

Yang Style Taiji Sanshou (88)¹ 楊式太極散手(八十八)

Translated and interpreted by Sam Masich (馬希奇)

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1. Step-forward, (rf), Punch (r)
3. Step-forward, (rf), Deflect-up, Punch (r)
5. Step-behind, (rf), Step-forward, (lf), Strike w. Shoulder (l)
7. Strike w. Elbow (l), (lf)
9. Turn body, Chop w. Back-fist (l), (lf)
11. Step-behind, (lf), 'Hit Tiger' (l)
13. Raise Hands (r), Step-up (r), Ch. step, (rf)
15. Turn-body, Back-fist (r), Rock-step, (rf)
17. Diagonal Forearm Strike (r), (rf)
19. 'Hit Tiger'- Low Punch (r), Step-behind, (rf)
21. Step-up, Elbow-stroke (l), (rf, lf)
23. 'Retreat to Ride Tiger', Kick Knee (l-o), Ch. step, (rf)
25. Wrist-pull (r), Forearm Smash (r), Step-behind, (rf)
27. Deflect-up (l), Punch (r), (rf)
29. Step-forward, (lf), Ward-off w. Shoulder (l)
31. Turn (l), Draw-back, Push, (lf)
33. Two Hands Push, Ch. step, (rf)
35. Single Hand Push Arm (l; r-o), (rf)
37. Escape (r), Single Hand Push (l), (rf)
39. Neutralize, Single Hand Push Elbow (l; r-o), Ch. step, (lf)
41. Elbow-pull (r), Forearm Smash (r), Ch. step, (rf)
43. 'Hit Tiger' (r), Step-behind, (rf)
45. Step-up, Shoulder-stroke (l), (rf, lf)
47. Separate Arms, Front Shoulder-stroke (r), Ch. step, (rf)
49. Strike w. Elbow (r), Step-behind, (rf)
51. Retreat step, (rf), Pull-down Opponent's Wrists
53. Parry Kick, (rf), Step-up, (lf), Shoulder (l)

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2. Step-back, (lf), Ward-off (r), (rf)
4. Parry (l), Punch (r), Rock-step, (rf)
6. 'Hit Tiger' (r), Step-behind, (rf)
8. Parry Elbow w. Palm (r), (rf)
10. Side-step, (lf), Step-in, (rf), Shoulder-stroke (r)
12. Turn-body, Strike Opponent w. Back-fist (r), (rf)
14. Turn-body, Push, Rock-step, (rf)
16. Deflect-up (l), Punch (r), Rock-step, (rf)
18. Part Wild Horse's Mane (l), (Ch. step-behind, lf)
20. Turn-body (l), Large Rollback, Step-back, (lf)
22. Push Wrist, Elbow (l-o), (step around), (rf, lf)
24. Step-up, Punch to Groin (r), Ch. step, (rf)
26. Fair Maiden Weaves Shuttles (r), Ch. step, (lf)
28. 'White Crane Spreads its Wings', Kick, (lf)
30. Twist Arm (l-o), Step-back, (lf), Step-over, (rf)
32. Double Winds Pierce Ears, (rf)
34. Turn-body, Punch (r), (rf)
36. Snapping Arm-lock, (rf)
38. Neutralize, Strike w. Palm Edge (r), (rf)
40. Neutralize, Step-behind, (rf), Strike w. Elbow (r)
42. Arm-twist (r), Ch. step, (lf)
44. Turn-body (l), Large Rollback, Step-back, (lf)
46. Step-in, (rf), Press-forward
48. Shoulder (l), Ch. step, Step-in, (lf)
50. Twist-step (lf, rf), Golden Rooster, One Leg, (lf)
52. Kick w. Heel, (lf)
54. Ch.-Step-back (lf, rf), Strike-Twist Arm (r; l-o)

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| 55. Diagonal Step, (lf), Parting Kick, (rf) | 56. Parry (l), Brush Knee (r), (rf) |
| 57. Diagonal Step, (rf), Parting Kick, (lf) | 58. Parry (r), Brush Knee (l), (rf) |
| 59. Change Hands, Shoulder-stroke (r), Ch. step, (rf) | 60. Side-step, Shoulder-stroke (r), Ch. step, (rf) |
| 61. Grasp Sparrow's Tail (l), Ch. step, (lf) | 62. Cloud Hand (r), Sinking Side-step, (rf) |
| 63. Grasp Sparrow's Tail (r), Ch. step, (rf) | 64. Cloud Hand (l), Sinking Side-step, (lf) |
| 65. Roll-over Ward-off (r), (rf) | 66. Turn-body (l), Back-fist Parry-Punch (r), (rf) |
| 67. High Pat on Horse, Ch.-Step Kick Knee, (r-o, lf) | 68. White Crane Spreads Wings (l), Hinder Leg, (rf) |
| 69. Turn-body to Sweep Lotus, Spin-step, Kick, (rf) | 70. Diagonal Flying (l), Ch. step, (lf) |
| 71. Step-back, (rf), Snake Creeps Down (l), (lf) | 72. Diagonal Flying (r), Ch. step, (rf) |
| 73. 'Hit Tiger' (l), Step-behind, (lf) | 74. Chop w. Back-fist (r), (rf) |
| 75. Repulse like Monkey (l), (no step, lf) | 76. Step-up, (rf), Thrust w. Palm (r) |
| 77. Step-back, (lf), Repulse Monkey (r), (rf) | 78. Step-up, (lf), Thrust w. Palm (l) |
| 79. Step-back, (rf), Repulse Monkey (l), Palm-strike (r), (lf) | 80. Step-up (Small Kick, rf), Form Seven Stars |
| 81. Needle at Sea Bottom (l), (lf) | 82. Fan Through the Back, Ch. step, (lf) |
| 83. Hand Plays the Guitar (l), (lf) | 84. Bend Bow, Shoot Tiger, (Step-across, rf) |
| 85. Single Whip (rh), Ch. step, (rf) | 86. Fist Under Elbow, Ch. step, (lf) |
| 87. Cross Hands, Palm Thrust (r), Ch. step, (lf) | 88. Embrace Tiger, Return to Mountain, (lf) |

Ⓐ and Ⓑ Both sides step back into even stance to complete the form.

Key:

- (r) & (rh): 'right' hand or arm
- (l) & (lh): 'left' hand or arm
- (f): 'foot' or 'knee' [e.g. (lf): 'left foot']
- (-o): 'opponent's' [e.g. (r-o) means 'opponents right' arm or leg]
- Ch. step: 'change step' [e.g. Ch. step, (lf) means; from a right foot forward position the right foot has stepped and the left foot has replaced it as forward leg]

Note: Designation of the final foot forward in the posture is given for each move. e.g. (rf)

¹. Also called the 'Attack and Defend' or the '88'. Variations of this two person routine are most commonly derived from Chen Yanlin's 1943 manual: *Taiji Boxing, Sabre, Sword, Pole, Sparring Compiled* (*Taiji Quan, Dao, Jian, Gun, Sanshou Hebian* 陳炎林 太極拳刀劍桿散手). The routine is most popular in Taiwan where stylistic interpretations abound. In mainland China the sequence is probably best known in Shanghai, where Chen made his home. A variation of the form was also published by the China Wushu Committee, and features a short, matched set of solo movements executed simultaneously by each partner at the introduction and conclusion of the routine.

This list differs from the literal translation of Chen Yanlin's names for the movements in several ways. 1) Use of the somewhat repetitive and cumbersome 'shì', (式; 'form' or 'style') is omitted from terms such as right 'style' when referring to a direction. 2) Use of the terms 'left' and 'right' are changed to (l) and (r) after movements. (See 'Key:'). Translations of form names such as *'Bend Bow, Shoot Tiger'* are translated so as to correspond w. the Yang Style Taijiquan (108) routine as translated by the author. Other minor descriptives have been altered, omitted or added where clarity was served.