Chen Style Taijiquan
Old Frame (Lao Jia), First Form (Yi Lu), Laojia Yilu
陈氏太极拳 老架
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 Duì)
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 Duì)
7. White Crane Spreads Its Wings  (Bai E Liang Chi)

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