

Chen Taijiquan 19 Form

1. Preparatory and Opening Stance, Opening Form
2. Buddha's Warrior Attendant Steps Forward from the Temple
3. Lazily Tie Coat, Holding the Coat at the Waist
4. Step Up and Walk Obliquely, Diagonal Parry
5. Step Forward Three Steps
6. Punch with Left Fist
7. Double Pushing Hands; Double Push Palms
8. Whirling Arms and Stepping Backward
9. Flashing the Back; Flash Turn to the Back
10. Punch with Right Fist
11. Six Sealings, Four Closing
12. Waving Hands Like Clouds, Cloud Hands
13. Patting High on a Horse; High Pat on the Horse
14. Kick with Right Heel
15. Kick with Left Heel
16. Parting the Wild Horse's Mane
17. Jade Maiden Works Shuttles
18. Hammer Fist, Buddha's Warrior Pounds Mortar
19. Close the Form

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