

Chen Style Taijiquan

Old Frame, Second Form, *Laojia Erlu*

Cannon Fist Form (*Paocui*)

List of Movements

1. Preparing Form (*Taiji Qi Shi*)
2. Buddha's Warrior Attendant Pounds Mortar (*Jin Gang Dao Du*)
3. Lazily Tying Coat (*Lan Zha Yi*)
4. Six Sealing and Four Closing (*Liu Feng Si Bi*)
5. Single Whip (*Dan Bian*)
6. Protecting the Heart (*Hu Xing Quan*)
7. Walk Obliquely (*Xie Xing*)
8. Buddha's Warrior Attendant Pounds Mortar (*Jin Gang Dao Du*)
9. Flinging Body (*Pie Sen Quan*)
10. Punch to Crotch (*Zhi Dang Chui*)
11. Cutting Hands (*Zhan Shou*)
12. Turn Flowers Out and Brandish Sleeves (*Fan Shen Wu Xiu*)
13. Hidden Thrust Punch (*Yan Shou Hong Quan*)
14. Move and Hinder with Elbow (*Yao Lan Zhou*)
15. Big Cloud Hands and Small Cloud Hands (*Da Yun Shou Xiao Yun Shou*)
16. Jade Girl Works Shuttles (*Yu Nu Quan Shuo*)
17. Ride Animal in the Reverse Direction (*Dao Qi Lu*)
18. Hidden Thrust Punch (*Yan Shou Hong Quan*)
19. Wrap Firecrackers (*Guo Bian*)
20. Beast's Head Pose (*Shou Tou Shi*)
21. Splitting Pose (*Pia Jia Zi*)
22. Turn Flowers Out and Brandish Sleeves (*Fang Shen Wu Xiu*)
23. Hidden Thrust Punch (*Yan Shou Hong Quan*)
24. Tame Tiger (*Fu Hu*)
25. Rubbing Eyebrow Thrust (*Muo Mei Hong*)

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26. Yellow Dragon Stirs Water Three Times
(*Huang Long San Jiao Shui*)
27. Dash Leftward (*Zuo Chong*)
28. Dash Rightward (*You Chong*)
29. Hidden Thrust Punch (*Yan Shou Hong Quan*)
30. Sweeping Leg (*Shao Dang Tui*)
31. Hidden Thrust Punch (*Yan Shou Hong Quan*)
32. Linking Cannons (*Quan Pao Quan*)
33. Hidden Thrust Punch (*Yan Shou Hong Quan*)
34. Pound Crossed Wrists (*Dao Cha*)
35. Attack Twice with Left and Right Forearms
(*Zuo You Erh Hong*)
36. Turning Head Cannon (*Hui Tou Dan Men Pao*)
37. Taiji Cannons (*Taiji Pao*)
38. Move and Hinder with Elbow (*Yao Lan Zhou*)
39. Smooth Elbow (*Shun Lan Zhou*)
40. The Cannon Out of the Bosom (*Wuo Di Pao*)
41. Go Straight into the Well (*Hui Tou Jing Lan Zhi Ru*)
42. Buddha's Warrior Attendant Pounds Mortar
(*Jin Gang Dao Dui*)
43. Closing Form (*Taiji Shou Shi*)

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General Taijiquan Website: <http://www.egreenway.com>
Cannon Fist Form (Chen Old Frame Second Form) Webpage:
<http://www.egreenway.com/taichichuan/chencannon.htm>

The Cannon Fist Form was created by Grandmaster Chen Wangting in 1670. In 1840, Grandmaster Chen Changxing made the Cannon Fist Form (*Paocui*) part of the standard Chen Taijiquan training series and named it "The Old Frame, Second Form, *Laoji Erlu*."