

## **Chen Style Taijiquan**

### **Old Frame, First Form, *Laojia Yilu***

1. Beginning Posture of Taijiquan *Taiji Qi Shi*
2. Pounding the Mortar *Jin Gang Dao Dui*
3. Lazily Tying One's Coat *Lan Zha Yi*
4. Six Sealing and Four Closing *Liu Feng Si Bi*
5. Single Whip *Dan Bian*
6. Pounding the Mortar *Jin Gang Dao Dui*
7. White Crane Spreads Its Wings *Bai E Liang Chi*
8. Slanted Walking *Xie Xing*
9. Brush Knee *Lou Xi*
10. Stepping to Both Sides *Ao Bu*
11. Slanted Walking *Xie Xing*
12. Brush Knee *Lou Xi*
13. Stepping to Both Sides *Ao Bu*
14. Covered Fist Punch *Yan Shou Hong Quan*
15. Pounding the Mortar *Jin Gang Dao Dui*
16. Hit and Drape Fist Over Body *Pie Shen Quan*
17. Green Dragon Emerges from the Water *Qing Long Chu Shui*
18. Pushing With Both Hands *Shuang Tui Shou*
19. Fist Under Elbow *Zhou Di Kan Quan*
20. Stepping Back and Whirling the Arms *Dao Juan Hong*
21. White Crane Spreads Its Wings *Bai E Liang Chi*
22. Diagonal Posture *Xie Xing*
23. Turning Back with Arms Twining *Shan Tong Bei*
24. Covered Fist Punch *Yan Shou Gong Quan*
25. Six Sealing and Four Closing *Liu Feng Si Bi*
26. Single Whip *Dan Bian*
27. Cloud Hands *Yun Shou*
28. High Pat on Horse *Gao Tan Ma*
29. Slapping the Right Foot *You Ca Jiao*
30. Slapping the Left Foot *Zuo Ca Jiao*
31. Kicking with the Left Heel *Zuo Deng Yi Gen*
32. Walking Forward by Stepping to Both Sides *Qian Tang Ao Bu*
33. Punching Toward the Ground *Ji Di Chui*
34. Turning and Kicking Twice in the Air *Ti Er Qi*
35. Protecting the Heart with the Fist *Hu Xin Quan*
36. Tornado Kick *Xuan Feng Jiao*
37. Kick with the Right Heel *You Deng Yi Gen*
38. Covered Fist Punch *Yan Shou Gong Quan*
39. Small Grab and Hit *Xiao Qin Da*
40. Embrace the Head and Push the Mountain *Bao Tou Tui Shan*
41. Six Sealing and Four Closing *Liu Feng Si Bi*

## Chen Style Taijiquan Old Frame, First Form, *Laojia Yilu*

42. Single Whip *Dan Bian*
43. Forward Technique *Qian Zhao*
44. Backward Technique *Hou Zhao*
45. Parting the Wild Horse's Mane *Ye Ma Fen Zong*
46. Six Sealing and Four Closing *Liu Feng Si Bi*
47. Single Whip *Dan Bian*
48. Jade Maiden Working Her Loom *Yu Nu Chuan Suo*
49. Lazily Tying One's Coat *Lan Zha Yi*
50. Six Sealing and Four Closing *Liu Feng Si Bi*
51. Single Whip *Dan Bian*
52. Cloud Hands *Yun Shou*
53. Swing the Foot and Drop Down *Bai Jiao Die Cha*
54. Golden Rooster Standing on One Leg *Jin Ji Du Li*
55. Stepping Back and Whirling the Arms *Dao Juan Gong*
56. White Crane Spreads It's Wings *Bai E Liang Chi*
57. Diagonal Posture *Xie Xing*
58. Turning Back with Arms Twining *Shan Tong Bei*
59. Covered Fist Punch *Yan Shou Gong Quan*
60. Six Sealing and Four Closing *Liu Feng Si Bi*
61. Single Whip *Dan Bian*
62. Cloud Hands *Yun Shou*
63. High Pat on Horse *Gao Tan Ma*
64. Reverse Sweep with Right Leg Crossing *Shi Zi Jiao*
65. Punch Toward the Crotch *Zhi Dang Chui*
66. White Ape Presents Fruit *Yuan Hou Tan Guo*
67. Single Whip *Dan Bian*
68. Dragon Rolling Downward *Que Di Long*
69. Stepping Forward into Seven Stars Stance *Shang Bu Qi Xing*
70. Stepping Backward into Riding Stance *Xia Bu Kua Gong*
71. Turn Around and Sweep with Both Legs *Zhuan Shen Shuang Bai Lian*
72. Cannon Right Overhead *Dang Tou Pao*
73. Pounding the Mortar *Jin Gang Dao Dui*
74. Closing Posture of Taijiquan *Shou Shi*