

Taiji Kung Fu Fan Form: List of Movements

Taiji Kung Fu Fan Form List of Movements

A Martial Arts Fan Exercise Routine Created by Professor Li Deyin in 2001
A 52 Movements Fan (*Shan*) Form



1. Commencement

Commencement Face Towards N12
Stillness Position then Opening to Salutation
Wuji to Taiji Salute
Qi Shi, Qǐ shì

起勢 (開步抱扇)

Beginning (Qi Shi)

Preparation and Opening

Shan Shi Yu Bei Shi, Qi Shi

Préparation et Ouverture

Vorbereitung und Öffnung

Preparación y Abertura, Comienzo

預備式 : Starting Form, Opening Posture

预备势 :

起势 : Opening Form

Taiji Kung Fu Fan Form: List of Movements

2. Diagonal Slant Flying

Diagonally Flying E3

Xié fēi shì

斜飛勢 (側弓步舉扇) 臥似一張弓

Vol Diagonal

Diagonales Fliegen

Vuelo Diagonal, Vuelo Inclinado (Sp.)

斜飛式 : Diagonal Flying

對角飛行, 偏鋒飛行

3. White Crane Spreads It's Wings

White Stork Cools It's Wings N12

Bái hè liàng chì

白鶴亮翅 (虛步亮翅) 站似一棵松

La Grue Blanche Répand Ses Ailes

Weißer Kran Verbreitet Seine Flügel

La Grulla Blanca Despliega las Alas

白鶴亮翅 : Bai E Liang Chi

4. Bee Returns to the Hive

The Bee Returns to the Hive W9

The Wasp Returns to the Nest

Huáng fēng rù dòng

黃蜂入洞 (進步刺扇) 不動不搖坐如鐘

L'abeille Entre dans la Ruche

Die Biene Kommt den Bienenstock

La Abeja Entra en la Colmena

黃蜂入洞 : Wasp Enters Its Nest

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5. Night Demons Search the Sea

Nuozha (Yecha) Searches the Sea NW11

Ne cha tán hǎi

哪吒探海 (轉身下刺扇) 走路一陣風

Night Demons = Nezha, Yecha, Naza, Nuozha, Yaksha, Yecha, Na Jia, Neja

Night Demons Search the Sea

Yecha Tan Hai, Nezha Tan Hai

Les Démons de Nuit Recherchent la Mer

Die Nachtdämonen Suchen das Meer

Los Demonios de la Noche Buscan el Mar

哪吒探海 : Naza Explores the Sea Bottom

夜邪魔探索海

Nezha or Na Zha (哪吒)

6. Golden Rooster Stands on One Leg

Golden Rooster Stands on One Leg

Jīn jī dú lì

金雞獨立 (獨立撩扇) 南拳和北腿

Le Coq D'or se Tient sur une Jambe

Der Goldene Hahn Steht auf einem Bein

El Gallo de Oro Está Parado en Una Pierna, El Gallo Dorado Sobre una Pata

右金雞獨立 : You Jin Ji Du Li : Golden Rooster Stands on Right Leg

7. Turn Body and Split Mountain

Turn Body and Split Mountain

Split Mt. Hua

Lì pǐ huā shān

力劈華山 (翻身劈扇) 少林武當功

Partir el Monte Hua

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8. Cat Catches the Butterfly

The Cat Catches the Butterfly

Líng māo bǔ dié

靈貓捕蝶 (轉身掄壓扇) 太極八卦連環掌

El Ágil Gato Sujeta la Mariposa

9. Viewing Flowers on Horseback

Viewing Flowers on Horseback

Zuò mǎ guān huā

坐馬觀花 (馬步亮扇) 中華有神功

Montado a Caballo Mirar las Flores

10. Parting the Wild Horse's Mane

Parting the Wild Horse's Mane

Yě mǎ fēn zōng

野馬分鬃 (弓步削扇) 臥似一張弓

Wild Horse Shakes Its Mane

Le Cheval Sauvage Secoue Sa Crinière

Wildes Pferd Rüttelt Seine Mähne

El Caballo Salvaje Sacudare Su Melena, Partir la Crin del Caballo Salvaje

野马分鬃 : Ye Ma Fen Zong : Parting the Wild Horse's Mane

11. Swallow Flies High

The Swallow Flies High

Chú yàn líng kōng

雛燕凌空 (併步亮翅) 站似一棵松

L'hirondelle Vole Haut

Die Schwalbe Fliegt Hoch

Taiji Kung Fu Fan Form: List of Movements

La Pequeña Golondrina Sube al Cielo: El Trago Vuela Arriba

12. Bee Returns to the Hive

The Bee Returns to the Hive W9

The Wasp Returns to the Nest

Huáng fēng rù dòng

黃蜂入洞 (進步刺扇) 不動不搖坐如鐘

L'abeille Entre dans la Ruche

Die Biene Kommt den Bienenstock

La Abeja Entra en la Colmena

黃蜂入洞 : Wasp Enters Its Nest

13. Tiger Pounces on Prey

The Tiger Pounces on Its Prey

Měng hǔ pū shì

猛虎撲食 (震腳推扇) 走路一陣風

Le Tigre Saute sur sa Proie

Der Tiger Stürzt sich auf sein Opfer

El Feroz Tigre se Abalanza Sobre la Comida; El Tigre Salta en su Presa

14. Praying Mantis Catches Cicada

The Praying Mantis Catches the Cicada

Tángláng bǔ chán

螳螂捕蟬 (戮腳撩扇) 南拳和北腿

La Mantis Acecha a la Cigarra

15. Lead Horse to Turn Head

Lead Horse to Turn Head

Taiji Kung Fu Fan Form: List of Movements

Lè mǎ huí tóu

勒馬回頭 (蓋步按扇) 少林武當功

Enfrenar al Caballo y Volver la Cabeza

16. Sparrow Hawk Spins in the Air

Sparrow Hawk Spins in the Air

Yào zǐ fān shēn

鷓子翻身 (翻身藏扇) 太極八卦連環掌

El Gavilán se Revuelve

17. Viewing Flowers on Horseback

Viewing Flowers on Horseback

Zuò mǎ guān huā

坐馬觀花 (馬步亮扇) 中華有神功

Montado a Caballo Mirar las Flores

18. Pushing the Mountain

Pushing the Mountain

Jǔ dǐng tuī shān

舉鼎推山 (馬步推扇) 棍掃一大片

Levantar el Caldero y Empujar la Montaña

19. Dragon Turns His Head

Dragon Turns His Head

Shén lóng huí shǒu

神龍回首 (轉身刺扇) 槍挑一條線

El Dios Dragón Vuelve la Cabeza

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20. Spurring on the Horse

Spurring on the Horse

Huī biān cè mǎ

神鞭策馬 (叉步反撩扇) 身輕好似雲中燕

Blandir el Látigo y Fustigar al Caballo

21. Raising the Whip High

Raising the Whip High

Lì mǎ yáng biān

立馬揚鞭 (點部撩扇) 豪氣沖雲天

Enderezar al Caballo Levantando el Látigo

22. Embracing the Moon

Embracing the Moon

Huái zhōng bào yuè

懷中抱月 (歇步亮翅) 外煉筋骨皮

Llevar la Luna en Brazos

23. Striking Against the Wind

Striking Against the Wind

Yíng fēng liǎo yī

迎風撩衣 (併步貫扇) 內練一口氣

El Viento Sopla y Levanta la Ropa

24. Sweeping Sleeves in the Wind

Sweeping Sleeves in the Wind

Fān huā wǔ xiù

翻花舞袖 (雲手劈扇) 剛柔並濟不低頭

Revolotea la Flor y Baila la Manga

Taiji Kung Fu Fan Form: List of Movements

25. The General Raises the Flag

The General Raises the Flag, The Commander Raises the Flag

Bà wáng yáng qí

霸王揚旗 (歇步亮扇) 我們心有天地

El Príncipe Enarbola el Estandarte

26. Holding the Fan in Front of the Chest

Holding the Fan in Front of the Chest

Bào shàn guò mén

抱扇過們 (開步抱扇)

Agarrar el Abanico y Traspasar la Puerta

27. Parting the Wild Horse's Mane

Parting the Wild Horse's Mane

Yě mǎ fēn zōng

野馬分鬃 (弓步削扇) 臥似一張弓

Wild Horse Shakes Its Mane

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El Caballo Salvaje Sacudare Su Melena, Partir la Crin del Caballo Salvaje

野马分鬃 : Ye Ma Fen Zong : Parting the Wild Horse's Mane

28. Swallow Flies High

Swallow Flies High

Chú yàn líng kōng

雛燕凌空 (併步亮翅) 站似一棵松

La Pequeña Golondrina Sube al Cielo

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La Abeja Entra en la Colmena

黃蜂入洞 : Wasp Enters Its Nest

30. Tiger Pounces on Prey

Tiger Pounces on Prey

Měng hǔ pū shì

猛虎撲食 (震腳推扇) 走路一陣風

El Feroz Tigre se Abalanza Sobre la Comida

31. Praying Mantis Catches Cicada

The Praying Mantis Catches the Cicada

Tángráng bǔ chán

螳螂捕蟬 (戮腳撩扇) 南拳和北腿

La Mantis Acecha a la Cigarra

32. Lead Horse to Turn Head

Lead Horse to Turn Head

Lè mǎ huí tóu

勒馬回頭 (蓋步按扇) 少林武當功

Enfrenar al Caballo y Volver la Cabeza

Taiji Kung Fu Fan Form: List of Movements

33. Sparrow Hawk Spins in the Air

Sparrow Hawk Spins in the Air

Yào zi fān shēn

鷓子翻身 (翻身藏扇) 太極八卦連環掌

El Gavilán se Revuelve

34. Viewing Flowers on Horseback

Viewing Flowers on Horseback

Zuò mǎ guān huā

坐馬觀花 (馬步亮扇) 中華有神功

Montado a Caballo Mirar las Flores

35. Elbow Strikes on Horseback

Elbow Strikes on Horseback

Shùn wān zhǒu

順鸞肘 (馬步頂肘) 清風劍在手 一 哼

Doblar Correctamente el Codo

36. Firecracker Explodes

Firecracker Explodes

Guǒ biān pào

裹鞭炮 (馬步翻砸) 雙刀就看走運 一 哈

Envolver el Látigo y Cañonazo

37. Parry Forward

Parry Forward

Taiji Kung Fu Fan Form: List of Movements

Qián zhāo shì

前招式 (虛步撥扇) 行家功夫 一 出手

Agitar la Mano Delante

38. Double Foot Stomp

Double Foot Stomp

Shuāng zhèn jiǎo

雙震腳 (震腳拍扇) 就知有沒有 一 有

Dos Patadas Como Truenos

39. Dragon Fights the Tiger

The Dragon Fights the Tiger

Lóng hǔ xiāng jiāo

龍虎相交 (蹬腳推扇) 手是兩扇門 一 門

Le Dragon Combat le Tigre

Der Drache Kämpft den Tiger

El Dragón y el Tigre se Encuentran, El Dragón Lucha el Tigre

40. Fair Lady Shuttle Push

Fair Lady Shuttle Push

Yù nǚ chuān suō

玉女穿梭 (望月亮扇) 腳下是一條根 一 根

La Dama de Jade Envía la Lanzadera

Fair Lady Works the Shuttles

The Beautiful Lady Works at the Loom

Belle Madame Travaille au Manche

Die schöne Dame Arbeitet am Webstuhl

La Señora Hermosa Trabaja en el Telar

玉女穿梭 : Yu Nu Chuan Suo : Fair Lady Works at Shuttles

Taiji Kung Fu Fan Form: List of Movements

41. Sky Goddess Releases the Flowers

Sky Goddess Releases the Flowers

Tiān nǚ sàn huā

玉女散花 (雲扇合抱) 四方水土養育了

La Dama Celestial Esparce Flores

42. The General Raises the Flag

The General Raises the Flag, The Commander Raises the Flag

Bà wáng yáng qí

霸王揚旗 (歇步亮扇) 我們心有天地

El Príncipe Enarbola el Estandarte

43. Ba Gua Walking

Ba Gua Walking

Xíng bù guò mén

行步過門 (托扇行步)

Dar un Paso y Traspasar la Puerta

44. Holding the Big Dipper

Holding the Big Dipper

Qī xīng shǒu

七星手 (虛步搵扇) 東方一條龍

Manos en Siete Estrellas

45. Grasp the Birds Tail

Grasp the Bird's Tail

Lǎn zhā yī

Taiji Kung Fu Fan Form: List of Movements

攬紮衣(弓步搨扇) 兒女似英雄

Grasping the Sparrow's Tail - Right

Saisir Côté de la Queue du Moineau le Bon

Fassen der Endstück-rechten Seite des Spatzen

Agarrar el Derecho de la Cola del Gorrión: Recoger la Ropa Perezosamente

拦雀尾右 : Lan Que Wei You : Grasp the Bird's Tail Right

46. Roll Back, Press and Push

Roll Back, Press and Push

Lǚ jǐ shí

肘擠勢 (後肘前擠) 天高地遠八面風

Recoger y Presionar

47. Shu Qin Carries Sword Behind Back

Shu Qin Carries a Sword Behind Her Back

Sū jīn bēi jiàn

蘇秦背劍 (併步背扇) 中華有神功

La Espada se Retuerce en la Espalda

48. Brush Knee

Brush Knee

Lōu xī ào bù

樓膝拗步(弓步戮扇) 東方一條龍

Genou De Brosse

Bürste Knie

Rodilla Del Cepillo; Cepillar la Rodilla, Paso Cruzado

左樓膝拗步 : Lou Xi Ao Bu : Brush Knee and Twist Step

Taiji Kung Fu Fan Form: List of Movements

49. Snake Creeps Down

Snake Creeps Down

Dān biān xià shì

單鞭下勢 (仆步穿扇) 兒女似英雄

Xia Shi

下势

Le Serpent Rampe Vers le Bas

Die Schlange Kriecht Unten

La Serpiente Se Arastra Abajo; Látigo Simple, Caer

50. Pull the Bow to Shoot the Tiger

Pull the Bow to Shoot the Tiger

Wǎn gōng shè hū

挽弓射虎 (弓步架打) 天高地遠八面風

Coger el Arco, Disparar al Tigre

51. White Crane Spreads Its Wings

White Stork Cools It's Wings N12

Bái hè liàng chì

白鶴亮翅 (虛步亮翅) 站似一棵松

La Grue Blanche Répand Ses Ailes

Weißer Kran Verbreitet Seine Flügel

La Grulla Blanca Despliega las Alas

白鶴亮翅 : Bai E Liang Chi

52. Conclusion

Conclusion

Taiji Ending

Closing Posture of Taijiquan Fan

Maintien de Fermeture de Taijiquan

Taiji Kung Fu Fan Form: List of Movements

Schließende Lage von Taijiquan
Postura de Cierre de Taijiquan; Recoger.

收勢 (抱扇還原) 中華有神功

收式 : Shou Shi Shan : Closing Fan Form

還原 : Huan Yuan : Return to Normal

Grandmaster Li Deyin's Instructional DVD
Lesson 1, Movements 1-6

Master Jesse Tsao's Instructional DVD

Lesson 1, Movements 1-5

Lesson 2, Movements 6-9

Lesson 3, Movements 10-13

Lesson 4, Movements 14-17

Lesson 5, Movements 18-21

Lesson 6, Movements 22-26

Lesson 7, Movements 27-34

Lesson 8, Movements 35-38

Lesson 9, Movements 39-43

Lesson 10, Movements 44-47

Lesson 11, Movements 48-52

References, Links, and Resources

[Grandmaster Li Deyin's Fan Forms](#)

[Taijiquan and Kung Fu Fan Forms](#)

[List of Movements, Taiji Kung Fu Fan Form, in English, 1 page](#)

Taiji Kung Fu Fan Form: List of Movements

List of Movements, Taiji Kung Fu Fan Form, Section I, Movements 1-26, in English, 1 page

Cloud Hands Blog

Cloud Hands Website

32 Sword Form, List of Movements

55 Yang Sword Form, List of Movements

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49 Chen Taijiquan Sword Form, List of Movements

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