

# Chen Taijiquan 19 Form

1. Preparatory and Opening Stance (*Yu Bei Shi*)
2. Buddha's Warrior Attendant Steps Out of the Temple (*Jin Gang Chu Miao*)
3. Lazily Tie Coat, Holding the Coat at the Waist (*Lan Zha Yi*)
4. Step Up and Walk Obliquely, Forward Diagonal Parry (*Shang Bu Xie Xing*)
5. Step Forward Three Steps (*Shang San Bu*)
6. Hidden Punch with Left Fist (*Zou Yan Shou Gong Quan*)
7. Double Pushing Hands; Double Push Palms (*Shuang Tui Chou*)
8. Whirling Arms and Stepping Backward (*Dao Juan Gong*)
9. Flashing the Back; Flash Turn to the Back (*Shan Tong Bei*)
10. Hidden Punch with Right Fist (*You Yan Shou Gong Quan*)
11. Six Sealings, Four Closing (*Liu Feng Si Bi*)
12. Waving Hands, Cloud Hands (*Yun Shou*)
13. High Pat on the Horse; Patting High on a Horse (*Gao Tan Ma*)
14. Right Heel Kick (*You Deng Yi Gen*)
15. Left Heel Kick (*Zou Deng Yi Gen*)
16. Parting the Wild Horse's Mane (*Ye Ma Fen Zong*)
17. Jade Maiden Works Shuttles (*Yu Nu Chuan Suo*)
18. Buddha's Warrior Pounds Mortar (*Jin Gang Dao Zhui*)
19. Close the Form (*Shou Shi*)

The Chen Taijiquan 19 Form was released in 1995 by Grandmaster Chen Xiao-Wang.  
Chen 19 Form Hypertext Notebook by Michael P. Garofalo: 2018-2023  
<https://www.egreenway.com/taichichuan/chenshort19.htm>