

Chen Style Tai Chi Chuan in 1840
Old Frame, First Form, *Laojia Yilu*
Section 1

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*
8. Slanted Walking *Xie Xing*
9. Brush Knee *Lou Xi*
10. Stepping to Both Sides *Ao Bu*

Valley Spirit Taijiquan, Red Bluff, California.

Prepared by Michael P. Garofalo. 11/15/2007

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