

Chen Style Taijiquan

Old Frame (*Lao Jia*), First Form (*Yi Lu*), *Laojia Yilu*

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Chen T'ai Chi Ch'uan 74 Movement Hand Form

Section I

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*)

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Webpage: <http://www.egreenway.com/taichichuan/chenOF1F1.htm>

February, 2008