

十二式太极拳

42 - Combined Style Competition Form

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| 1. 起式 | Commencing Form |
| 2. 右揽雀尾 | Grasp the Sparrow's Tail - Right Side |
| 3. 左单鞭式 | Single Whip - Left Side |
| 4. 提手上式 | Lifting Hands |
| 5. 白鹤亮翅 | White Crane Spreads Its Wings |
| 6. 搂膝拗步(二) | Brush Knee & Twist Step (2) |
| 7. 撇身捶 | Parry & Turn to Punch |
| 8. 捋挤势(二) | Roll Back & Press Forward (2) |
| 9. 进步搬拦捶 | Step Forward, Parry & Punch |
| 10. 如封似闭 | Apparent Close-up |
| 11. 开合手 | Opening and Closing of Hands (Sun Style) |
| 12. 高探馬 | Single Whip - Right Side (Sun style) |
| 13. 肘底看捶 | Fist under Elbow |
| 14. 转身推掌(二) | Turn Body and Push Palm (2) (Sun Style) |
| 15. 玉女穿梭(二) | Fair Lady Works at the Shuttle (2) |
| 16. 右左蹬脚 | Heel Kicks - Right and Left Side |
| 17. 掩手肱捶 | Cover with Hand, Punch (Chen Style) |
| 18. 野马分鬃(二) | Wild Horse Parts His Mane (2) (Chen Style) |
| 19. 云手(三) | Wave Hands Like Clouds |
| 20. 独立打虎 | Step Backward to Subdue the Tiger (Wu Style) |
| 21. 右分脚 | Kicking with Toes Forward - Right Side (Wu Style) |
| 22. 双峰贯耳 | Punching Ears with Both Fists |
| 23. 左分脚 | Kick with Toes Forward - Left Side |
| 24. 转身拍脚 | Turn Body & Slap Right Foot |
| 25. 进步栽捶 | Step Forward & Punch Downward |
| 26. 斜飞式 | Oblique Flying |
| 27. 单鞭下势 | Single Whip & Push Down |
| 28. 金鸡独立(二) | Golden Cock Standing on One Leg (2) |
| 29. 退步穿掌 | Step Backward & Thread (Thrust) Palm |
| 30. 虚步压掌 | Press Palm in Empty Stance |
| 31. 独立托掌 | Lifting Palm & Standing on One Leg |
| 32. 马步靠 | Riding Horse Step (Chen Style) |
| 33. 转身大捋 | Turn Body with Full Roll-Back |
| 34. 歇步擒打 | Hold and Punch in Resting Step (Wu Style) |
| 35. 穿掌下势 | Thread Palm and Lowering Movement (Wu Style) |
| 36. 上步七星 | Step Forward Seven Stars |
| 37. 退步跨虎 | Step Backward Riding Tiger |
| 38. 转身摆莲 | Turn Body with Lotus Kick |
| 39. 弯弓射虎 | Drawing Bow to Shoot Tiger |
| 40. 左揽雀尾 | Grasp the Sparrow's Tail - Left Side |
| 41. 十字手 | Cross Hands |
| 42. 太极剑还原 | Closing Form |