

Chen Taijiquan 25 Earth Short Form

Chen Style Taijiquan Old Frame, First Form, Laojia Yilu. Movements 1-25

- 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***
- 11. Slanted Walking *Xie Xing***
- 12. Brush Knee *Lou Xi***
- 13. Stepping to Both Sides *Ao Bu***
- 14. Covered Fist Punch *Yan Shou Hong Quan***
- 15. Pounding the Mortar *Jin Gang Dao Dui***
- 16. Hit and Drape Fist Over Body *Pie Shen Quan***
- 17. Green Dragon Emerges from the Water *Qing Long Chu Hui***
- 18. Pushing With Both Hands *Shuang Tui Shou***
- 19. Fist Under Elbow *Zhou Di Kan Quan***
- 20. Stepping Back and Whirling the Arms *Dao Juan Hong***
- 21. White Crane Spreads Its Wings *Bai E Liang Chi***
- 22. Diagonal Posture *Xie Xing***
- 23. Turning Back with Arms Twining *Shan Tong Bei***
- 24. Covered Fist Punch *Yan Shou Gong Quan***
- 25. Six Sealing and Four Closing *Liu Feng Si Bi***

Closing Posture of 25 Earth Form

By Michael P. Garofalo, 11/15/2007. Blog: mpgtaijiquan.blogspot.com/