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 Duì)
3. Lazily Tying One’s Coat  (Lan Zha Yì)
4. Six Sealing and Four Closing  (Liu Feng Si Bì)
5. Single Whip  (Dan Bian)
6. White Crane Spreads Its Wings  (Bai E Liang Chì)
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 Suō)
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 Duì)
18. Closing Posture of Taiji  (Taiji Shou Shi)

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