

## 霜阳派柔软白鹤拳

### Shuāng Yáng Pài Róuruǎn Báihè Quán

#### Frost and Sun Style Soft and Gentle White Crane Fist

1. 招阳开式	Zhāo yáng kāi shì	Opening salute to the sun
2. 十字手式	Shízì shǒu shì	Crossed hands
3. 将军抢印	Jiāngjūn qiǎng yìn	General snatches the seal
4. 双肩齐坠	Shuāngjiān qí zhuì	Twin shoulders sink
5. 金剪手式	Jīn jiǎn shǒu shì	Golden scissors
6. 盘古开天	Pángǔ kāi tiān	Pangu <sup>1</sup> opens the heavens
7. 饿虎擒羊	È hǔ qín yáng	Hungry tiger captures the goat
8. 古杆盘根	Gǔ gān pán gēn	Ancient tree <sup>2</sup> coils its roots
9. 金鸡独立	Jīnjīdúlì	Golden cockerel stands on one leg
10. 纵跳脚式	Zòng tiàojiǎo shì	A leap
11. 仙人披网	Xiānrén pī wǎng	Immortal casts the net
12. 魁星踢斗	Kuixīng tī dòu	Kuixing <sup>3</sup> kicks the stars
13. 铁锤沉江	Tiě chuí chén jiāng	Iron hammer sinks into the river
14. 双转十字	Shuāng zhuǎn shízì	Double turned cross
15. 敲钟擂鼓	Qiāo zhōng léi gǔ	Ring the bell, beat the drum
16. 招阳手式	Zhāo yáng shǒu shì	Salute to the sun
17. 旋转十字	Xuánzhuǎn shízì	Spinning cross
18. 金剪手式	Jīn jiǎn shǒu shì	Golden scissors
19. 拔草寻蛇	Bá cǎo xún shé	Part the grass to seek the snake
20. 蝴蝶双飞	Húdié shuāngfēi	Twin butterflies in flight
21. 云开见月	Yún kāi jiàn yuè	Clouds reveal the moon
22. 冲天炮式	Chōngtiān pào shì	Cannon soars to the sky
23. 仙人推磨	Xiānrén tuī mó	Immortal pushes the millstone
24. 百鸟归巢	Bǎi niǎo guī cháo	A hundred birds return to nest
25. 鸳鸯找窝	Yuānyāng zhǎo wō	Mandarin duck seeks a nest <sup>4</sup>
26. 猛虎归山	Měnghǔ guī shān	Fierce tiger returns to the mountain
27. 白马舍鞍 (右)	Báimǎ shě ān (Yòu)	White horse sheds its saddle (right)
28. 白马舍鞍 (左)	Báimǎ shě ān (Zuǒ)	White horse sheds its saddle (left)
29. 旋转金剪	Xuánzhuǎn jīn jiǎn	Whirling golden scissors
30. 拔草寻蛇	Bá cǎo xún shé	Part the grass to seek the snake
31. 蝴蝶双飞	Húdié shuāngfēi	Twin butterflies in flight
32. 开云见月	Yún kāi jiàn yuè	Clouds reveal the moon
33. 冲天炮式	Chōngtiān pào shì	Cannon soars to the sky
34. 仙人推磨	Xiānrén tuī mó	Immortal pushes the millstone

1 Creator of the Universe in Chinese Mythology

2 Literally pole or rod

3 This is a play on words. Kuixing is the Daoist god of fate, but is also the Great Bear constellation (the Big Dipper is an asterism in this constellation).

4 Can also be a pit or hollow on the human body – another play on words

35. 百鸟归巢	Bǎi niǎo guī cháo	A hundred birds return to nest
36. 鸳鸯找窝	Yuānyāng zhǎo wō	Mandarin duck seeks a nest
37. 猛虎归山	Měng hǔ guī shān	Fierce tiger returns to the mountain
38. 白马舍鞍 (右)	Báimǎ shě ān (Yòu)	White horse sheds its saddle (right)
39. 白马舍鞍 (左)	Báimǎ shě ān (Zuǒ)	White horse sheds its saddle (left)
40. 挑手踏式	Tiāo shǒu tà shì	Raise the hand, set the foot
41. 懒虎伸腰	Lǎn hǔ shēnyāo	Lazy tiger stretches its back
42. 双燕齐垂	Shuāng yàn qí chuí	Twin swallows dive
43. 双脚正立	Shuāng jiǎo zhèng lì	Both feet stand together
44. 连环脚式	Liánhuán jiǎo shì	A chain of kicks
45. 双龙出海	Shuānglóng chūhǎi	Twin dragons go out to sea
46. 半壁开销	Bànbì kāixiāo	Opening the ramparts <sup>5</sup>
47. 仙女散花	Xiānnǚ sàn huā	Fairy scatters flowers
48. 霸王开弓	Bàwáng kāi gōng	Tyrant king draws the bow
49. 狮子开口 (右)	Shīzi kāikǒu (Yòu)	Lion opens its mouth (right)
50. 狮子开口 (左)	Shīzi kāikǒu (Zuǒ)	Lion opens its mouth (left)
51. 大鹏展翅	Dàpéng zhǎnchì	Roc <sup>6</sup> spreads its wings
52. 仙人指路	Xiānrén zhǐ lù	Immortal points the way
53. 双燕吐艳	Shuāng yàn tǔ yàn	Twin swallows bloom <sup>7</sup>
54. 毒蛇销喉	Dúshé xiāo hóu	Viper seizes the throat
55. 白鹤冲天	Báihè chōngtiān	White crane soars to the sky
56. 萧公摇橹	Xiāo Gōng yáo lǔ	Duke Xiao <sup>8</sup> rows the boat
57. 小鬼推舟	Xiǎoguǐ tuī zhōu	Little devil pushes the boat
58. 莲花献水	Liánhuā xiàn shuǐ	Lotus offers <sup>9</sup> water
59. 收回十字	Shōuhuí shízì	Withdraw the cross
60. 风扫柳叶 (右)	Fēng sǎo liǔ yè (Yòu)	Wind sweeps the willow leaves (right)
61. 风扫柳叶 (左)	Fēng sǎo liǔ yè (Zuǒ)	Wind sweeps the willow leaves (left)
62. 美人照镜	Měirén zhào jìng	Beauty looks in the mirror
63. 坐招阳手	Zuò zhāo yáng shǒu	Final salute to the sun
64. 十字分手	Shízì fēnshǒu	Parting cross <sup>10</sup>
65. 孩儿抱牌	Háier bào pái	Child holds the tablet
66. 双肩齐坠	Shuāngjiān qí zhuì	Twin shoulders sink

Translated by David Courtney Jones, Ela Cyrnek & Brett Welch

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<sup>5</sup> Underlying meanings include taking an enemy's ground, or creating an opening where there isn't one.

<sup>6</sup> A giant mythical bird of prey

<sup>7</sup> Literally pour out (tu) splendour (yan)

<sup>8</sup> Duke Xiao of Qin was the ruler of the Qin state from 361 to 338 BC during the Warring States period of Chinese history.

<sup>9</sup> Implies offering up to the gods. A lotus is also symbolic of good, virtuous things growing out of mud and in Buddhism is a symbol of betterment, reincarnation with positive karma and enlightenment.

<sup>10</sup> Also hints at breaking up or splitting apart – literally "separating hands"