

# CHEN FAMILY TAIJIQUAN

## Old Frame First Path — Lao Jia Yi Lu — 老架一路

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### Section A

1. Preparation Form — Tai Ji Chu Shi — 太極初勢
  
2. Vajra Pounds Mortar — Jin Gang Dao Dui — 金剛搗碓  
Also 6, 15, 74
  
3. Grasp and Tuck Clothes — Lan Zha Yi — 懶扎衣  
Also 49
  
4. Six Sealing, Four Closing — Liu Feng Si Bi — 六封四閉  
Also 25, 41, 46, 50, 61
  
5. Dan Tian Change — Dan Bian — 單鞭  
Also 26, 42, 47, 51, 62, 68
  
6. Vajra Pounds Mortar — Jin Gang Dao Dui — 金剛搗碓  
See 2
  
7. White Goose Spreads Wings — Bai E Liang Chi — 白鵝亮翅  
Also 21, 57
  
8. Oblique Posture — Xie Xing — 斜行  
Also 11, 22, 58

9. Embrace Knee — Lou Xi — 搂膝  
Also 12
  
10. Twist Steps — Ao Bu — 拗步  
Also 13
  
11. Oblique Posture — Xie Xing — 斜行  
See 8
  
12. Embrace Knee — Lou Xi — 搂膝  
See 9
  
13. Twist Steps — Ao Bu — 拗步  
See 10
  
14. Hidden Hand Punch — Yan Shou Gong Quan — 掩手肱拳  
Also 24, 38, 60
  
15. Vajra Pounds Mortar — Jin Gang Dao Dui — 金刚捣碓  
See 2

## **Section B**

16. Brushing Body Fist — Pi Shen Quan — 撇身拳
  
17. Green Dragon Emerges From the Water — Qing Long Chu Shui — 青龍出水
  
18. Two-Handed Push — Shuang Tui Shou — 双推手
  
19. Palm Under Elbow — Zou Xia Kan Quan — 肘下看拳
  
20. Step Back and Push with Arm — Dao Juan Gong — 倒卷肱  
Also 56
  
21. White Goose Spreads Wings — Bai E Liang Chi — 白鵝亮翅  
See 7
  
22. Oblique Posture — Xie Xing — 斜行  
See 8
  
23. Flash the Back — Shan Tong Bei — 閃通背  
Also 59
  
24. Hidden Hand Punch — Yan Shou Gong Quan — 掩手肱拳  
See 14
  
25. Six Sealing, Four Closing — Liu Feng Si Bi — 六封四閉  
See 4

26. Dan Tian Change — Dan Bian — 单鞭  
See 5

27. Moving Hands — Yun Shou — 运手  
Also 52, 63

28. High Pat on Horse — Gao Tan Ma — 高探马  
Also 64

## **Section C**

29. Thrust with Right Foot — You Ca Jiao — 右擦脚
30. Thrust with Left Foot — Zuo Ca Jiao — 左擦脚
31. Kick with Left Heel — Zuo Deng Yi Gen — 左蹬一跟
32. Advance with Twist Steps — Qian Tang Ao Bu — 前趟拗步
33. Immortal's Embracing Grip — Shen Xian Yi Ba Zhua — 神仙一把抓
34. Turn Around, Double Kick — Fan Shen Er Qi Jiao — 翻身二起脚
35. Protect the Heart Punch — Hu Xin Quan — 护心拳
36. Whirlwind Kick — Xuan Feng Jiao — 旋风脚
37. Kick with Right Heel — You Deng Yi Gen — 右蹬一根
38. Hidden Hand Punch — Yan Shou Gong Quan — 掩手肱拳  
See 14

## **Section D**

39. Small Capture and Strike — Xiao Qin Da — 小擒打
40. Cover Head and Push the Mountain — Bao Tou Tui Shan — 抱头推山
41. Six Sealing, Four Closing — Liu Feng Si Bi — 六封四闭  
See 4
42. Dan Tian Change — Dan Bian — 单鞭  
See 5
43. Forward Trick — Qian Zhao — 前招
44. Backward Trick — Hou Zhao — 后招
45. Part the Wild Horse's Mane — Ye Ma Fen Zong — 野馬分鬃
46. Six Sealing, Four Closing — Liu Feng Si Bi — 六封四闭  
See 4
47. Dan Tian Change — Dan Bian — 单鞭  
See 5

## **Section E**

48. Fair Maiden Works the Shuttle — Yu Nu Chuan Suo — 玉女穿梭
49. Grasp and Tuck Clothes — Lan Zha Yi — 懒扎衣  
See 3
50. Six Sealing, Four Closing — Liu Feng Si Bi — 六封四闭  
See 4
51. Dan Tian Change — Dan Bian — 单鞭  
See 5
52. Moving Hands — Yun Shou — 运手  
See 27
53. Swing the Leg — Bai Jiao — 摆脚  
Also 72
54. Drop and Split — Die Cha — 跌叉
55. Golden Cock Stands on One Leg — Jin Ji Du Li — 金鸡独立
56. Step Back and Push with Arm — Dao Juan Gong — 倒卷肱  
See 20
57. White Goose Spreads Wings — Bai E Liang Chi — 白鹅亮翅  
See 7

58. Oblique Posture — Xie Xing — 斜行  
See 8
59. Flash the Back — Shan Tong Bei — 閃通背  
See 23
60. Hidden Hand Punch — Yan Shou Gong Quan — 掩手肱拳  
See 14
61. Six Sealing, Four Closing — Liu Feng Si Bi — 六封四闭  
See 4
62. Dan Tian Change — Dan Bian — 单鞭  
See 5
63. Moving Hands — Yun Shou — 运手  
See 27
64. High Pat on Horse — Gao Tan Ma — 高探马  
See 28



## **Section F**

65. Cross Foot — Shi Zi Jiao — 十字脚
66. Groin Punch — Zhi Dang Chui — 指裆捶
67. Apes and Monkeys Search for Fruit — Yuan Hou Tan Guo — 猿猴探果
68. Dan Tian Change — Dan Bian — 单鞭  
See 5
69. Ground-Hacking Dragon — Qie Di Long — 切地龍
70. Step Forward and Form Seven Stars — Shang Bu Qi Xing — 上步七星
71. Step Back, Spread Arms — Xia Bu Kua Gong — 下步跨肱
72. Swing the Leg — Bai Jiao — 擺脚  
See 53
73. Head-on Cannon — Dang Tou Pao — 当头炮
74. Vajra Pounds Mortar — Jin Gang Dao Dui — 金刚捣碓  
See 2
75. Closing Form — Shou Shi — 收勢