

**鸭子余水****Yāzi Cuān Shuǐ****Duck Skims Water**

- |     |      |                      |  |
|-----|------|----------------------|--|
|     | 预备势  | Yùbèi shì            | Preparation ceremony   |
| 1.  | 请拳起势 | Qǐ shì qǐng quán     | Opening salute   |
| 2.  | 半月沉江 | Bànyuè chén jiāng    | Half-moon sinks into the river   |
| 3.  | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun   |
| 4.  | 观音叠座 | Guānyīn dié zuò      | Guanyin crosses the pillars  |
| 5.  | 画眉踏架 | Huàméi tà jià        | Thrush steps on the shelf  |
| 6.  | 蝴蝶双飞 | Húdié shuāngfēi      | Twin butterflies in flight   |
| 7.  | 拨水求鱼 | Bō shuǐ qiú yú       | Part the water, seek the fish  |
| 8.  | 千斤称出 | Qiānjīn chēng chū    | Lifting a thousand catties   |
| 9.  | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun   |
| 10. | 画眉踏架 | Huàméi tà jià        | Thrush steps on the shelf  |
| 11. | 蝴蝶双飞 | Húdié shuāngfēi      | Twin butterflies in flight   |
| 12. | 拨水求鱼 | Bō shuǐ qiú yú       | Part the water, seek the fish  |
| 13. | 千斤称出 | Qiānjīn chēng chū    | Lifting a thousand catties   |
| 14. | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun   |
| 15. | 美女照镜 | Měinǚ zhào jìng      | Beauty looks in the mirror   |
|     | 锦盘摇珠 | Jǐn pán yáo zhū      | Coil the brocade, shake the pearls   |
| 16. | 电母闪烁 | Diànmǔ shǎn shuò     | Dianmu flickers lightning<br>(Goddess of lightning, assistant of Lei Gong) |
| 17. | 鸭子余水 | Yāzi cuān shuǐ       | Duck boils/skims water   |
| 18. | 雷公上树 | Léi gōng shàng shù   | Lei Gong climbs the tree (God of Thunder)                                  |
| 19. | 蜈蚣吐珠 | Wúgōng tǔ zhū        | Centipede spits the pearls   |
| 20. | 霸王开弓 | Bàwáng kāi gōng      | Tyrant king draws the bow  |
| 21. | 白鹤盖膊 | Báihè gài bó         | White crane covers its shoulder  |
| 22. | 白鹤扫翅 | Báihè sǎo chì        | White crane sweeps its wing  |
| 23. | 青龙滚水 | Qīnglóng gǔnshuǐ     | Green dragon rolls/boils the water   |
| 24. | 回马一枪 | Huí mǎ yī qiāng      | Return horse, single spear   |
| 25. | 青龙出水 | Qīnglóng chūshuǐ     | Green dragon comes out of the water  |
| 26. | 反手闭门 | Fǎnshǒu shuān mén    | Backhand bolts the door  |
| 27. | 正手闭门 | Zhèngshǒu shuān mén  | Forehand bolts the door  |
| 28. | 锦盘摇珠 | Jǐn pán yáo zhū      | Coil the brocade, shake the pearls   |
| 29. | 仙人摘桃 | Xiānrén zhāi táo     | The immortal picks a peach   |
| 30. | 仙人摘花 | Xiānrén zhāi huā     | The immortal picks a flower  |
| 31. | 横弓出箭 | Héng gōng chū jiàn   | Horizontal bow shoots an arrow   |
| 32. | 利刀削竹 | Lì dāo xiāo zhú      | The knife peels bamboo   |
| 33. | 白鹤盖膊 | Báihè gài bó         | White crane covers its shoulder  |
| 34. | 白鹤扫翅 | Báihè sǎo chì        | White crane sweeps its wing  |
| 35. | 青龙滚水 | Qīnglóng gǔnshuǐ     | Green dragon rolls/boils the water   |

36.	反手闭门	Fǎnshǒu shuān mén	Backhand bolts the door
37.	正手闭门	Zhèngshǒu shuān mén	Forehand bolts the door
38.	白鹤冲天	Báihè chōngtiān	White crane soars to the sky
39.	关公射箭	Guāngōng shèjiàn	Lord Guan shoots an arrow
40.	秋风扫地	Qiūfēng sǎodì	Autumn wind sweeps the floor
41.	白鹤弹腿	Báihè dàn tuǐ	White crane flicks its leg
42.	青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
43.	白鹤弹翼	Báihè dàn yì	White crane flicks its wing
44.	白鹤缠脖	Báihè chán bó	White crane coils its neck
45.	凤尾垂落	Fèng wěi chuíluò	Phoenix lowers its tail
46.	请拳收势	Qǐng quán shōu shì	Salute
47.	半月沉江	Bànyuè chén jiāng	Half-moon sinks into the river
	收势	Shōu shì	Closing ceremony