

站桩 Zhan Zhuang – Standing Pillar

撑抱桩	Holding by Embracing Pillar	Cheng Bao Zhuang
扶按桩	Pressing and Lifting Pillar	Fu An Zhuang
提抱桩	Holding by Lifting Pillar	Ti Bao Zhuang
提插桩	Lifting Piercing Pillar	Ti Cha Zhuang
俯抱桩	Covering and Holding Pillar	Fu Bao Zhuang
推托桩	Pushing up and Supporting Pillar	Tui Tuo Zhuang
休息桩	Resting Pillar	Xiu Xi Zhuang
浑元桩	Primeval Void Pillar	Hui Yuan Zhuang
勾挂桩	Hanging Hook Pillar	Gou Gua Zhuang
撑托桩	Pushing up Supporting Pillar	Cheng Tuo Zhuang
独立桩	Single Stance Pillar	Du Li Zhuang
降龙桩	Descending Dragon Pillar	Jiong Long Zhuang
大式桩	Taming the Tiger Pillar	Da Shi Zhuang

步法 Bu Fa – Stepping and Kicks

摩擦步	Friction Step	Mo Ca Bu
大步平衡	Big Stepping	Da Heng Ping Bu
外环绕步	Outward Circling Stepping	Wai Huan Rao
拗步上步	Sideward-Forward Stepping	Ao Bu Shang Bu

横跺脚	Side Kick	Heng Duo Jiao
点脚	Pointing Kick - Straight Kick	Dian Jiao
蹬踏脚	Stomping Kick	Deng Ta Jiao

试力 ShiLi – Force Testing

平推试力	Even Pushing Force Testing	Ping Tui Shi Li
开合试力	Open/Close Force Testing	Kai He Shi Li
拨水试力	Waving Through Water Force Test	Bo Shui Shi Li
勾挂试力	Hanging Hook Force Testing	Gou Gua Shi Li
分挂试力	Dividing Hook Force Testing	Fen Gua Shi Li
扶按试力	Pressing and Lifting Force Testing	Fu An Shi Li
旋法试力	Rotating Force	Xuan Fa Shi Li
劈法试力	Chopping Force Testing	Pi Fa Shi Li
掌法试力	Palm Force Testing	Zhang Fa Shi Li
侧劈试力	Sideways Chopping Force Testing	Ce Pi Shi Li
神龟出水试力	Sacred Turtle Comes Out Of The Water Force Testing	Shen Gui Chu Shui Shi Li

发力 - Fa Li - Releasing Force 拳法 – Quan Fa – Fists

发力	Releasing Force	Fa Li
下发力	Releasing Force - Downwards	Xia Fa Li

不直的直拳	The Not Straight, Straight Punch	Bu Zhi De Zhi Quan
栽拳	Planting Punch	Zai Quan
横向栽拳	Cross Punch	Heng Xiang Zai Quan
钻拳	Drilling Punch	Zuan Quan