

Chen Style Taijiquan

Grandmaster Chen Zhenglei's Short 18 Movements Hand Taijiquan Form

List of 18 Movements

1. Beginning Posture of Taiji
2. Buddha's Warrior Attendant Pounds the Mortar
3. Lazily Tying One's Coat
4. Six Sealing and Four Closing
5. Single Whip
6. White Crane Spreads Its Wings
7. Walk Diagonally
8. Brush Knee
9. Stepping to Both Sides (Three Steps Forward)
10. Cover Hands and Strike with Fist
11. High Pat on the Horse
12. Kick with the Left Heel
13. Jade Maiden Working Her Loom
14. Cloud Hands
15. Turn Body with a Double Lotus Kick
16. Cannon Fist Over the Head
17. Buddha's Warrior Attendant Pounds the Mortar
18. Closing Posture of Taiji

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Website: <http://www.egreenway.com/taichichuan/chenshort18.htm>