

梅山铁尺

MAY SUN TIE TAI

PLUM MOUNTAIN SAI

第一段 SECTION I

TI YI TUAN

1) 起式 RISING POSITION
CHI SE

2) 白鹤伸脚 WHITE CRANE STRETCHES IT'S LEGS [LE2(L)]
PAI HE SEN CHIAO

3) 将军观林 THE GENERAL LOOKS AT THE FOREST.
CHIANG ZUN KWAN UM

4) 四面拜兄 4 DIRECTIONS GREET YOUR BROTHERS / COLLEAGUES
SE MICH PAI SIANG [RA23(L,R) RA23(L,R)]

5) 美女梳头 BEAUTY COMBS HER HAIRS
MEI NI LU TOU [RA17(L) RA22(R)] [RA17(R) RA22(L)]

第二段 SECTION II

TI NI TUAN

6) 玉壶倒酒 THE JADE POT POURS THE WINE.
YI HU TAO CHU [WRIST(L) WRIST(R) WRIST(L)]

7) 张飞雷鼓 ZHANG HUI THUNDERS THE DRUM.
ZHANG HUI LEI KU [DU24(L)] [DU24(R)] [RA8(R, BEHIND) }
BL1(L, FRONT) }
SIMULTANEOUSLY

[DU24(R)]

8) 刘海砍柴
LIU HAI KAN CHAI

LIU HAI CHOPS THE WOODS.

[GBZI (L) GBZI (R)]

DU24 (L) THEN
R. SAI HITS L. SAI

9) 逆水拉船
NI SUI LA CHUAN

PULL THE BOAT AGAINST THE CURRENT.

RNI (L. BEHIND) BLI (R. FRONT)

RNI (R. BEHIND) BLI (L. FRONT)

RNI (L. BEHIND) BLI (R. FRONT)

10) 燕子翻身
KU TEI HUAN SHEN

PHOENIX (CHINESE SWAIL) FLIPS THE BODY.

[DU20 (L), R SAI HIT L. SAI]

[DU20 (R)]

[DU20 (L), R SAI HIT L. SAI]

11) 云中走马
YUN CHUNG CHOU MA

WALK YOUR HORSE IN THE CLOUDS.

JAW (R) L. SAI HIT R. SAI UP.

RNI (L. BEHIND) BLI (R. FRONT)

12) 长剑入鞘
ZHANG CHANG RU SHAO

THE LONG SWORD ENTERS ITS SHEATH.

[RNI (R. SAI'S BUTT, BEHIND)]

LEFT SAI FLIP IN, THEN COME CLOSE TO R. SAI

第三段
TI SAN TUAN

SECTION III

13) 玉壶倒酒
YI HU DAO CHU

THE JADE POT POURS THE WINE.

[WRIST (L) WRIST (R) WRIST (L)]

14) 金猴探路 THE GOLDEN MONKEY CHECKS THE ROAD.
CHING HOU THANH WU [WRIST (R) LRI4(L) LRI4(R)]

15) 金猴探路 GOLDEN MONKEY CHECKS THE ROAD.
CHING HOU THANH WU [WRIST(L) LRI4(R) LRI4(L)]

16) 敲山震虎 KNOCK AT THE MOUNTAINS TO SCARE
CHAO SAN ZEN HU THE TIGER. [TEMPLE(L) TEMPLE(R)]

[STI8 (R. FOOT), GROINS (2 SAI)]

[TEMPLE(L) TEMPLE(R)]

[STI8 (L. FOOT), GROINS (2 SAI)]

[TEMPLE(L) TEMPLE(R)]

17) 野马分鬃 WILD HORSE SHAKES THE MANE
YE MA FENG CHUNG [DUZ4 (R), DUZ4(L), THEN R. SAI HIT L. SAI]

18) 观音坐莲 KWAN YIN SITS ON TOP OF THE LILY PAD.
KWAN YIN CHUO CHAN [BALLS / GROINS (2 SAI)] [KIU(L) KIU(R)]

[GROINS (2 SAI)] [KIU(L) KIU(R)]

19) 野马抬头 WILD HORSE RAISES ITS HEAD.

YE MAI TAI TOU

[RANZ4 (R)]

20). 地上拾柴 LAND ON THE GROUND AND PICK
 WO TI CHEN CHAI THE STICK.

[JAW (L), RIGHT SAI HITS L. SAI UP]

21). 子龙放箭 THE SON OF DRAGON LET LOOSE HIS ARROW.
 ZI LONG HUAN CHEN

22). 怀内抽屛 TAKE THE NEEDLES OUT OF YOUR SLEEVES
 HUAI NEI CHU ZHEN

[DU24(R) R48(R. BEHIND) BL1(L. FRONT)]

[DU24(L) R417(R)]

23). 云中走马 WALK YOUR HORSE IN THE CLOUD.

YUN CHUNG CHOU MA

[JAW (L), RIGHT SAI HIT LEFT SAI UP]

[BL1(R) R41(L)]

FRONT BEHIND

24). 长剑入鞘 THE LONG SWORD ENTERS IT'S SHEATH.

CHANG CHAN RU SHAO

[R41(BEHIND. R SAI'S BUTT, BL1(L))]

25). 玉壶倒酒 THE JADE POT POURS THE WINE.

YI HU TAO CHU

[WRIST (L) WRIST (R) WRIST (L)]

26). 童子拜佛 THE LAD SALUTES BUDDHA

TONG ZI PAI FU

收式 closing FORM. BOW

