

Wu's Baji Quan Small Form 1 (Xiao Jia Yi Lu)

开门八极拳小架一路

No.	Chinese Names	Pinyin (拼音)	English Explanation (英文名称)
1.	起式 (双阳顶/抱拳)	Qǐ Shì	Starting Form
2.	上步撑拳	Shàng Bù Chēng Quán	Step Forward Punch
3.	两仪顶	Liǎng Yì Dǐng	Lian Yi Posture
4.	狮子小张口	Shī Zǐ Xiǎo Zhāng Kǒu	Lion Open Mouth
5.	十字拳	Shí Zì Quán	Cross Fist
6.	献胯	Xiàn Kuà	Empty Stance, Stretch Palm
Section 1			
7.	冲天掌	Chōng Tiān Zhǎng	Push Up
8.	闭地肘	Bì Dì Zhǒu	Close Elbow
9.	合子手	Hé Zǐ Shǒu	Snap Two Hands
10.	两仪顶	Liǎng Yì Dǐng	Lian Yi Posture
Section 2			
11.	霸王举鼎	Bà Wáng Jǔ Dǐng	Overlord Raises Huge Vessel
12.	双肘肘	Shuāng Lèi Zhǒu	Double Backward Elbows
13.	揣裆	Chuài Dāng	Punch Crotch
14.	握力炮	Wò Lì Pào	Right Fist Punch
15.	挖眉	Wā Méi	Stab Eyebrow
16.	搓提	Cuō Tí	Kick, Punch
17.	托枪式	Tuō Qiāng Shì	Holding Spear Form
18.	单推窗	Dān Tūi Chuāng	Single Hand Push Window
19.	朝阳手	Cháo Yáng Shǒu	Block, Snap Left Hand
20.	炮提	Pào Tí	Punch with Knee Attack
21.	二郎担山	èr Láng Dān Shān	Carry Mountain
22.	跪膝	Gùì Xī	Kneel Down
Section 3			
23.	拥肘	Yōng Zhǒu	Push Elbow
24.	翻胯	Fān Kuà	Turn Hip
25.	闭胯	Bì Kuà	Close Hip
26.	右小缠	Yòu Xiǎo Chán	Right Small Wind
27.	撩阴掌	Liáo Yīn Zhǎng	Attach Crotch With Palm
28.	左小缠	Zuǒ Xiǎo Chán	Left Small Wind
Section 4			
29.	白蛇吐信	Bái Shé Tù Xìn	White Snake Spit Tongue
30.	跃步穿袖	Yuè Bù Chuān Xiú	Jump Forward, Wear Sleeve
31.	通背式	Tōng Bèi Shì	Left Hook and Right Push Forward
32.	翻身挂塔	Fān Shēn Guà Tǎ	Turn Body, Backward Sweep
33.	单翼顶	Dān Yì Dǐng	Single Elbow Posture
34.	收式 (闭肘/十字手)	Shōu Shì	Closing Form
Section 5			