

太極氣功十八式名稱

Eighteen-style Tai Chi Qigong

Bring the Qi down, get ready and focus



1. 起勢調息 The Beginning style



2. 開闊胸懷 Open the chest



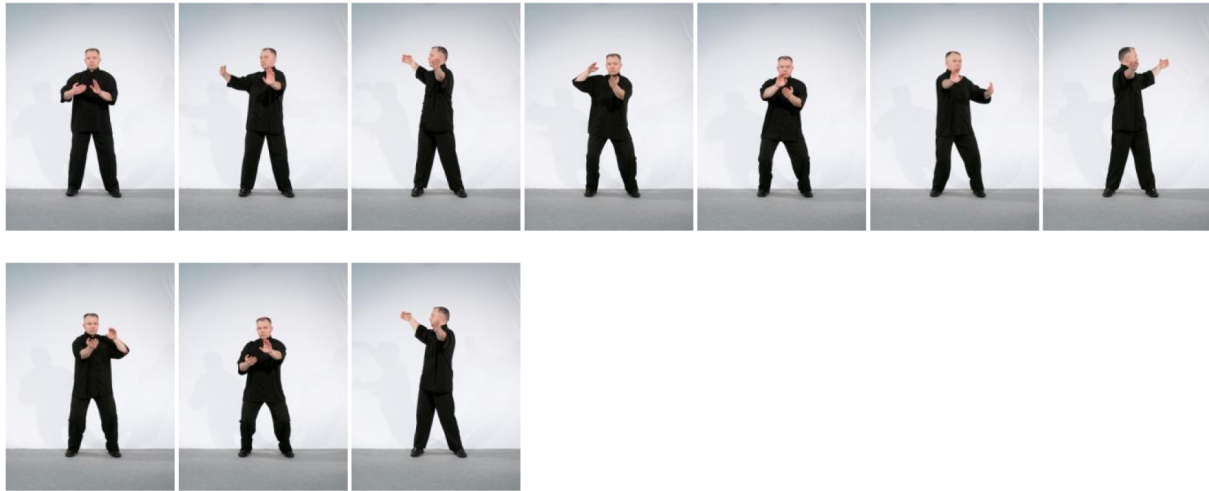
3. 揮舞彩虹 Painting a rainbow



4. 輪臂分雲 Rotate shoulders, separate cloud



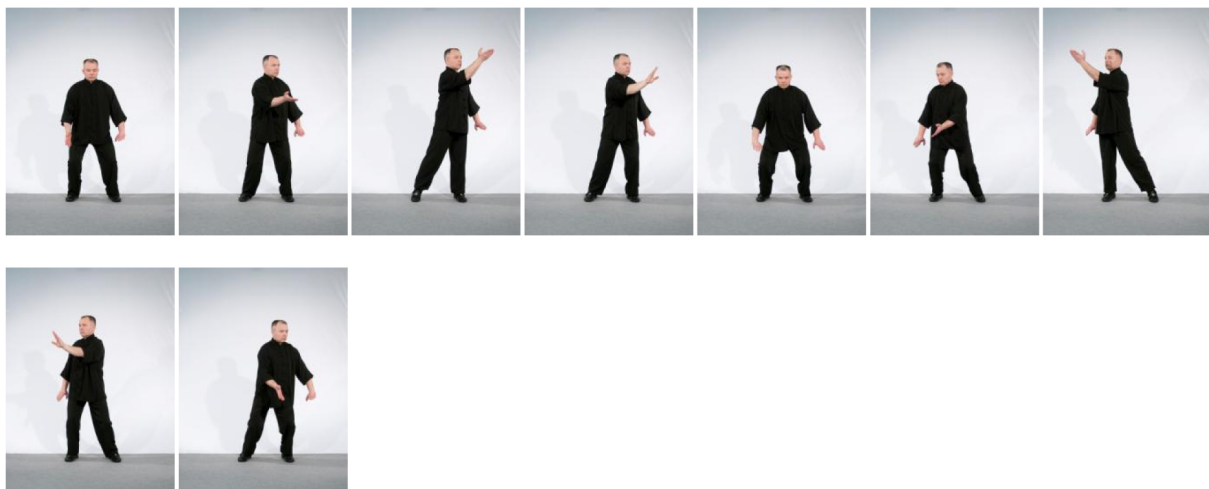
5. 定步倒卷肱 Fixed step invert brachial



6. 湖心劃船 Rowing a boat in the lake



7. 肩前托球 Shoulder the ball



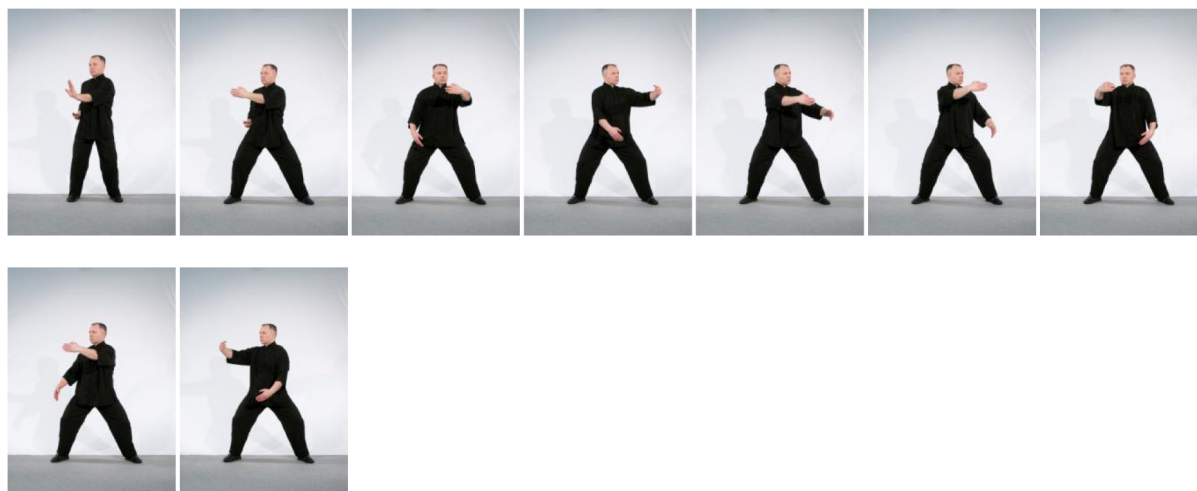
8. 轉體望月 Turn the body to look at the moon



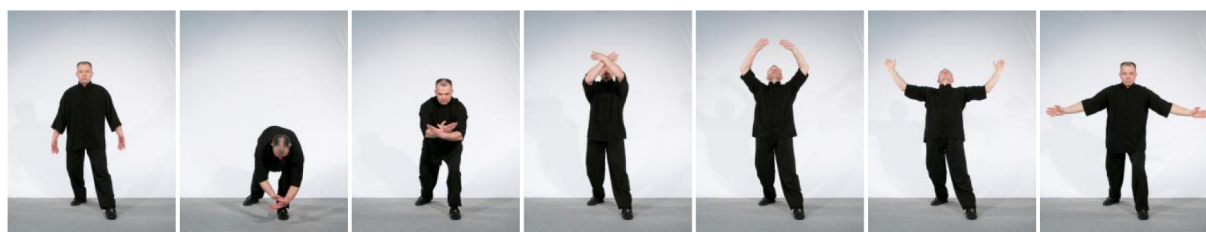
9. 轉腰推掌 Turn the waist and push palm



10. 馬步雲手 Horse step and cloud hands



11. 撈海觀天 Drag the sea and watch the sky



12. 推波助浪

Push the wave



13. 飛鴿展翅

Dove spread it's wings



14. 伸臂冲拳

Extend arms and punch



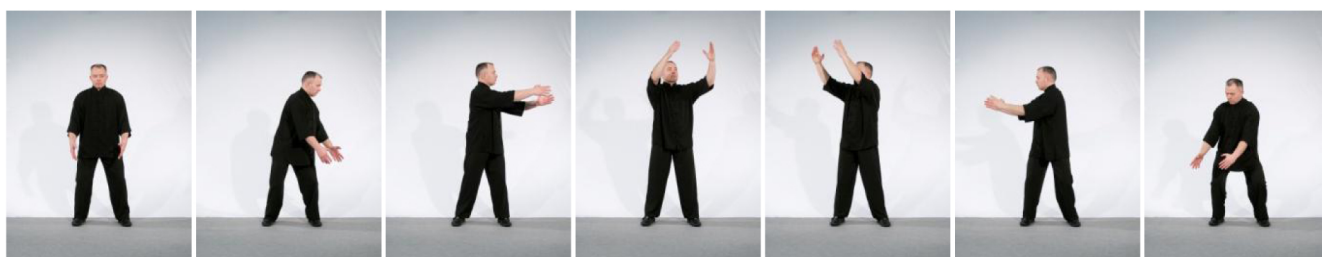
15. 大雁飛翔

Wild goose flies



16. 環轉飛輪

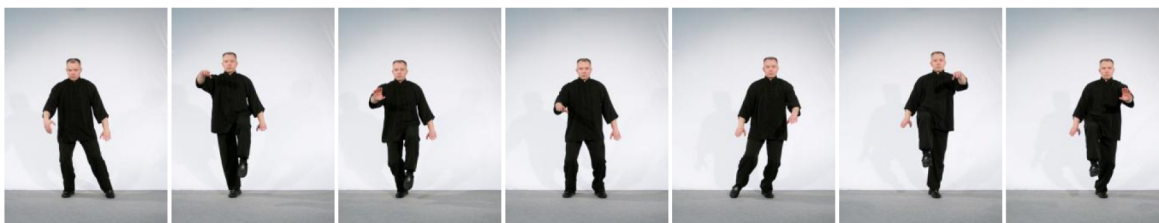
Flywheel turning





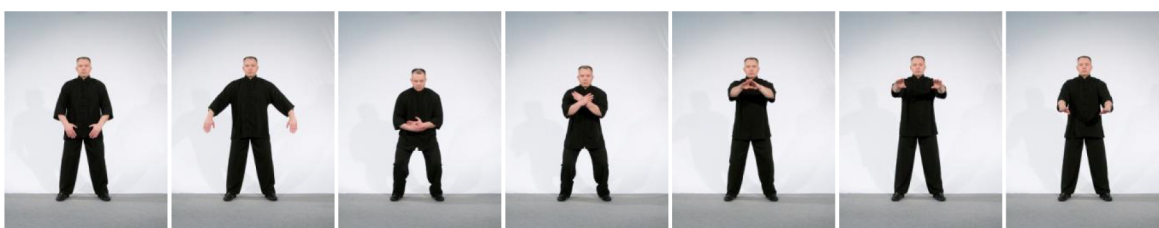
17. 踏步拍球

Bounce ball while stepping



18. 按掌平氣

Push down the palm and breath normally



Bring the Qi to Dan Tien



森美蘭太極氣功十八式體育總會

Pertubuhan Senamtera Taiji Qi Gong 18 Gaya Negeri Sembilan