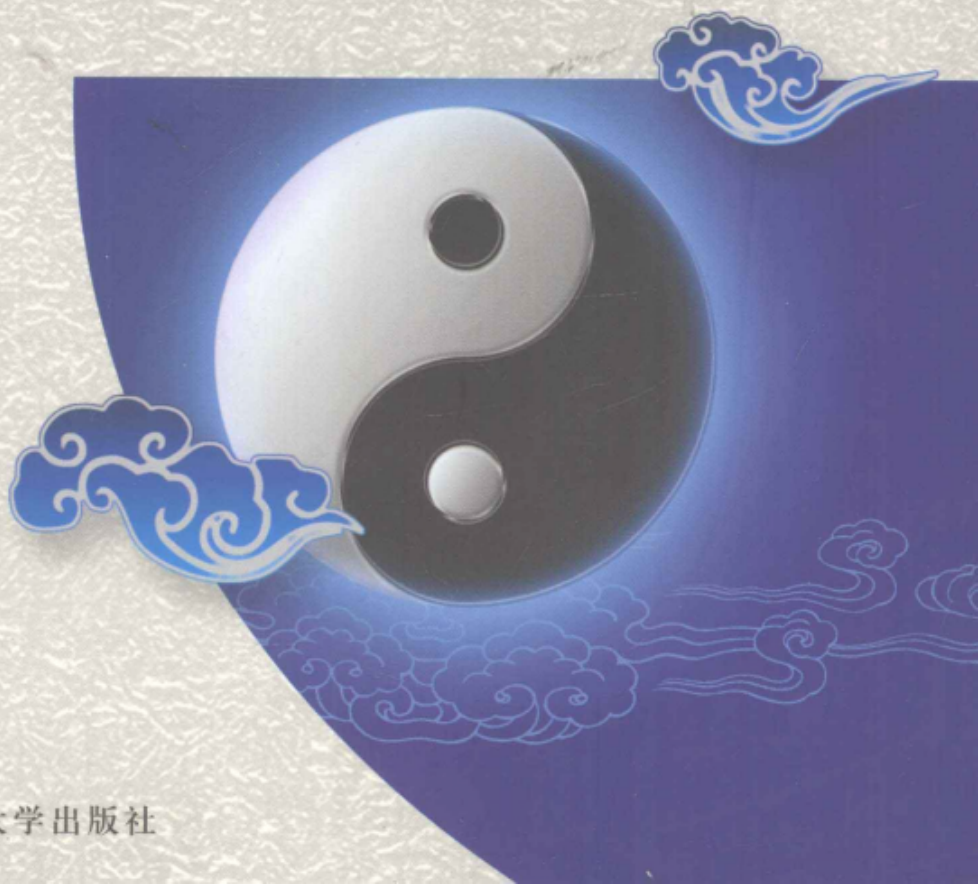


TAICHI ENGLISH

太极英语

张宗豪 王俐燕 陶玉流 编著



北京体育大学出版社



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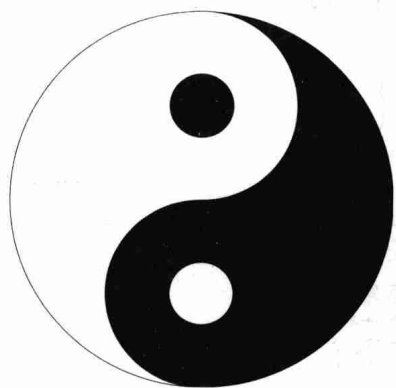
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Tai Chi English

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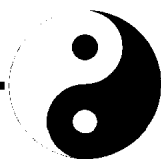
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太极英语



Tai Chi English

词 汇
Vocabulary

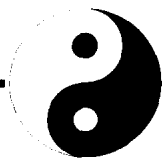


A

爱好者	amateur
安 舒	calm and easy
安 稳	press, push down
安 神	tranquilize one's mind
按 劲	pressing strength
按 掌	pressing palm position; push down palm (with hollow of palm)
按 劲	hidden strength
凹 肚	draw in belly
凹 胸	pull in chest
拗 步	twisted step; twist step
拗步冲拳	Thrust Fist in Twisted step
拗弓步	twisted bow step
拗弓步推掌	Push out palm in twisted bow step

B

八段锦	eight- "brocade" exercise; eight-section "brocade" exercise
八 方	eight directions
八 法	eight techniques
八卦连环掌	eight-diagram interlocking palm
八极拳	eight-pole boxing
八极剑	eight-pole swordplay
八十八式太极拳	eighty-eight-form taiji quan (taichi)
八 要	eight Essentials
八字诀	Eight-Character Formula
八字掌	character-eight palm; inverted V-shaped palm
拔 背	keep one's back straight; strength one's back



拔 根	lift heel; raise heel
霸王举鼎	XiangYu Lifts Tripod
白鹤亮翅	White Crane Flashes Wings; White Crane Spreads Wings
白蛇吐信	White Snake Shoots Out Tongue; White Snake Spits Tongue
白猿献果	White Ape Presents Fruit
百兵之首	"head" of various weapons
百兵之帅	"Commander" of various weapons
百鸟朝凤	Hundred Birds have Audience with Phoenix
百兵之王	"king" of various weapons
摆莲脚	lotus-swing leg position; outward-swinging leg position; swing leg outward
摆 脱	escape; undo a hold; unfold a grip
摆脱控制	hold broken
摆 掌	swinging palm position; swing palm
拜 师	take sb. as one's teacher
搬拦捶	Deflect (down), Parry and Punch
半决赛	semifinal
半空翻	semi-aerial tumbling
半马步	half horse-ride step
半屈姿势	semi-crouch stance
半 身	half-body
半 圆	half circle
绊 摔	life-over with tripping
膀 子	arm; shoulder; upper arm
绑	bind
棒	staff; club; cudgel
保 镖	body guard
保护区	safety area



保 健	health protection
保健推拿	keep-fit exercise
保持平衡	maintain one's balance; keep one's balance
抱	hold; embrace; lock
抱双腿	double-leg hold
抱虎归山	Embrace Tiger and Return to Mountain
抱 起	pick-up; lifting holds
抱 拳	holding first position; hold first and palm together
抱 摔	body slam
抱腿摔	crotch lift
抱球活动	ball holding exercise
抱双腿摔	double-leg tackle; double-leg pick-up; double-leg drop
抱 膝	knee lock
抱 掌	encircle with palm; encircling palm position
爆发劲	explosive strength
爆发力	explosive force
背 (部)	back
报告员	announcer
报 分	auditory scoring
笨 拙	inept
被淘汰	go down
本届冠军	reigning champion
绷	stretch tight; draw tight
绷 带	wrapping; bandages
蹦	spring; jump; leap
绷 劲	springing strength
鼻 梁	bridge of the nose; back of nose
鼻 祖	originator; earliest ancestor



比 赛	contest; competition
必修功	required exercise
表情放松	expressional relaxation
比赛场地	competition area
比赛成绩	match performance
比赛大会	meeting
比赛地点	competition site
比赛服装	uniform
比赛规则	playing rules
比赛时间	duration time
比赛项目	competition event
比 试	have a competition
闭目养神	sit in repose with one's eyes closed; refresh one's spirit by closing one's eyes
闭 气	hold breath; block breath
闭 眼	close eyes
臂	arm
臂 力	arm strength
避实击虚	avoid the solid and strike the weak; avoid the strong and strike the weak
撤身捶	Shield Body with Fist
变幻莫测	capricious; change unpredictably
变 换	alternate; vary
鞭 拳	whipping punch fist
表 演	performance; demonstration; display
表演太极	performance Taichi
表演项目	performance event
兵 器	weaponry; weapon
并 步	feet-together stance
棚 劲	warding strength; warding-off force



棚捋挤按	warding; stroking; squeezing and pressing
棚在两臂	Warding rests on both arms
摒除	get rid of; dismiss; discard
屏气	hold breath
摒除杂念	dismiss distracting thoughts
拨草寻蛇	Brush Aside Grass to Search for Snake
拨掌	parrying with position
波平浪静	Waves Calm Down
不丢不顶	no separation and no resistance
不分胜负	draw; deadlock
不偏	not inclined to one side
不相上下	neck and neck; nip and tuck
补充训练	supplementary training
步 子	step; stance
步 法	stepping position; footwork
步 活	agile in step
步稳如山	step as steady as a mountain
步 形	step; step form; step pattern
步型步法练习	exercise of step and footwork
步与身合	keep step in harmony with body

C

采 气	collect one's qi; collect vital energy
裁 判	judge; referee
裁判委员会	jury
裁判长	chief referee; head judge
採	pluck; pull (down)
採 劲	pulling strength; down-pulling strength
踩八卦步	step on the eight diagrams



侧空翻	cartwheel
侧 面	side; flank
侧面进攻	flank attack
侧平衡	balance stand sideways
侧 倾	incline sideward
侧手翻	cartwheel
叉 步	crossed step; cross legs
插	insert; stab
插 步	back cross-step
插 掌	thrust palm
缠 绕	wind; twine
缠丝劲	silk-twining strength
场上裁判	mat chairman; referee
朝 后	point forward
朝 前	point forward
朝 上	point upward
朝 下	point downward
抄 拳	uppercut fist
撤	draw back
撤 步	withdrawal step; withdraw foot
撤 身	move body back
陈式太极拳	Chen-style Tai Chi
陈式太极拳第一路	First-routine Chen-style Tai Chi
陈氏简化太极拳	Simplified Chen-style Tai chi
陈氏老(新)架太极拳	old-frame (new-frame) Chen-style Tai chi
陈氏太极剑(刀)	Chen-style Tai chi swordplay (saberplay)
沉 肩	sink shoulders; keep shoulders down; loose shoulders
沉肩坠肘	shoulder low and elbow loose; drop shoulders and elbows



沉 髋	lower hips
沉 气	sink vital energy
沉 稳	steady
沉 着	calm
持久力	staying power
持久性	durability; endurance
冲 拳	rush fist; punch; rushing fist position
冲天炮	Punch Upward
重复动作	repetitive movements
抽 回	draw back
初级套路	elementary boxing (form, routine)
初级太极拳班	elementary Tai chi class
初 收	First closing
初学者	beginner
出其不意	take sb. by surprise; catch sb. unawares
出神入化	reach the acme of perfection
出 手	skill displayed in making opening moves
踹 退	kick with sole
穿 掌	thrust palm; thrusting palm position; piercing palm
传	hand down
传 人	successor
传 神	vivid; lifelike
传 授	impart; pass on
传统武术	traditional WuShu (martial arts)
传统养生功	traditional health-preservation inner exercise
创始人	founder
垂肩 (肘)	droop shoulders (elbow)
纯熟的	skillful; practised
脆 劲	crisp strength; abrupt strength



寸 劲
催 力

inch strength; explosive strength
exert out strength

D

搭 手

cross forearms; join hands

打

strike; hit

打 败

beat; defeat

打虎式

Tiger-Striking Form

打破平衡

break balance

大 架

big frame

大开大合

extensive opening and closing

大蟒翻身

Big Boa Turns Over

大 腿

thigh

代表队

representative team

单按掌

press single palm

臂绕环

circle single arm

鞭

Single Whip

鞭下势

Whip Hand Down

单勾手

hook with one hand

换 掌

single-shifting palm (position)

拍 脚

single-slapping foot position; slap single foot

推 手

single-hand-pushing exercise; push single hand

单托掌

single-up-holding palm position; hold up single palm

单项比赛

individual competition; individual event

丹 田

dantian (acupoint)

丹田呼吸法

dantian breathing method

导 引

daoyin; breathing exercise

导引养生功

daoyin health-preservation exercise



当头炮	Cannon Right Overhead; Cannon on head
裆	crotch
挡	ward off; block
倒卷肱	Step Back and Whirl on Both Sides
倒撵猴	Step Back to Repulse Monkey
道家	Taoist
道教	Taoism
道士	Taoist priest
得分相等	equal marks
蹬脚	kick with heel
低架	lower position; low posture
低头躲闪	to bow one's head to evade
底盘	base part
第一届太极拳比赛	Tai chi match of the First Games
第一流的	top-class; top-ranking
丁步	T-shaped step; T step
定步推手	push hands with feet fixed; push hands in fixed steps
定步练习	exercises in fixed steps
定式	fixed posture; fixed form
懂劲	know how to interpret energy
动静	motion and stillness
动静分明	clear distinction between motion and stillness
动静结合	combine motion with stillness
动如脱兔，静若处子	move like a galloping hare, as quiet as a virgin
动迅静定	move quickly in motion and keep stable in stillness
动作	movement
动作组合练习	combination exercises
动作名称	name of movement



抖 臂	shake arms
独具一格	have a style of one's own
独具特色	distinctive feature
独立步	stand on one leg
独立平衡	keep balance one leg
独立蹬脚	Stand on one leg and kick with heel
独立下式	Stand on one leg with crouched step
独立托掌	Stand one leg and hold up palm
独立右蹬脚	Stand on one leg and kick with right heel
段 位	rank; grade
锻 炼	have physical training; take exercise
锻炼方法	method of training
锻炼效果	result of training
对 练	paired practice; dual exercise; combat on set patterns
对练套路	sparring routine; routine for paired practice
对 手	opponent
蹲	squat
度 势	judge the situation
多余动作	extra movements
躲	evade
躲避动作	evasive movement
跺脚	stamp foot

E

恶 念	wild thoughts
额 头	forehead
峨眉派	Emei school
饿虎扑食	Hungry Tiger Pounces on Prey



儿童组	children group
儿童太极拳	Children Tai chi
二级裁判员	second-class referee
二级教练员	second-class coach
二级武士	second-grade warrior
二起脚	Double Kicks
二十四式简化太极拳	twenty-four simplified Taichi form

F

发 放	emit; deliver; release
发放外气功	external-qi-delivery exercise
发劲（力）	exert out strength; strength exertion
发劲动作	strength-exertion movement
发劲方法	strength-exertion method
发力顺畅	exert out strength smoothly
发 声	utter a shout
发源地	place of origin; birthplace
放松静立式	still-standing relaxation posture
放松疗法	relaxation therapy
放松训练法	relaxation training method
翻花舞秀	Turn Flowers Over and Brandish Sleeves
翻 身	turn body up
翻身二起脚	Turn Body Up and Make Double Kicks
翻身右起脚	Turn Body Up to Kick Up right Foot
翻 掌	turn palm
反复地	again and again; repeatly
反 攻	counter-attack
反关节	lock the joints; joint lock
反 击	counter