上架于右额上方，扇骨成水平，扇首与蹬脚方向一致；左手向左前方推掌，与蹬脚方向相同，腕与肩平；目视前方。（图 63）

(2)Shift the body gravity to the right leg, bends the right leg slightly and



stands firm, the left knee raises with the toes pointing down, following that, the left heel, using it as an impact force, kicks to the left side; at the same time, the right hand holding the fan (fan closed), rises from the waist to block above the upper right forehead, the fan ribs being horizontal, the tip of the fan should be in the same direction as the heel kick; the left palm pushes to the left front with the wrist at shoulder level, and in the same direction as the heel kick; look to the front. (Figure 63)

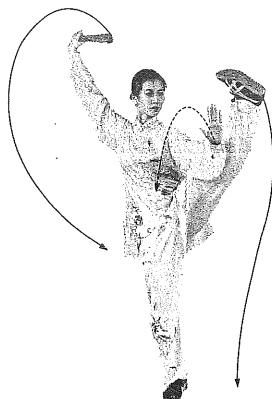


图 63
Fig. 63

要求：左腿蹬直，高于水平；架扇力达扇身；蹬脚与架扇、推掌协调一致。

Key Points: The left leg should be straightened while performing the heel kick and the kick should be higher than the horizontal level; in the upward block fan, the force should be exerted at the body of the fan; the movements of the heel kick, upward block fan and the palm push should be well-coordinated and unison.

26. 后插腿低势平衡开扇 Hòu Chā Tuǐ Dī Shì Píng Héng Kāi Shàn

Low Balance with Leg Crossed Behind Fan Opening

(1) 接上势，左脚屈膝下落，向右脚前方上步；同时，右手持扇（合扇）由上向下向左立圆划弧，左手回收合于右臂内侧；目视前方。（图 64）

(1) Following the previous stance, the left knee bends and lowers, and then steps to the front of the right foot; at the same time, the right hand holding the fan (fan closed) moves in a vertically circular motion from the top downwards to the left, the left hand retracts to the inner side of the right arm; look to the front. (Figure 64)

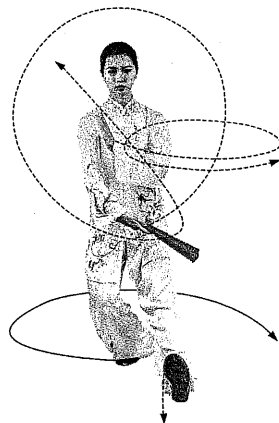


图 64
Fig. 64

(2) 重心移至左腿，左腿屈膝下蹲，右腿向右划弧展开，随即紧贴于左大腿后侧，小腿从左膝后方向前伸出，成后插腿低势平衡；同时，右手持扇（合扇）随右腿展开向右划弧，随即由下向上缓慢开扇置于右额上方，扇面向外；左手向左前方立掌推出，与右脚方向一致；目视左掌前方。（图 65）

(2) Shift the body gravity to the left leg, the left knee bends to a squat, the right leg extends to the right in an arc motion, immediately attaches tightly to the back of the left thigh, the calf extends from the back of the left knee towards the front, forming the back crossed leg low stance balance; at the same time, the right hand holding the fan (fan closed), following the right leg's movement, moves in an arc motion to the right, following that moves from the bottom upwards and slowly opens the fan at the upper right forehead, with the face of the fan facing outwards; the left hand with a vertical palm pushes to the left front, in the same direction as the right foot; look to the front of the left palm. (Figure 65)



图 65
Fig. 65

要求：插出腿脚不可触地，支撑腿大腿低于水平，手不可扶按支撑腿；



右手上举时缓缓打开扇面。

Key Points: The leg that extends out cannot touch the ground, the supporting leg should have the thigh level lower than the horizontal, hand is not allowed to support or press on the supporting leg; when the right hand raises, opens the fan slowly.

27. 提膝转体 180° 合扇 Tí Xī Zhuǎn Tǐ 180° Hé Shàn

Knee Raised Body Turn 180° Fan Closing

(1) 接上势，重心上移，左腿直立，右腿回收提膝；同时，右手持扇（开扇）由右向左屈肘合于左胸前，扇沿向上，左手立掌置于左侧；目视前方。

(1) Following the previous stance, the body gravity rises and straighten the left leg, the right leg retracts and execute a knee raised ; at the same time, the right hand holding the fan (fan opened) moves from the right to the left with elbow bent and positions at the front of the left chest, with the edge of the fan pointing upwards, the left vertical palm positions on the left side; look to the front.

(2) 身体直立，以左脚跟（掌）为轴向右后转体 180°，右腿提膝随身体转动；同时，右手持扇内旋，扇面水平，随身体转动合扇，扇骨与右臂成直线；左手随身体转动平带，合于右手小臂内侧；目视前方。（图 66）

(2) The body core straightens, using the left heel (sole) as the rotational axis to rotate the body 180° to the right rear, the right knee raises as the body turns; at the same time, the right hand holding the fan rotates inwards, with the face of the fan being horizontal, closes the fan as the body turns, the fan ribs align with the right arm in a straight line; the left hand glides horizontally as the body turns and attaches to the inner side of the right forearm; look to the front. (Figure 66)



图 66
Fig. 66



要求：转体平稳，角度不少于 180° ，转体过程中提膝腿不能低于水平。

Key Points: The body turn should be stable and steady, the rotational degrees should not be less than 180° ; while the body is turning, the leg with the knee bent should not be lower than the horizontal level.

28. 提膝持扇 Tí Xī Chí Shàn

Knee Raised Holding Fan

接上势，左腿微屈膝站稳；右腿提膝；同时，右手持扇（合扇），扇骨与右臂成直线，左手合于右手小臂内侧；目视前方。（图 67、图 67 附图）

Following the previous stance, the left knee slightly bends and stands firm; the right knee raises; at the same time, the right hand holding the fan (fan closed), the fan ribs and the right arm align in a straight line, the left hand attaches to the inner side of the right forearm; look to the front. (Figure 67、 Figure 67 Alternate View)



图 67
Fig. 67



图 67 附图
Fig. 67 Alternate View

要求：提膝高过腰；提膝腿脚不可触地。

Key Points: The raised knee should be higher than the waist level; the foot of the raised knee should not touch the ground.

29. 弓步劈扇 Gōng Bù Pī Shàn

Bow Stance Fan Chop

(1) 接上势，身体右转，右脚向右后方上步，随即重心前移，左脚向右脚前方上步，脚尖内扣；同时，右手持扇由左向下向右向上立圆划弧置于头顶上方，左掌指附于右臂内侧；目随扇方向运行。（图 68—图 69）



(1) Following the previous stance, the body turns right, the right foot steps to the rear right, following that, shift the body gravity forward, the left foot steps to the front of the right foot with the toes turn inwards; at the same time, the right hand holding the fan moves downwards in a vertical circular motion from the left, then to the right and raises to above the head, the left palm attach on the inner side of the right forearm; eyes vision follow the movements of the fan. (Figure 69-Figure 69)

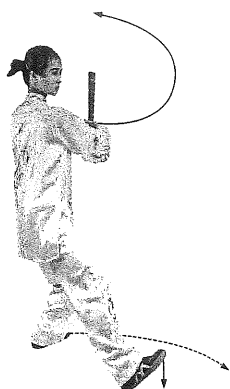


图 68
Fig. 68

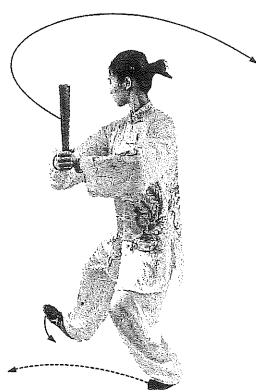


图 68 附图
Fig. 68 Alternate View

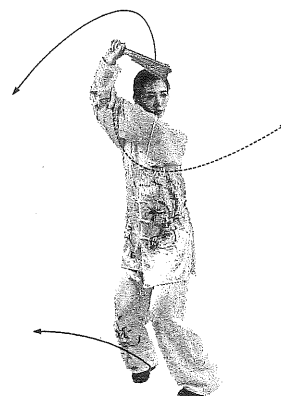


图 69
Fig. 69

(2) 身体继续向右后转动，重心移至左腿，右脚向右前方上步，重心前移成右弓步；同时，右手持扇（合扇）向下劈扇，与肩同高，力达扇身；左手由右向下向左上划弧架于左额上方，掌心斜向上；目视前方目视扇前方。（图 70）

(2) The body continues to turn to the rear right, shift the body gravity to the left leg, the right foot steps to the front right, shift the body gravity forward to form a right bow stance; at the same time, the right hand holding the fan (fan closed) smack downwards, at the shoulder height, with the force exerted on the body of the fan; the left hand moves in an arc motion from the right downwards, then to the upper left and block above the left forehead, with the palm facing diagonally upwards; look to the front of the fan's direction. (Figure 70)



图 70
Fig. 70

要求：转身平稳顺畅，动作一气呵成，弓步时右膝与脚背垂直，全脚着地。

Key Points: The body turn should be stable and smooth, and the entire movement should be completed at one go; in the bow stance, the right knee should align vertically above the instep of the foot and the sole fully steps on the ground.



第四段

Section Four

30. 云扇 Yún Shàn

Clouding Fan

(1) 接上势，重心后移，身体左转，右脚扣脚；同时，右手持扇（合扇）向下向左划弧至左肋旁，左手向下落于身体左侧；目视左手方向。（图 71）

(1) Following the previous stance, shift the body gravity backwards, the body turns left, the right foot turns inwards; at the same time, the right hand holding the fan (fan closed) moves downwards to the left in an arc motion, then to the left side of the rib section, the left hand lowers to the left side of the body; look to the left hand's direction. (Figure 71)

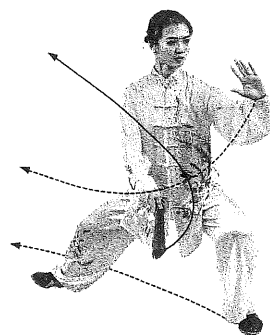


图 71
Fig. 71

(2) 身体微右转，重心移至右腿，左脚向右脚后方插步；同时，右手持扇向上向右划弧至身体右侧平开扇，扇沿向右；左手由左向下向右划弧至右肋旁，掌心向外；目视扇方向。（图 72—图 73）

(2) The body turns slightly to the right, shift the body gravity to the right leg, the left foot steps behind the right foot to form a crossed-leg step; at the same time, the right hand holding the fan moves upwards in an arc motion to the right, and opens the fan horizontally at the right side of the body, with the edge of the fan pointing right; the left hand moves downwards in an arc motion from the left, then to the right and positions at the side of the right rib section with the palm facing outwards; look towards the fan's direction. (Figure 72-Figure 73)

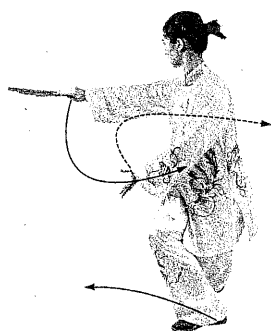


图 72
Fig. 72



图 73
Fig. 73

(3) 身体微左转，右脚向右开步，脚跟着地；同时，右手持扇（开扇）内旋由右向下向左划弧至左肋旁，左手由右向上向左划弧推至身体左侧，掌心向外；目视左手方向。（图 74）

(3) The body turns slightly to the left, the right foot shift a step to the right with the heel touching the ground; at the same time, the right hand holding the fan (fan opened) rotates inwards and moves downwards in an arc motion from the right, then to the left, and then to the side of the left rib section, the left hand moves upwards in an arc motion from the right, then to the left and positions at the left side of the body with the palm facing outwards; look towards the left hand's direction. (Figure 74)

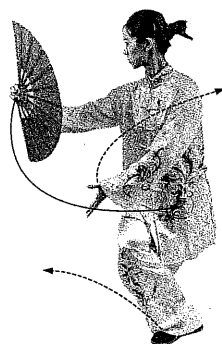


图 74
Fig. 74

(4) 重复动作 2-3。（动作 4 的开扇动作与动作 2 的开扇动作不同，动作 4 右手持扇开扇划弧至身体右侧，扇面向外，扇沿向左。）（图 75）



(4) Repeat movement 2 to 3. (The opened fan in movement 4 is different from that in movement 2. In movement 4, the right hand with the opened fan moves in an arc motion to the right side of the body, with the face of the fan facing outwards and the edge pointing to the left.) (Figure 75)

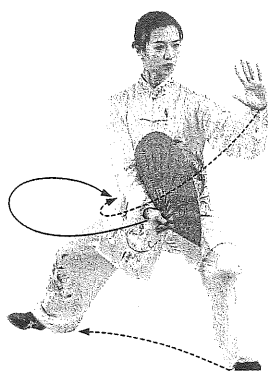


图 75
Fig. 75

要求：以腰带动两手在体前运转缠绕，高不过额，低与腹平。云扇与侧行协调一致。

Key Points: Use the turning of the waist to initiate and guide the hand movements of rotating, turning and wrapping in front of the body. The level of the hand movements should not be higher than the forehead, and not lower than the abdomen level. The movements of clouding and the footwork of stepping sideward should be well-coordinated and in unison.

31. 翻身跳劈扇 Fān Shēn Tiào Pī Shàn

Turn Over Jumping Fan Chop

(1) 接上势，重心移至右腿，左脚收于右脚内侧，前脚掌着地；同时，右手持扇（开扇）由左向下向右后划弧，在右后方合扇；左手由左向下向右摆动；目视扇方向。（图 76、图 76 附图）

(1) Following the previous stance, shift the center of gravity to the right leg, the left foot retracts to the inner side of the right foot with the front sole touching the ground; at the same time, the right hand holding the fan (fan opened) moves downwards in an arc motion from the left, then to the rear right and closes the fan; the left hand swings downwards from the left to the right; look towards the fan's



direction. (Figure 76、Figure 76 Alternate View)



图 76
Fig. 76



图 76 附图
Fig. 76 Alternate View

(2) 重心上移，左脚提起，右脚蹬地向左翻身跳起，空中身体左转 90°；同时，右手持扇（合扇）由右向上置于头顶上方，左手由右向上向左划弧；目视前方。（图 77—图 78）

(2) Raise the body gravity, lift the left leg, the right foot pushes the ground and launch a jump with the body turning to the left, the body turns 90° to the left in mid-air; at the same time, the right hand holding the fan (fan closed) moves upwards from the right and positions above the head, the left hand moves upwards in an arc motion from the right to the left; look to the front. (Figure 77-Figure 78)



图 77
Fig. 77

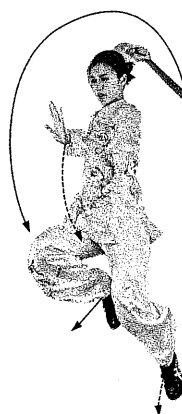


图 78
Fig. 78

(3) 左脚落地，随即右脚下落震踏于左脚前方；同时，右手持扇（合扇）由上向身体右前方下劈，左手下落按于腹前，掌心向下；目视前方。（图 79）



(3) The left foot lands, following that the right foot lands and stamps in front of the left foot; at the same time, the right hand holding the fan (fan closed) moves from the top and smack downwards to the front right of the body, the left hand lowers and presses in front of the abdomen with the palm facing down; look to the front. (Figure 79)

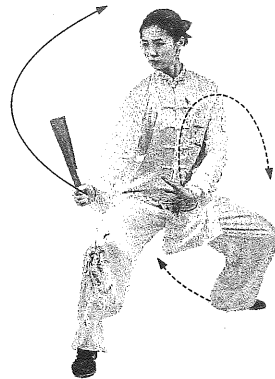


图 79
Fig. 79

要求：跳起上托配合吸气；震脚下劈扇，力达扇身中段；配合呼气下沉；震脚与下劈扇发劲协调一致、震踏有力。

Key Points: The movements of jumping and raising the fan should coordinate with an inhale; when performing the stamping foot and fan chop, the force should be exerted at the middle section of the fan body, and these movements should coordinate with an exhale and lower the body gravity; the movements of the stamping foot and fan chop should be well-coordinated and in unison, the stamping foot should be forceful.

32. 提膝开扇 Tí Xī Kāi Shàn

Knee Raised Fan Opening

接上势，重心移至右腿，左腿屈膝上提，成提膝独立；同时，身体左转，右手持扇（合扇）由右向上，在右肩上方开扇，扇面朝前；左掌变拳，由下向上向左随转体向左下方砸击，拳心向上，力达拳背，两臂微屈；目视前方。（图 80）

Following the previous stance, shift the body gravity to the right leg, the left



knee raises to form a single raised-knee stance; at the same time, turns the body to the left, the right hand holding the fan (fan closed) moves upwards from the right, and opens the fan above the right shoulder, with the face of the fan facing front; the left palm changes to fist, following the body turn, moves upwards from the bottom, then to the left, and smashes down to the left, with the heart of the fist facing upwards and the force exerted on the back of the fist, both arms bend slightly; look to the front. (Figure 80)



图 80
Fig. 80

要求：提膝高过腰，开扇快速有力，两臂抡摆与提膝要协调一致，上、下形成合劲，独立站稳。

Key Points: The raised knee should be higher than the waist level, the fan opening should be swift and forceful; the movements of the arm swing and the knee raise should be well-coordinated and in unison, the upper and the lower limbs movements should exhibit a unifying force, the single-leg stance should be stable.

33. 马步肩靠 Mǎ Bù Jiān Kào

Horse Stance Shoulder Knock

(1) 接上势，左脚向左前方上步，右脚收于左脚内侧，脚掌着地；同时，右手持扇（开扇）由上向右向下划弧，在腹前合扇；左手由下向上向右划弧收至右肩右臂内侧；目视前方。（图 81）

(1) Following the previous stance, the left foot steps to the left front, the right foot retracts to the inner side of the left foot with the front sole touching the ground; at the same time, the right hand holding the fan (fan opened) moves in an



arc motion from the top to the right, then downwards, and closes the fan in front of the abdomen; the left hand moves upwards in an arc motion from the bottom, then to the right, then to the inner side of the right shoulder; look to the front. (Figure 81)

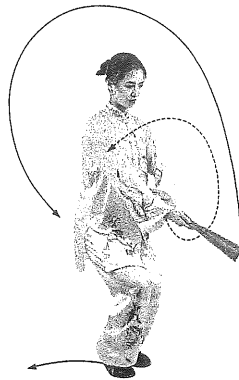


图 81
Fig. 81

(2) 随身体右转，右脚向右前方上步；同时，右手持扇（合扇）由下向上向右后划弧贴于腰后，左手由下向左向前划弧至于右肩内侧；目视前方。（图 82）

(2) Following the body's right turn, the right foot steps to the right front; at the same time, the right hand holding the fan (fan closed) moves upwards in an arc motion from the bottom, then to the rear right, and attaches on the back of the waist, the left hand moves upwards in an arc motion from the bottom to the left, then the front, and then to the inner side of the right shoulder; look to the front. (Figure 82)



图 82
Fig. 82

(3) 重心右移成马步；同时，右肩向右前靠打，右手持扇于背后开扇，扇



面向外，左手附于右肩；目视右腿前方。(图 83)

(3) Shift the body gravity to the right and form a horse stance; at the same time, the right shoulder shifts and execute a leaning knock to the right front, the right hand holding the fan and opens the fan at the back, with the face of the fan facing outwards, the left hand attaches at the right shoulder; look towards the front of the right foot. (Figure 83)



图 83
Fig. 83

要求：马步、靠打和开扇协调配合，肩靠发力迅猛短促，力点准确。

Key Points: The movements of the horse stance, shoulder knock and fan opening should be well-coordinated and harmonized; the shoulder knock should exert a short, sudden and swift force, the impact point should be accurate.

34. 震脚劈扇 Zhèn Jiǎo Pī Shàn

Stamp Feet Fan Chop

(1) 接上势，重心后移，右脚回收于左脚前方成虚步；同时，右手持扇由后向前向上向右划弧合扇，随即两手继续向左右两边向外分开外旋划弧相合于腹前，掌心向上；目视前方。(图 84)

(1) Following the previous stance, shift the body gravity backwards, the right foot retracts to the front of the left foot to form an empty stance; at the same time, the right hand holding the fan moves in an arc motion from the back to the front, then upwards and to the right to close the fan, following that, both hands continue to part to the respective sides and rotating outwards, then move in an arc motion to meet in front of the abdomen, with the palms facing upwards; look to the front. (Figure 84)

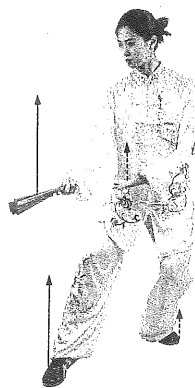


图 84
Fig. 84

(2) 重心上移，右脚提起；左脚蹬地向上腾空起跳，随即双脚依次下落落地，左先右后，右脚在前；同时，两手上托，由上向下劈扇发力，力达扇身；左手下按于腹前；目视前方。(图 85—图 86)

(2) Raise the body gravity, lift the right foot; the left foot pushes the ground and launch a jump, following that, both feet land to stamp on the ground sequentially, with the left foot first then the right, the right foot lands at the front; at the same time, both hands raises upwards and smack downwards with the force exerted on the body of the fan; the left hand presses downwards in front of the abdomen; look to the front. (Figure 85-Figure 86)

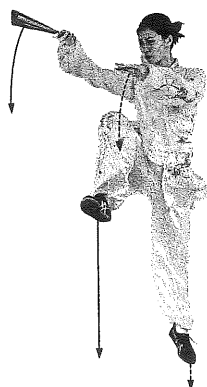


图 85
Fig. 85



图 86
Fig. 86

要求：两臂上托与抬腿蹬地协调一致，两脚依次下落，震踏有力。

Key Points: The movements of raising the arms, right foot, and the jump should be well-coordinated and in unison, both feet land sequentially and the stamping should be forceful.



35. 插步开扇 Chā Bù Kāi Shàn

Back Crossed Step Fan Opening

(1) 接上势，右脚向前上步；同时，右手持扇（合扇）回收至腰间后向前刺扇，左掌指附于右臂内侧；目视扇前方。（图 87）

(1) Following the previous stance, the right foot steps to the front; at the same time, the right hand holding the fan (fan closed) retracts to the waist and follow by a thrust to the front, the left palm attaches on the inner side of the right arm; look towards the front of the fan's direction. (Figure 87)



图 87
Fig. 87

(2) 重心前移，左脚向前跨步，右脚蹬地，身体腾起右转 180°，随即右脚向左后方落地插步，前脚掌着地；同时，右手持扇（合扇）由下向右向上划弧，在头右上方开扇；左手向左侧立掌推出，掌心向外，腕与肩平；目视左手方向。（图 88、图 88 附图）

(2) Shift the body gravity forward, the left foot take a little stride forward, the right foot pushes the ground to jump, the body turns 180° to the right in mid-air, following that, the right foot steps to the back of the left foot to form a back crossed step, with the front sole touching the ground; at the same time, the right hand holding the fan (fan closed) moves in an arc motion from the bottom to the right, then upwards and opens the fan at the upper right of the head; the left vertical palm pushes to the left side, with the palm facing outwards and at the shoulder level; look towards the left hand's direction. (Figure 88、Figure 88 Alternate View)

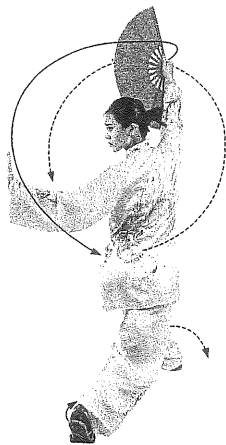


图 88
Fig. 88



图 88 附图
Fig. 88 Alternate

要求：跳插步与推掌开扇协调配合；力达掌根；劲力充足，节奏分明。

Key Points: The jumping back crossed step and the palm push fan opening should be well-coordinated; the force of the palm push should be exerted at the root of the palm; the strength exerted should be sufficient; the rhythm of the movements should be clear and obvious.

36. 马步刺扇 Mǎ Bù Cì Shàn

Horse Stance Fan Thrust

(1) 接上势，身体向右后转身 180° ，重心右移，左脚内扣；同时，右手持扇（开扇）随转身由上向右下落合扇；左手随转身由下向左向上划弧；目随扇方向运行。（图 89）

(1) Following the previous stance, turn the body 180° to the right rear, shift the body gravity to the right, turn the left foot inwards; at the same time, the right hand holding the fan (fan opened), following the body turn, moves downwards from the top to the right and close the fan; the left hand, following the body turn, moves in an arc motion from the bottom to the left, and then upwards. Eyes vision following the movements of the fan. (Figure 89)



图 89
Fig. 89

(2) 重心移至左腿，身体继续右转，右脚回收至左脚内侧，脚尖着地；同时，右手持扇（合扇）回收至腰间，左手向下收至右手腕；目视右手方向。

(2) Shift the body gravity to the left leg, the body continues to turn right, the right foot retracts to the inner side of the left foot, the toes touching the ground; at the same time, the right hand holding the fan (fan closed) retracts to the waist, the left hand lowers to the right wrist; look towards the right hand's direction.

(3) 右脚向右前方上步，脚尖下落，脚跟外展，左脚随右脚跟外展滑步，身体左转 90° 两腿屈膝半蹲，成马步，身体左转；同时，右手持扇从右腰侧向右刺扇，腕与胸平，力达扇首；左手掌经胸前向左推掌，指尖向前，掌心向外，腕与肩平；目视右手方向。（图 90）

(3) The right foot steps to the right front with the front sole lands first then follow by an outward shuffle of the right heel, the left foot glides slightly towards the right following the outward shuffle of the right heel, turn the body 90° to the left to form a horse stance, the body turns left; at the same time, the right hand holding the fan thrust from the right side of the waist to the right, with the wrist at the chest level, the force exerted at the tip of the fan; the left palm moves pass the front of the chest and pushes to the left at the shoulder level, with the fingers pointing to the front and the palm facing outwards; look towards the right hand's direction. (Figure 90)

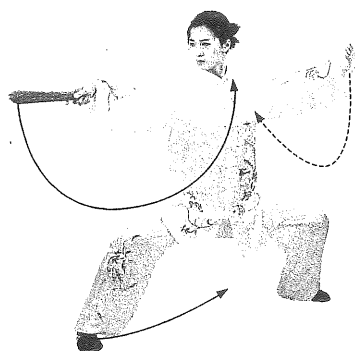


图 90
Fig. 90

要求：扇身平行由后向前刺扇，力达扇身前段；马步与转腰刺扇发劲协调一致。

Key Points: The body of the fan should be horizontal when thrusting to the front, the force exerted at the front section of the body of the fan; the movements of the horse stance and waist turn fan thrust should coordinate to exert the force in unison.

37. 跟步横击扇 Gēn Bù Héng Jī Shàn

Follow-up Step Horizontal Fan Strike

(1) 接上势，重心左移，身体左转，右脚提起；同时，右手持扇（合扇）由右向下向左上平托于胸前，左掌指合于右手小臂内侧；目视前方。（图 91）

(1) Following the previous stance, shift the body gravity to the left, turns the body to the left, raise the right leg; at the same time, the right hand holding the fan (fan closed) moves downwards from the right, and then lifts horizontally to the front of the chest, the left fingers attach to the inner side of the right forearm; look to the front. (Figure 91)



图 91
Fig. 91

(2) 右脚落地震脚，身体微右转；同时，右手持扇（合扇）与左手快速回收至右腰间；目视右手方向。（图 92）



(2) The right foot lowers and stamps on the ground, the body turns slightly to the right; at the same time, the right hand holding the fan (fan closed) and the left hand immediately retracts to the right side of the waist; look towards the right hand's direction. (Figure 92)



图 92
Fig. 92

(3) 左脚向左前方上步，随即右脚跟进半步踏实；同时，右手持扇（合扇）经胸前向左前横向击打发劲，力达扇身，扇骨呈水平；左掌指附于右小臂内侧；目视前方。（图 93）

(3) The left foot steps to the left front, following that, the right foot follows a half step and stem fully on the ground; at the same time, the right hand holding the fan (fan closed) moves pass the front of the chest, strike horizontally and forcefully to the left front, the force being exerted on the body of the fan and the ribs of the fan being horizontal; the left fingers attach on the inner side of the right forearm; look to the front. (Figure 93)

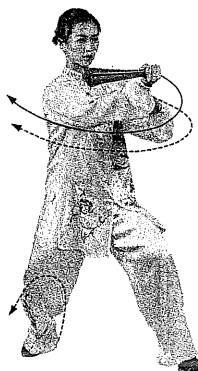


图 93
Fig. 93



要求：跟步与横击扇协调配合，两臂形成合力，以腰发劲，重心在两脚之间。

Key Points: The movements of the follow-up step and horizontal fan strike should be well-coordinated and harmonized; both arms combine into a unifying strength, using the waist to initiate the force; the body gravity rests in the center between the two legs.

38. 行步抹扇 Xíng Bù Mǒ Shàn

Forwarding Step Wiping Fan

(1) 接上势，重心移至左腿，右脚提起；同时，右手持扇（合扇）手臂外旋，左掌指附于右小臂处；目视前方。（图 94）

(1) Following the previous stance, shift the body gravity to the left leg, raise the right leg; at the same time, the right hand holding the fan (fan closed) rotates the arm outwards, the left fingers attach on the right forearm; look to the front. (Figure 94)

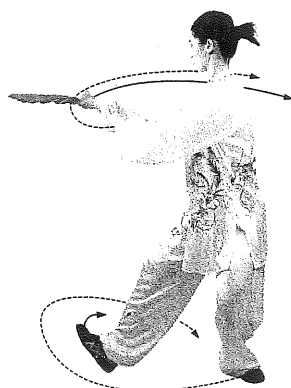


图 94
Fig. 94

(2) 身体右转，右脚向右后方上步，随即左脚向右脚前方弧形上步，脚尖内扣；同时，右手持扇向外平展开扇，随身体右转平抹，扇面水平；左掌指附于右小臂处；目视扇方向。（图 95）

(2) The body turns to the right, the right foot steps to the rear right, following that, the left foot steps to the front of the right foot in a curve manner, with the toes turning inwards; at the same time, the right hand holding the fan, extends horizontally outwards to open the fan, following the body's right turn, wipe horizontally with the face of the fan being horizontal; the left fingers attach on the



right forearm; look towards the fan's direction. (Figure 95)

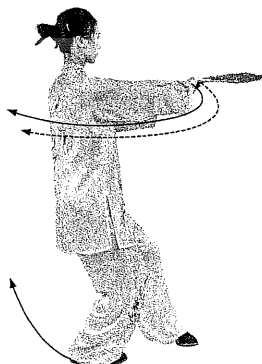


图 95
Fig. 95

(3) 身体右转，右脚撤步成半马步；同时，右手持扇（开扇）内旋，随身体转动回抽至右胸前，扇面向外，左掌指附于右手腕；目视前方。（图 96）

(3) The body turns to the right, the right foot retreats to form a half horse stance; at the same time, the right hand holding the fan (fan opened) rotates inwards, following the body turn, retracts to the front of the right chest, with the face of the fan facing outwards, the left fingers attach on the right wrist; look to the front. (Figure 96)

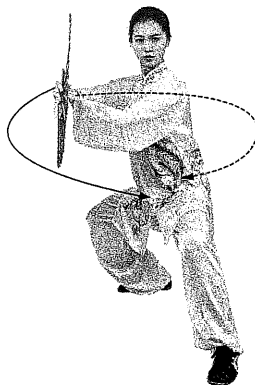


图 96
Fig. 96

要求：行步、转身平稳流畅，轻灵稳健。

Key Points: The movements of forwarding step and body turn should be stable and smooth, agile and steady.



39. 仆步捧扇 Pū Bù Pěng Shàn

Crouching Stance Upholding Fan

(1) 接上势，重心前移，身体左转；同时，右手持扇（开扇）由后向前平带合扇，与左手于体前相合；目视扇前方。（图 97）

(1) Following the previous stance, shift the body gravity forward, the body turns to the left; at the same time, the right hand holding the fan (fan opened) moves horizontally from the back to the front to close the fan, and meets with the left hand at the front of the body; look towards the front of the fan's direction. (Figure 97)



图 97
Fig. 97

(2) 重心后移，左脚尖内扣，右腿屈膝全蹲，左腿平铺伸直，全脚掌着地，成左仆步；同时，右手持扇（合扇）与左手沉落于腹前，左手掌捧于右手背；目视前方。（图 98、图 98 附图）

(2) Shift the body gravity backwards, the left toes turn inwards, the right knee bends to a full squat, the left leg extends and straightens with the full sole touching the ground, forming a left crouching stance; at the same time, the right hand holding the fan (fan closed) together with the left hand sink to the front of the abdomen, with the left palm holding the back of the right hand; look to the front. (Figure 98、Figure 98 Alternate View)



图 98
Fig. 98



图 98 附图
Fig. 98 Alternate View

要求：仆步与捧扇协调配合，动作松沉圆满，动静有序，快慢相间，刚柔相济。

Key Points: The movements of the crouching stance and the upholding fan should be well-coordinated and harmonized, the movements being perfectly aligned and relaxed, the dynamic movements and still poses should be sequential, regulating swiftness and slowness, balancing toughness and gentleness.

40. 收势 Shōu Shì

Ending Position

(1) 接上势，重心上移，身体微右转；同时，左手接扇，右手变掌收至右腰间；目视左手方向。（图 99）

(1) Following the previous stance, raise the body gravity, the body turns slightly to the right; at the same time, the left hand takes over the fan, the right hand changes to palm and retracts to the right side of the waist; look towards the left hand's direction. (Figure 99)



图 99
Fig. 99



(2) 左脚尖外摆，重心移至左腿，右脚上步与左脚成平行步；同时，左手持扇（合扇）由右向前划弧下落至左胯旁，右手由后向右向前平行划弧至右胸前；目视前方。（图 100）

(2) The left toes turn outwards, shift the body gravity to the left leg, the right foot steps forward and aligns parallel with the left foot; at the same time, the left hand holding the fan (fan closed) moves in an arc motion from the right and then lowers to the side of the left hip section, the right hand moves horizontally in an arc motion from the back to the right, then to the front, and then to the front of the right chest; look towards the front. (Figure 100)



图 100
Fig. 100

(3) 重心上移，两腿伸直，右掌下按落于右胯旁；左脚收于右脚内侧，并步站立，两臂自然垂于体侧；目视前方。（图 101—图 102）

(3) Raise the body gravity, straighten both legs, the right palm presses down to the side of the right hip section, the left foot closes in to the side of the right foot, standing with the both feet together, both arms hanging naturally at the sides of the body; look to the front. (Figure 101-Figure 102)



图 101
Fig. 101



图 102
Fig. 102

要求：中正圆活，轻灵沉稳，平和自然，无过不及。

Key Points: The movements should be centered, upright and smooth, agile and steady, calm and natural, without extremes or imbalances, and with precision and control.

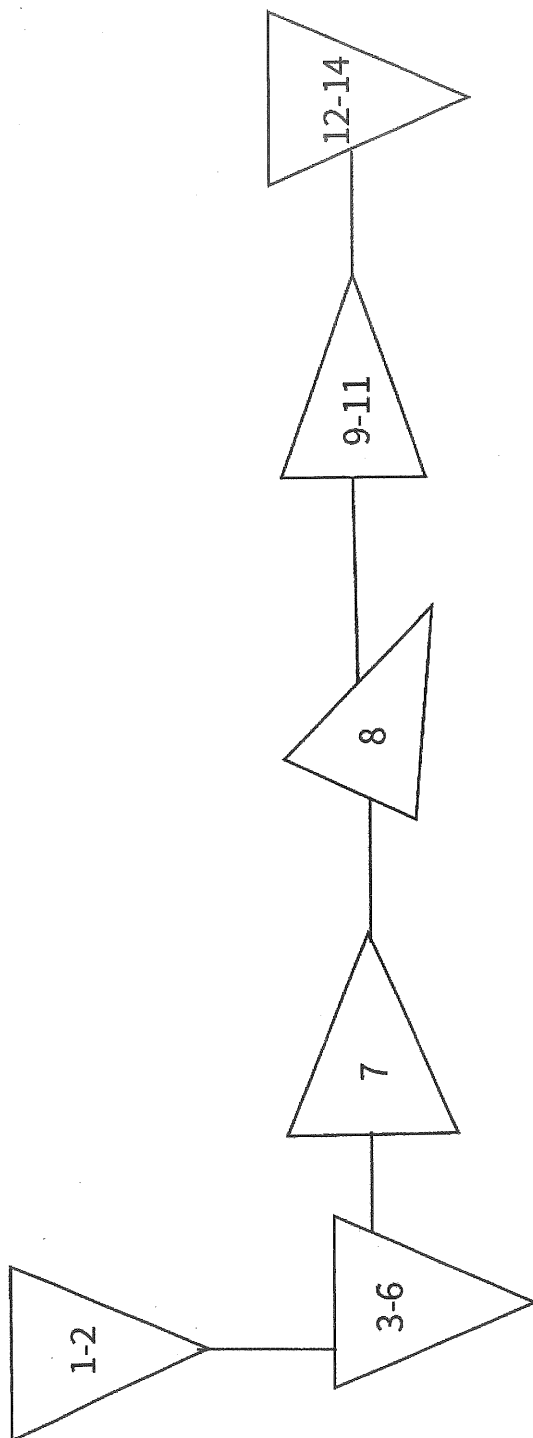


四、太极扇套路动作运行线路示意图

Schematic of Movement Routes of Taijishan Routine

第一段

Section One



1. 起势

Qǐ Shì

Starting Position

2. 震脚捧扇

Zhèn Jiǎo Pěng Shàn

Stamp Feet Upholding Fan

3. 侧弓步持扇

Cè Gōng Bù Chí Shàn

Side Bow Stance Holding Fan

4. 跟步插扇

Gēn Bù Chā Shàn

Follow-up Step Downward Reversed Fan Thrust

5. 跟步抛接扇

Gēn Bù Pāo Jiē Shàn

Follow-up Step Toss & Catch Fan

6. 提膝穿扇

Tí Xī Chuān Shàn

Knee Raised Threading Fan

7. 弓步刺扇

Gōng Bù Cì Shàn

Bow Stance Fan Thrust

8. 虚步撩扇

Xū Bù Liāo Shàn

Empty Stance Fan Uppercut

9. 上步扫扇

Shàng Bù Sǎo Shàn

Advancing Step Sweeping Fan

10. 提膝下刺扇

Tí Xī Xià Cì Shàn

Knee Raised Downward Fan Thrust

11. 退步抽扇

Tuì Bù Chōu Shàn

Retreating Step Withdraw Fan

12. 腾空飞脚

Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

13. 腾空摆莲360°

Téng Kōng Bǎi Lián

Jumping Lotus Kick 360°

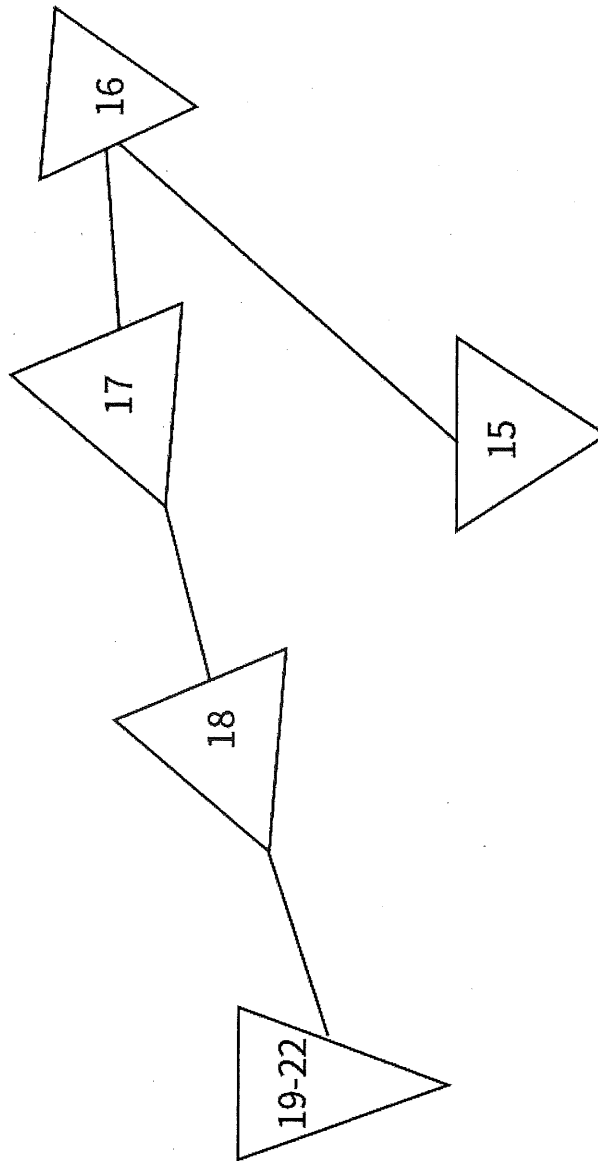
14. 跌叉开扇

Diē Chā Kāi Shàn

Hurdler's Split Fan Opening



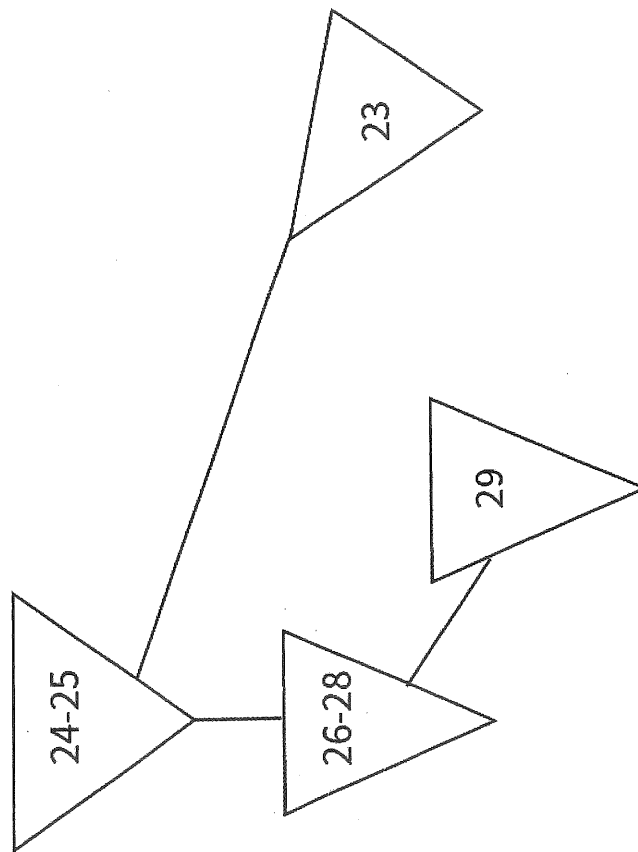
第二段
Section Two



- | | | |
|---|--|--|
| 15. 跟步开扇
Gēn Bù Kāi Shàn
Follow-up Step Fan Opening | 18. 进步绞扇
Jìn Bù Jiǎo Shàn
Forward Step Straight Fan Enveloping | 21. 旋风脚180°开扇
Xuān Fēng Jiǎo 180° Kāi Shàn
Tornado Kick 180° Fan Opening |
| 16. 转身反持扇
Zhuǎn Shēn Fǎn Chí Shàn
Body Turn Reverse Holding Fan | 19. 弓步推扇
Gōng Bù Tuī Shàn
Bow Stance Fan Push | 22. 提膝抱扇
Tí Xī bào Shàn
Knee Raised Upward Fan Thrust |
| 17. 歇步压扇
Xiē Bù Yā Shàn
Cross-legged Crouching Stance Fan Press | 20. 提膝上刺扇
Tí Xī Shàng Cì Shàn
Knee Raised Upward Fan Thrust | |



第三段 Section Three



23. 左右挂扇
Zuǒ Yóu Guà Shàn
Left & Right Fan Hooking Parry
24. 虚步点扇
Xū Bù Diǎn Shàn
Empty Stance Pointing
25. 蹬脚架扇
Dēng Jiǎo Jià Shàn
Heel Kick Upward Block Fan

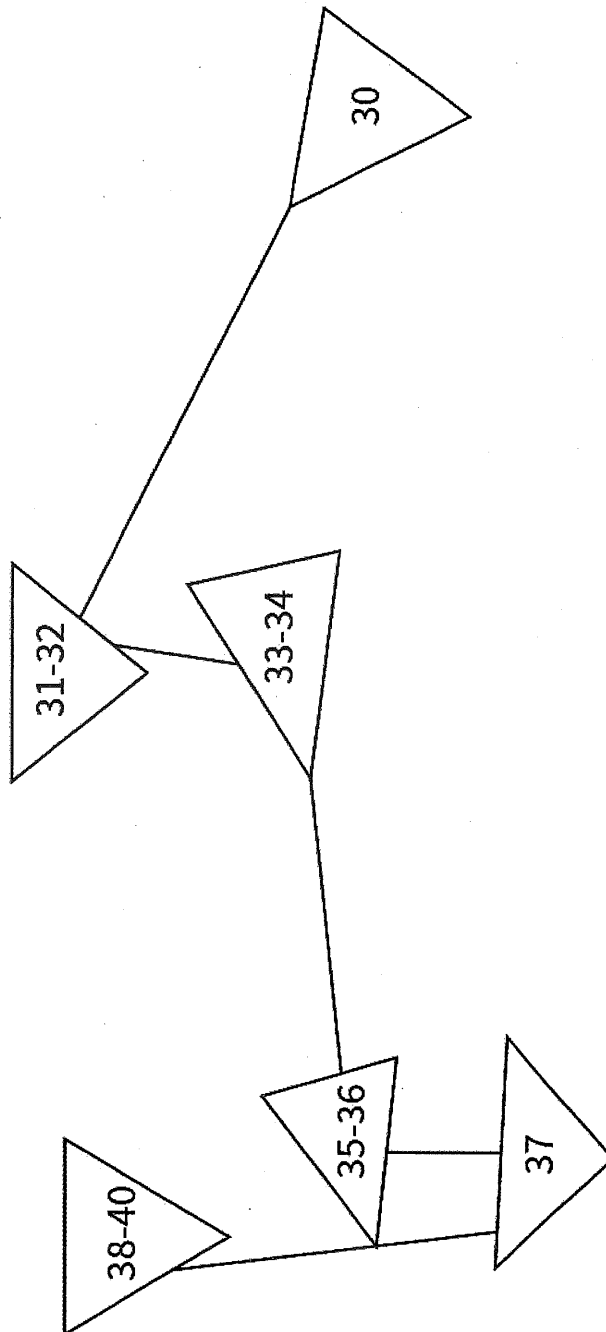
26. 后插腿低势平衡开扇
Hòu Chā Tuǐ Dī Shì Píng Héng Kāi Shàn
Low Balance with Leg Crossed Behind Fan Opening
27. 提膝转体180°合扇
Tí Xī Zhuǎn Tǐ 180° Hé Shàn
Knee Raised Body Turn 180° Fan Closing
28. 提膝持扇
Tí Xī Chí Shàn
Knee Raised Holding Fan

29. 弓步劈扇
Gōng Bù Pī Shàn
Bow Stance Fan Chop



第四段

Section Four



30. 云扇
Yún Shàn
Clouding Fan
31. 翻身跳劈扇
Fān Shēn Tiào Pī Shàn
Turn Over Jumping Fan Chop
32. 提膝开扇
Tí Xī Kāi Shàn
Knee Raised Opening Fan
33. 马步肩靠
Mǎ Bù Jiān Kào
Horse Stance Shoulder Knock

34. 震脚劈扇
Zhèn Jiǎo Pī Shàn
Stamp Feet Fan Chop
35. 插步开扇
Chā Bù Kāi Shàn
Back Crossed Step Fan Opening
36. 马步刺扇
Mǎ Bù Cì Shàn
Horse Stance Fan Thrust
37. 跟步横击扇
Gēn Bù Héng Jī Shàn
Follow-up Step Horizontal Fan Strike

38. 行步抹扇
Xíng Bù Mǒ Shàn
Forwarding Step Wiping Fan
39. 仆步撑扇
Pū Bù Chēng Shàn
Crouching Stance Upholding Fan
40. 收势
Shōu Shì
Ending Position

五、太极扇套路动作连续演示图

Continuous Demonstration Diagram of Movements for Taijishan



图 1
Fig. 1

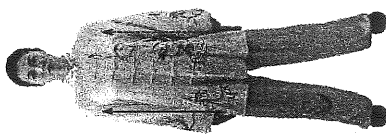


图 2
Fig. 2

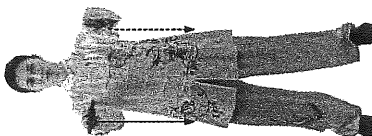


图 3
Fig. 3

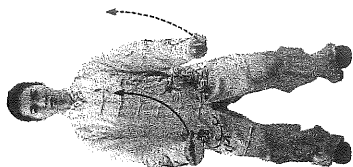


图 4
Fig. 4

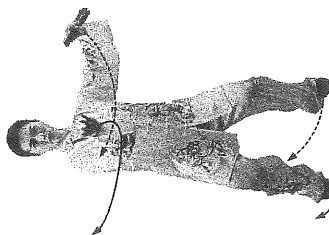


图 5
Fig. 5



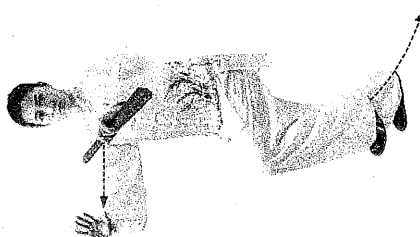


图 6
Fig. 6

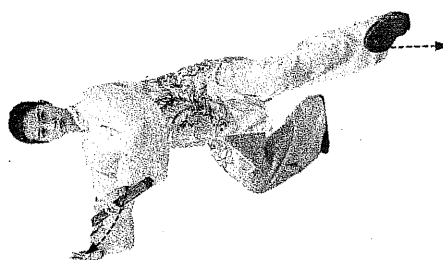


图 7
Fig. 7

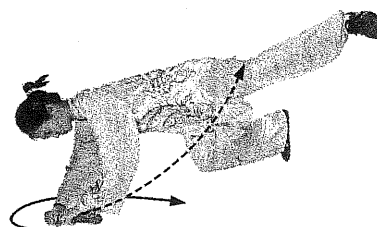


图 8
Fig. 8



图 9
Fig. 9



图 10
Fig. 10

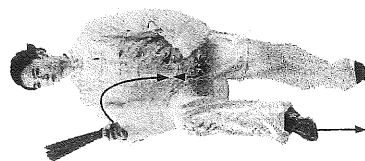


图 11
Fig. 11

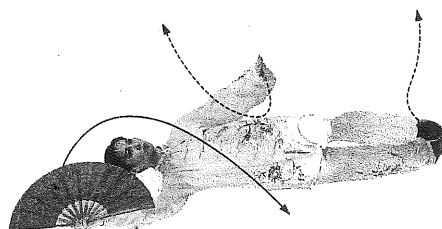


图 12
Fig. 12

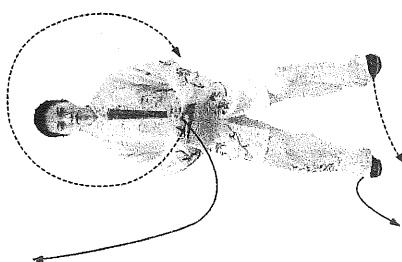


图 13
Fig. 13



图 14
Fig. 14

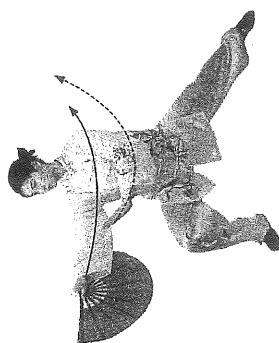


图 15
Fig. 15

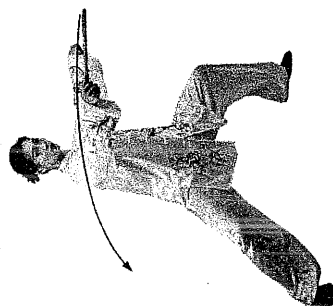


图 16
Fig. 16

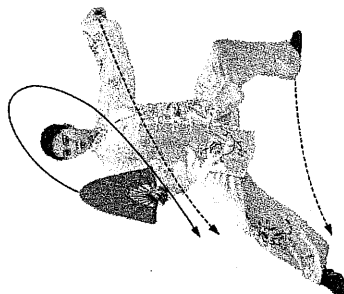


图 17
Fig. 17

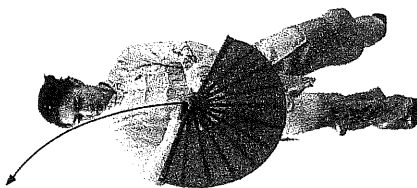


图 18
Fig. 18

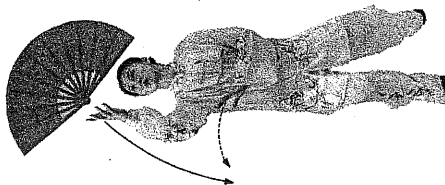


图 19
Fig. 19

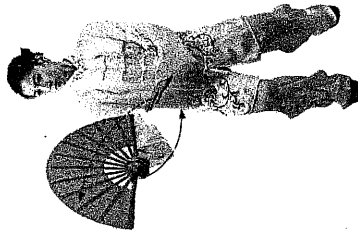


图 20
Fig. 20



图 25
Fig. 25

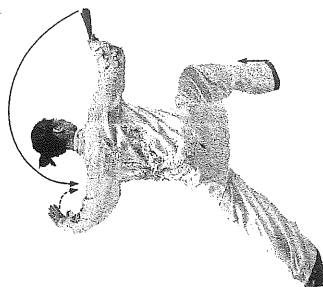


图 24
Fig. 24

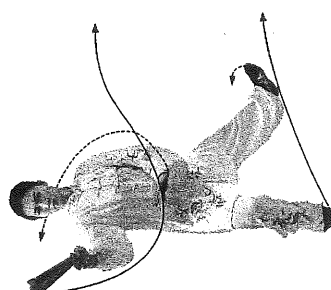


图 23
Fig. 23

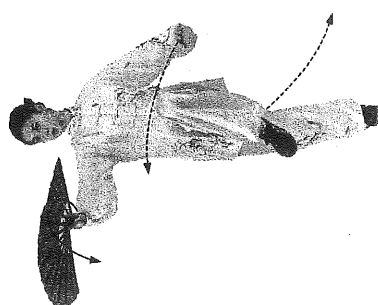


图 22
Fig. 22

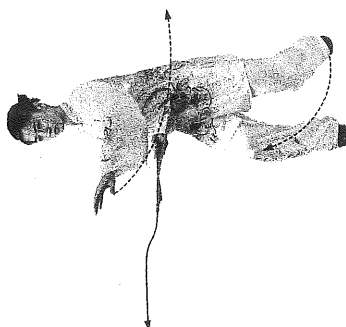


图 21
Fig. 21

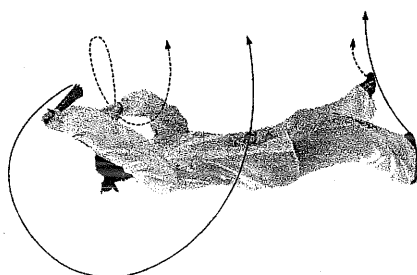


图 26
Fig. 26

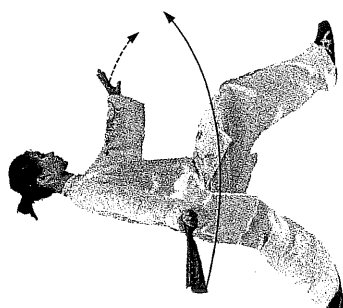


图 27
Fig. 27

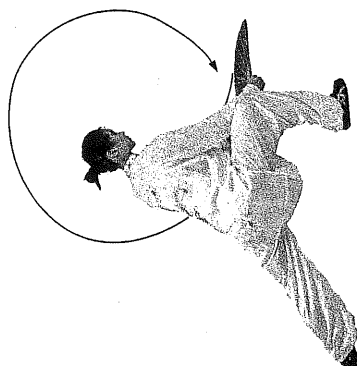


图 28
Fig. 28

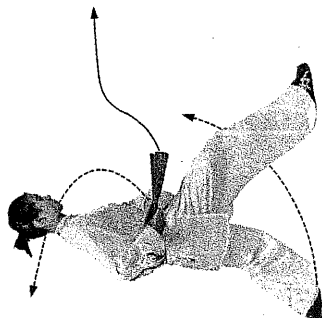


图 29
Fig. 29

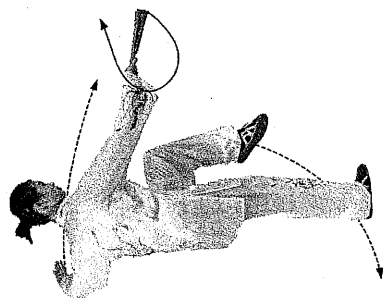


图 30
Fig. 30

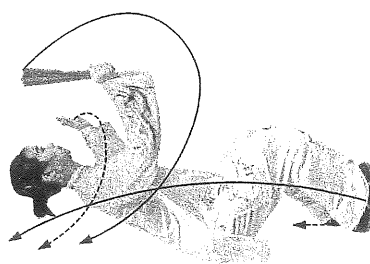


图 35
Fig. 35

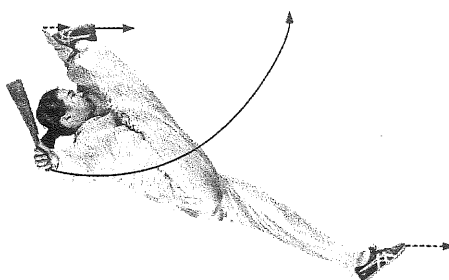


图 34
Fig. 34

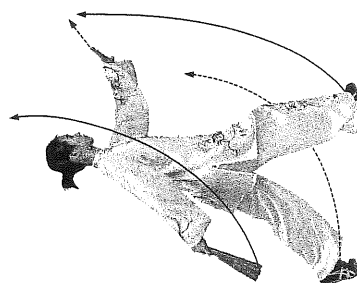


图 33
Fig. 33



图 32
Fig. 32

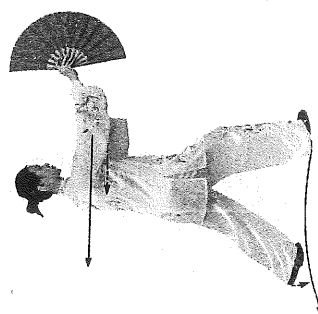


图 31
Fig. 31

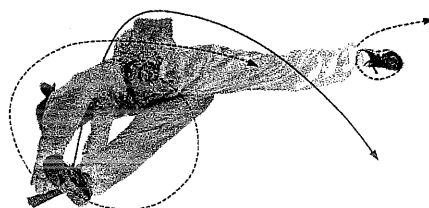


图 36
Fig. 36



图 37
Fig. 37

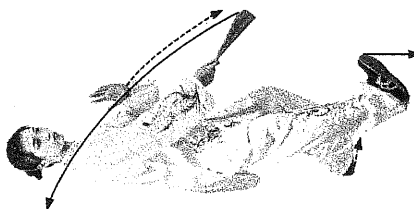


图 38
Fig. 38

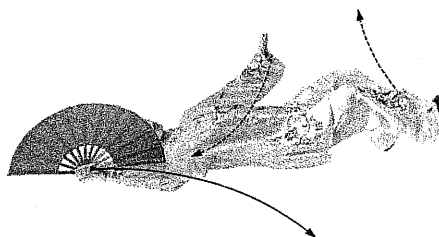


图 39
Fig. 39

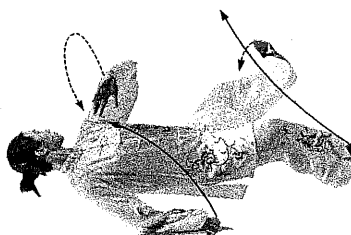


图 40
Fig. 40

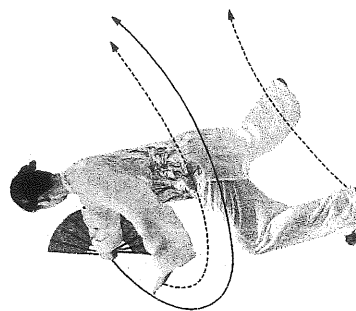


图 41
Fig. 41

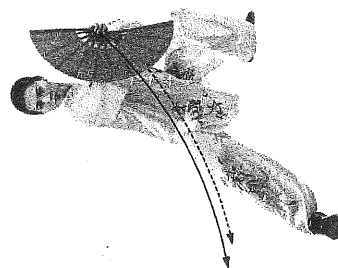


图 42
Fig. 42

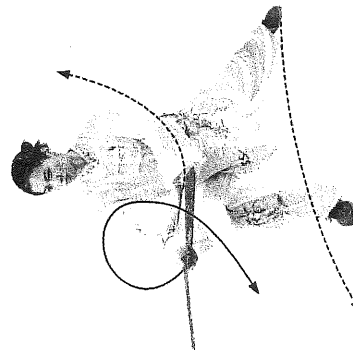


图 43
Fig. 43



图 44
Fig. 44

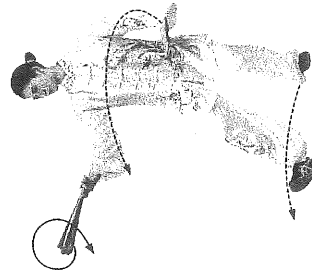


图 45
Fig. 45

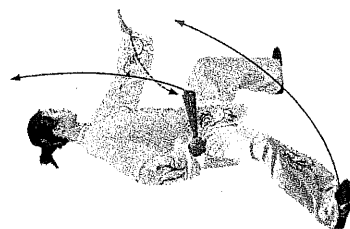


图 50
Fig. 50



图 49
Fig. 49

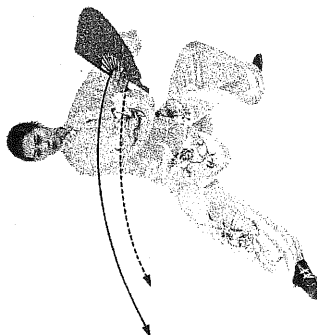


图 48
Fig. 48

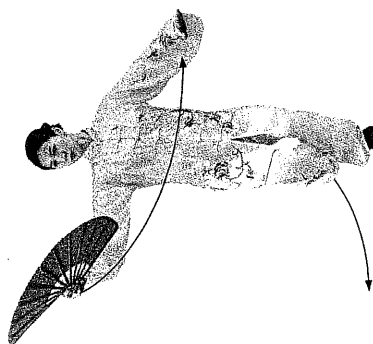


图 47
Fig. 47

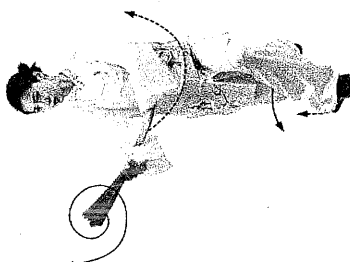


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Fig. 46

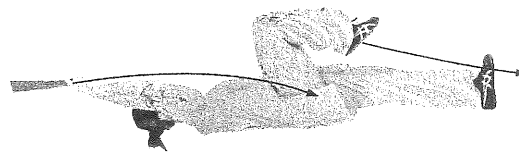


图 55
Fig. 55

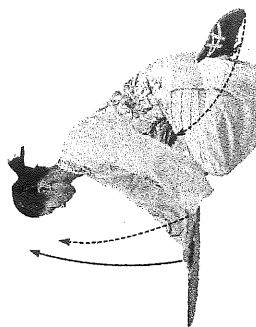


图 54
Fig. 54

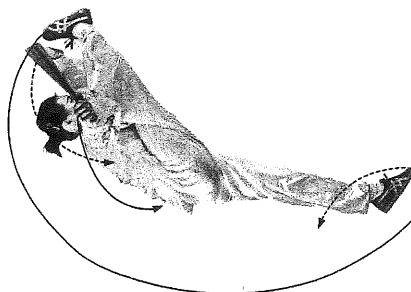


图 53
Fig. 53

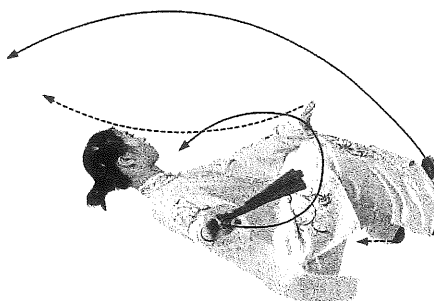


图 52
Fig. 52

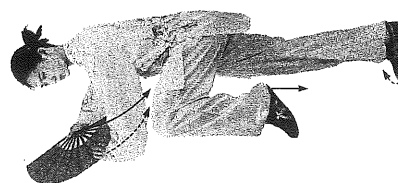


图 51
Fig. 51

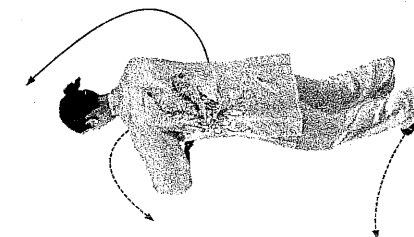


图 56
Fig. 56

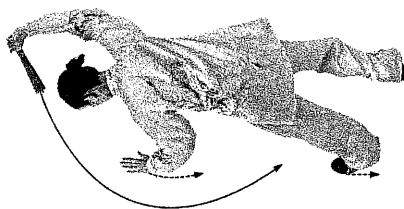


图 57
Fig. 57

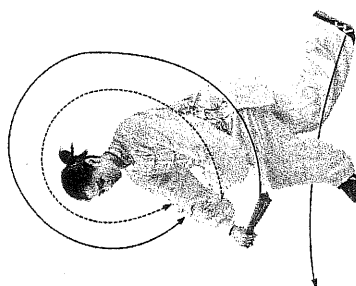


图 58
Fig. 58

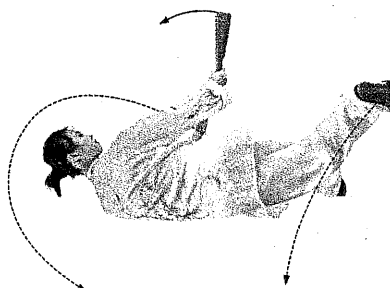


图 59
Fig. 59

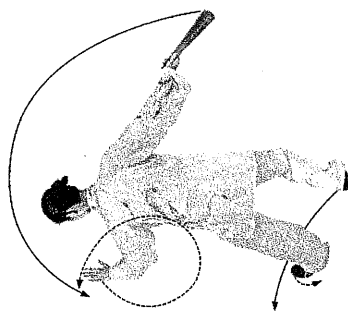


图 60
Fig. 60

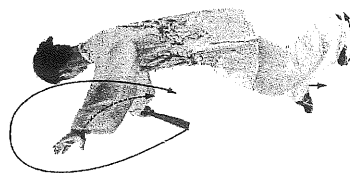


图 61
Fig. 61

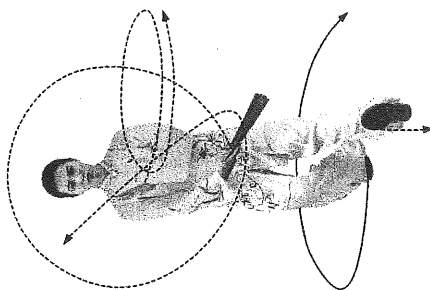


图 62
Fig. 62

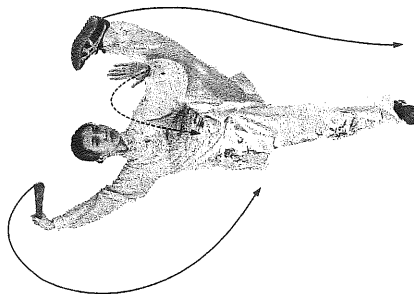


图 63
Fig. 63

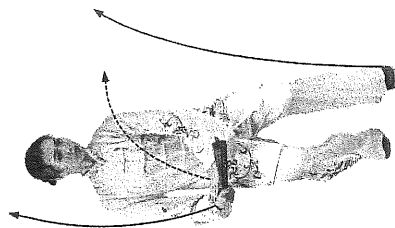


图 64
Fig. 64

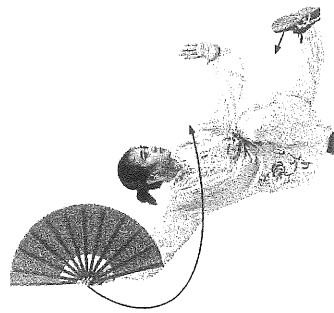


图 65
Fig. 65

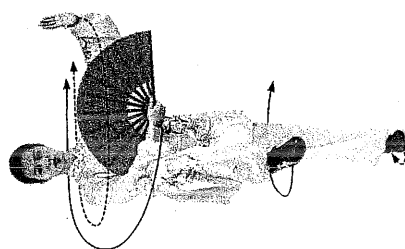


图 66
Fig. 66

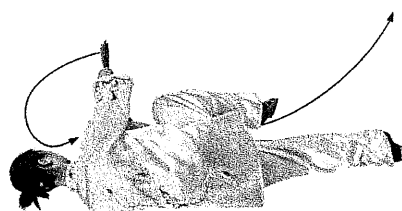


图 67
Fig. 67

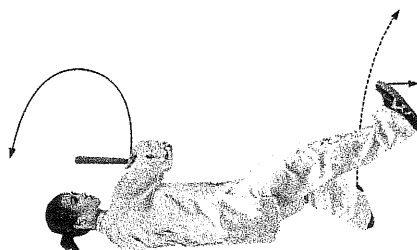


图 68
Fig. 68

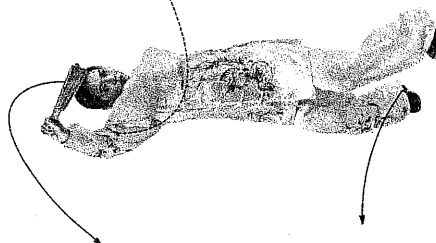


图 69
Fig. 69



图 70
Fig. 70

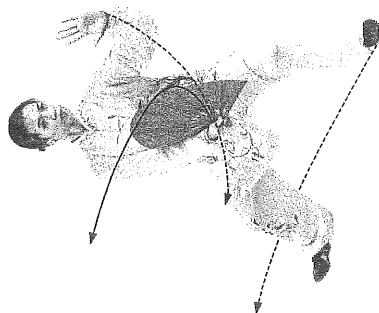


图 75
Fig. 75

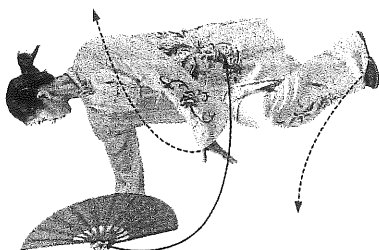


图 74
Fig. 74

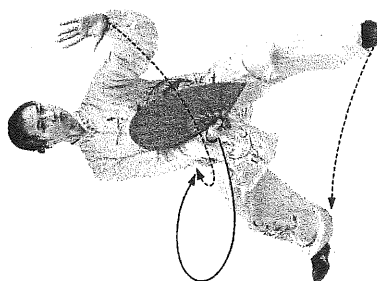


图 73
Fig. 73

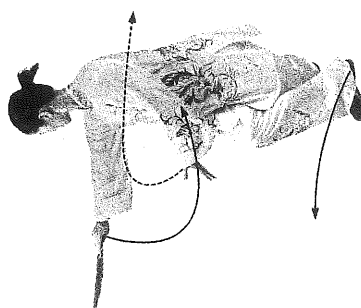


图 72
Fig. 72

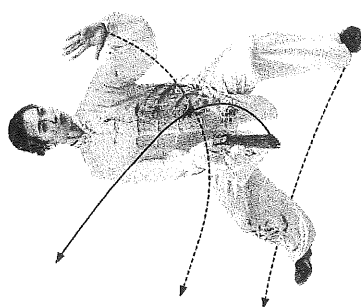


图 71
Fig. 71

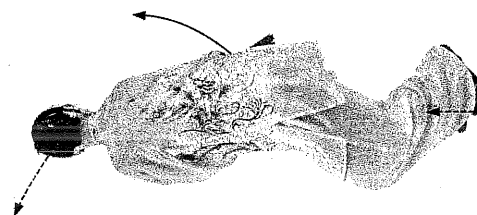


图 76
Fig. 76

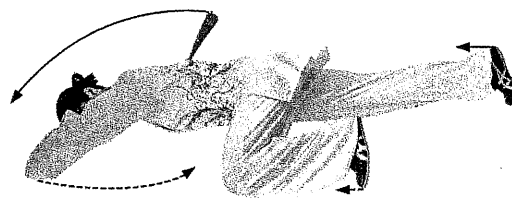


图 77
Fig. 77

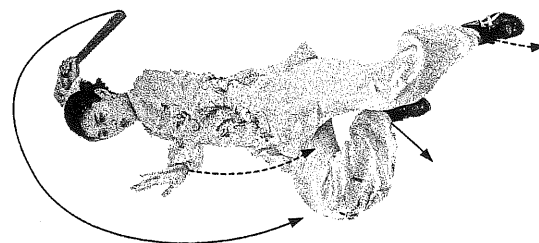


图 78
Fig. 78

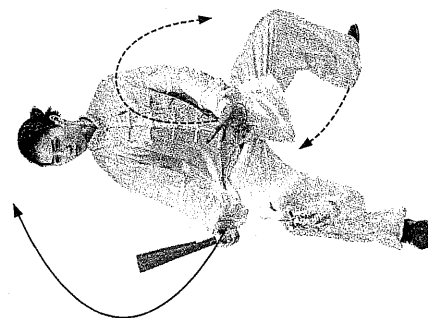


图 79
Fig. 79

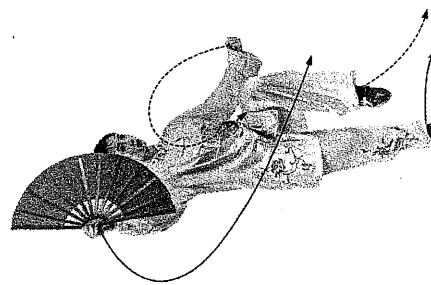


图 80
Fig. 80

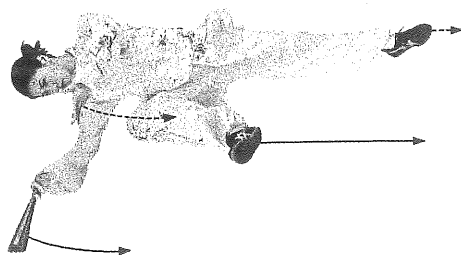


图 85
Fig. 85

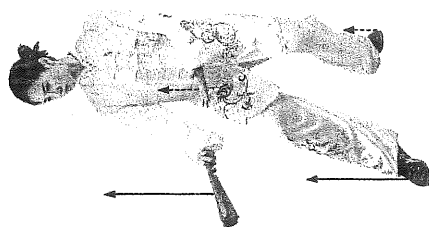


图 84
Fig. 84

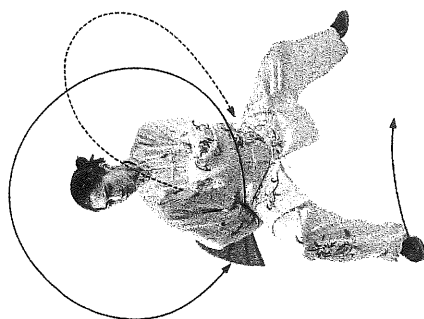


图 83
Fig. 83

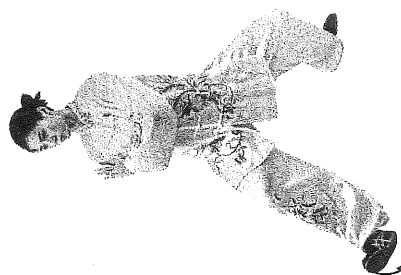


图 82
Fig. 82

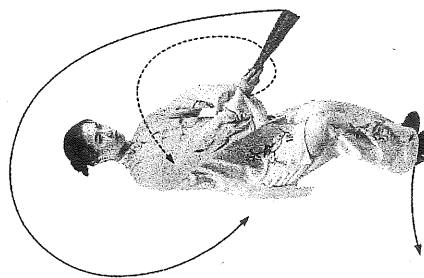


图 81
Fig. 81



图 86
Fig. 86

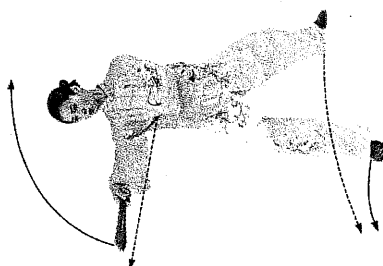


图 87
Fig. 87

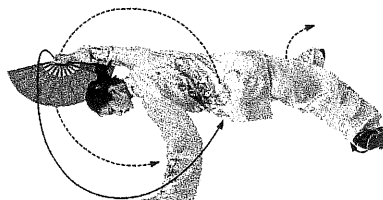


图 88
Fig. 88

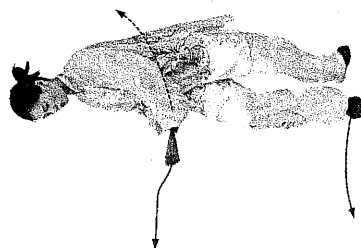


图 89
Fig. 89

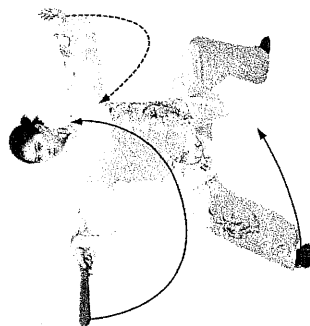


图 90
Fig. 90



图 91
Fig. 91

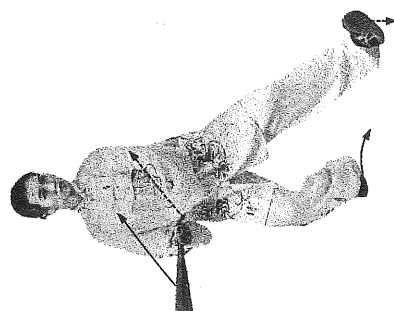


图 92
Fig. 92

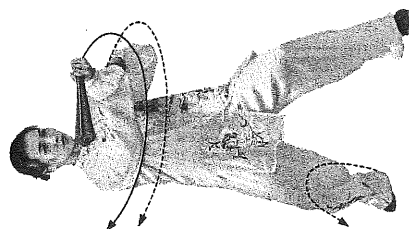


图 93
Fig. 93

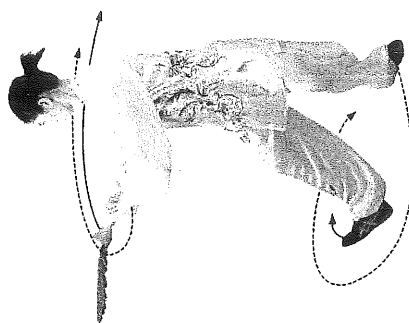


图 94
Fig. 94

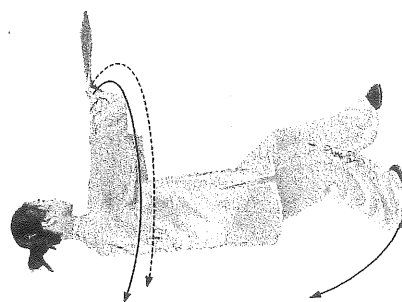


图 95
Fig. 95

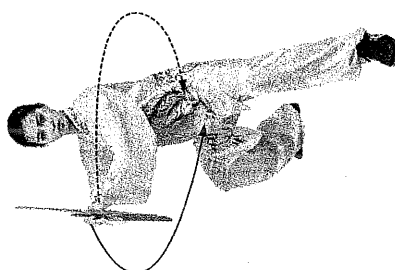


图 96
Fig. 96



图 97
Fig. 97

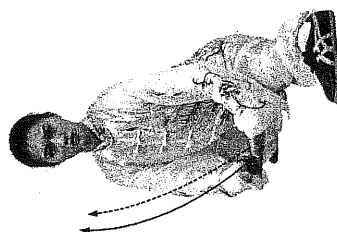


图 98
Fig. 98

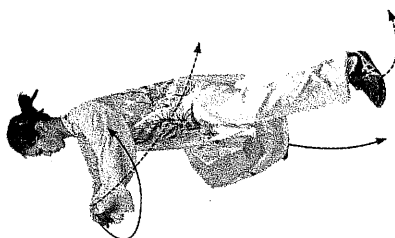


图 99
Fig. 99



图 100
Fig. 100



图 102
Fig. 102

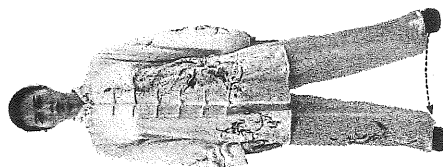


图 101
Fig. 101

