

白鹤展翼

Báihè zhǎn yì

White Crane Spreads its Wings

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| 预备式 | Yùbèi shì | Preparation ceremony |
| 1. 起式请拳 | Qǐ shì qǐng quán | Opening salute |
| 2. 半月沉江 | Bànyuè chén jiāng | Half-moon sinks into the river |
| 3. 孩儿捧花 | Háier pěng huā | Child offers the flower |
| 4. 双枝昭阳 | Shuāng zhī zhāo yang | Twin branches face the sun |
| 5. 观音叠座 | Guānyīn dié zuò | Guanyin crosses the pillars |
| 6. 黄蜂出巢 | Huángfēng chū cháo | The wasp leaves the nest |
| 7. 双枝昭阳 | Shuāng zhī zhāo yang | Twin branches face the sun |
| 8. 白鹤献爪 | Báihè xiàn zhǎo | White crane displays its claws |
| 9. 黄蜂出巢 | Huángfēng chū cháo | The wasp leaves the nest |
| 10. 双枝昭阳 | Shuāng zhī zhāo yang | Twin branches face the sun |
| 11. 白鹤献爪 | Báihè xiàn zhǎo | White crane displays its claws |
| 12. 白鹤弹翅 | Báihè dàn chì | White crane flicks its wing |
| 13. 锦盘摇珠 | Jǐn pán yáo zhū | Coil the brocade, shake the pearls |
| 14. 仙人打鼓 | Xiānrén dǎgǔ | The immortal plays the drum |
| 15. 玷鞋出线 | Diàn xié chūxiàn | Pull the laces, break the shoe |
| 16. 铰刀剪芙蓉 | Jiǎo dāo jiǎn fúróng | The scissors cut the lotus |
| 17. 霸王开弓 | Bàwáng kāi gōng | Tyrant king draws the bow |
| 18. 白鹤盖博 | Báihè gài bó | White crane covers its shoulder |
| 19. 白鹤扑翼 | Báihè pū yì | White crane flaps its wing |
| 20. 青龙滚水 | Qīnglóng gǔnshuǐ | Green dragon rolls/boils the water |
| 21. 青龙滚水 | Qīnglóng gǔnshuǐ | Green dragon rolls/boils the water |
| 22. 蝴蝶双飞 | Húdié shuāngfēi | Twin butterflies in flight |
| 23. 拨水求鱼 | Bō shuǐ qiú yú | Part the water, seek the fish |
| 24. 千斤称出 | Qiānjīn chēng chū | Lifting a thousand catties |
| 25. 双枝昭阳 | Shuāng zhī zhāo yang | Twin branches face the sun |
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| 27. 蝴蝶双飞 | Húdié shuāngfēi | Twin butterflies in flight |
| 28. 拨水求鱼 | Bō shuǐ qiú yú | Part the water, seek the fish |
| 29. 金钟罩地 | Jīn zhōng zhào de | The golden bell covers the earth |
| 30. 白鹤剪翅 | Báihè jiǎn chì | White crane scissors its wings |
| 31. 利刀削竹 | Lì dāo xiāo zhú | The knife peels bamboo |
| 32. 将军出箭 | Jiāngjūn chū jiàn | The general shoots an arrow |
| 33. 双枝昭阳 | Shuāng zhī zhāo yang | Twin branches face the sun |
| 34. 蝴蝶双飞 | Húdié shuāngfēi | Twin butterflies in flight |
| 35. 拨水求鱼 | Bō shuǐ qiú yú | Part the water, seek the fish |
| 36. 千斤称出 | Qiānjīn chēng chū | Lifting a thousand catties |
| 37. 双枝昭阳 | Shuāng zhī zhāo yang | Twin branches face the sun |
| 38. 白鹤剪翅 | Báihè jiǎn chì | White crane scissors its wings |
| 39. 鹤翅裁腰 | Hè chì cái yāo | Crane wing cuts the waist |
| 40. 白鹤独立 | Báihè dúlì | White crane stands alone |

41. 狗子浚水	Gǒu zi jùn shuǐ	Dog shakes off water
42. 黄蜂出巢	Huángfēng chū cháo	The wasp leaves the nest
43. 双枝昭阳	Shuāng zhī zhāo yang	Twin branches face the sun
44. 白鹤献爪	Báihè xiàn zhǎo	White crane displays its claws
45. 黄蜂出巢	Huángfēng chū cháo	The wasp leaves the nest
46. 双枝昭阳	Shuāng zhī zhāo yang	Twin branches face the sun
47. 白鹤献爪	Báihè xiàn zhǎo	White crane displays its claws
48. 白鹤弹翅	Báihè dàn chì	White crane flicks its wing
49. 锦盘摇珠	Jǐn pán yáo zhū	Coil the brocade, shake the pearls
50. 仙人打鼓	Xiānrén dǎgǔ	The immortal plays the drum
51. 玷鞋出线	Diàn xié chūxiàn	Pull the laces, break the shoe
52. 铰刀剪芙蓉	Jiǎo dāo jiǎn fúróng	The scissors cut the lotus
53. 霸王开弓	Bàwáng kāi gōng	Tyrant king draws the bow
54. 白鹤盖膊	Báihè gài bó	White crane covers its shoulder
55. 白鹤扫翅	Báihè sǎo chì	White crane sweeps its wing
56. 青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
57. 回马一枪	Huí mǎ yī qiāng	Return horse, single spear
58. 白鹤扫翅	Báihè sǎo chì	White crane sweeps its wing
59. 一枝梅花	Yīzhī méihuā	Plum flower branch
60. 白鹤引颈	Báihè yǐnjǐng	White crane extends its neck
61. 鹤翅裁腰	Hè chì cái yāo	Crane wing cuts the waist
62. 青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
63. 双龙抢珠	Shuānglóng qiǎng zhū	Twin dragons seize the pearl
64. 白鹤扇膊	Báihè shàn jiǎ	White crane fans its shoulder
65. 白鹤扇膊	Báihè shàn jiǎ	White crane fans its shoulder
66. 黄牛洗角	Huángniú xǐ jiǎo	Ox bathes its horns
67. 锦盘摇珠	Jǐn pán yáo zhū	Coil the brocade, shake the pearls
68. 仙人摘桃	Xiānrén zhāi táo	The immortal plucks a peach
69. 仙人摘花	Xiānrén zhāihuā	The immortal picks a flower
70. 青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
71. 飞天砍斧	Fēitiān kǎn fǔ	Feitian chops, cuts with an axe
72. 十字打手	Shízì dǎshǒu	Cross hand strike
73. 鹤翅垂落	Hè chì chuíluò	Crane wings sink down
74. 白鹤弹膊	Báihè dàn bó	White crane shoots its shoulder
75. 白鹤吻嘴	Báihè wěn zuǐ	White crane pecks with its beak
76. 白鹤缠脖	Báihè chán bó	White crane coils the neck
77. 白鹤圈头	Báihè quān tóu	White crane circles its head
78. 鹤翅垂落	Hè chì chuíluò	Crane wings sink down
79. 收式请拳	Shōu shì qǐng quán	Closing salute
80. 半月沉江	Bànyuè chén jiāng	Half-moon sinks into the river
81. 收式还原	Shōu shì huányuán	Close and return to original state