

Chen Style Taijiquan
Cannon Fist Form (*Laojia Erlu Paocui*)
List of Movements

1. Opening Movement: Step Left, Raise Hands, Lower Hands
2. Buddha's Warrior Attendant Pounds His Staff
3. Lazily Tying One's Coat
4. Six Sealing and Four Closing
5. Single Whip
6. Jump, Turn, and Protect the Heart
7. Diagonal Stepping
8. Turn Around and the Buddha's Warrior Attendant Pounds His Staff
9. Leaning Body Punch
10. Strike the Groin
11. Chopping Hands
12. Overturn the Flowers and Whip the Sleeves
13. Punch with Hidden Right Hand
14. Turn with Elbow Strike
15. Big Cloud Hands and Small Cloud Hands
16. Jade Lady Works the Shuttles
17. Turn and Ride the Dragon
18. Punch with Hidden Right Hand
19. Exploding Firecrackers
20. Beast's Head Pose
21. Splitting Pose
22. Overturn the Flowers and Whip the Sleeves
23. Punch with Hidden Right Hand
24. Tame the Tiger
25. Strike the Eyes
26. Yellow Dragon Stirs Water Three Times
27. Kick with Left Leg
28. Kick with Right Leg
29. Punch with Hidden Right Hand
30. Sweeping with Left Leg
31. Punch with Hidden Right Hand
32. Linking Cannons
33. Punch with Hidden Right Hand
34. Pound Crossed Wrists
35. Attack Twice with Left and Right Forearms
36. Turning Head Cannon
37. Taiji Cannons
38. Move and Hinder with Elbow
39. Smooth Elbow
40. The Cannon Out of the Bosom
41. Go Straight into the Well
42. Buddha's Warrior Attendant Pounds His Staff
43. Closing Movement of Taijiquan

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Cannon Fist Webpage: <http://www.egreenway.com/taichichuan/chencannon.htm>