

## 26 式陳氏簡化太極拳

### 26 Chen Family Simplified Taijiquan

1. 太極初勢 tài jí chū shì  
Taiji Beginning Posture
2. 金剛搗碓 jīn gāng dǎo duì  
\*Jin Gang Pounds with the Pestle
3. 攬插衣 lǎn chā yī  
Grasp and Tuck in the Robe
4. 六封四閉 liù fēng sì bì  
Six Sealing and Four Closing
5. 丹變 (單鞭) dān biàn  
Dantian Change (Single Whip)
6. 白鵝亮翅 bái é liàng chì  
The White Goose Displays the Wings
7. 斜形 xié xíng  
Oblique Posture
8. 摟膝拗步 lǒu xī ào bù  
Embrace the Knee Paced (Twist) Steps
9. 掩手肱拳 yǎn shǒu gōng quán  
Covering-the-Hand Forearm Fist
10. 金剛搗碓 jīn gāng dǎo duì  
\*Jin Gang Pounds with the Pestle
11. 撇身拳 piě shēn quán  
Diagonal Body-Stroke Fist
12. 雙推手 shuāng tuī shǒu  
Push with Both Hands
13. 肘下看拳 zhǒu xià kàn quán  
Fist Presented Under the Elbow
14. 倒捻肱 dào niǎn gōng  
Reverse with Spiraling Forearms
15. 閃通背 shǎn tōng bèi  
Flash through the Back
16. 掩手肱拳 yǎn shǒu gōng quán  
Covering-the-Hand Forearm Fist
17. 六封四閉 liù fēng sì bì  
Six Sealing and Four Closing
18. 丹變 (單鞭) dān biàn  
Dantian Change (Single Whip)
19. 運手 yùn shǒu  
Maneuver the Hands
20. 切地龍 qiē dì lóng  
Ground-Hacking Dragon
21. 上步七星 shàng bù qī xīng  
Step Forward to Form the Seven Stars
22. 下步跨肱 xià bù kuà gōng  
Step Backward to Cross the Forearm
23. 擺腳 bǎi jiǎo  
Swing the Leg
24. 當門炮 dāng mén pào  
Head-On Cannon
25. 金剛搗碓 jīn gāng dǎo duì  
\*Jin Gang Pounds with the Pestle
26. 收勢 shōu shì  
Closing Posture

\*Refers to the Buddhist God, Indra, who carries a metal pestle-like weapon called Jin Gang Chu, i.e., "gold steel pestle".

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