

Chen Style Taijiquan

Grandmaster Chen Zhenglei's Short 18 Movements Hand Tai Chi Form List of 18 Movements

1. Beginning Posture of Taiji (*Taiji Chu Shi*)
2. Buddha's Warrior Attendant Pounds 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. White Crane Spreads Its Wings (*Bai E Liang Chi*)
7. Walk Diagonally (*Xie Xing*)
8. Brush Knee (*Lou Xi*)
9. Stepping to Both Sides (Three Steps Forward) (*Ao Bu*)
10. Cover Hands and Strike with Fist (*Yan Shou Gong Quan*)
11. High Pat on the Horse (*Gao Tan Ma*)
12. Kick with the Left Heel (*Zuo Deng Yi Gen*)
13. Jade Maiden Working Her Loom (*Yu Nu Chuan Suo*)
14. Cloud Hands (*Yun Shou*)
15. Turn Body with a Double Lotus Kick (*Zhuan Shen Shuang Bai Lian*)
16. Cannon Fist Over the Head (*Dang Tou Pao*)
17. Buddha's Warrior Attendant Pounds the Mortar (*Jin Gang Dao Dui*)
18. Closing Posture of Taiji (*Taiji Shou Shi*)

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