

# **CHEN STYLE TAIJI QUAN**

## **LEVEL 1**

### **Old Frame 13 Postures**

<b>English</b>	<b>Chinese Pinyin</b>
<b>Beginning Taiji Quan</b>	<b>Taiji Quan Chi Shi</b>
<b>1. Warrior Attendant Pounds Mortar</b>	<b>Jin Gang Dao Zhui</b>
<b>2. Lazy About Tying Coat</b>	<b>Lan Zha Yi</b>
<b>3. Six Sealing Four Closing</b>	<b>Liu Feng Si-Pi</b>
<b>4. Single Whip</b>	<b>Dan Pian</b>
<b>5. Dragon on the Ground</b>	<b>Jie Di Lung</b>
<b>6. Golden Rooster Stands on One Leg (R/L)</b>	<b>Jin Chee Du Li (Zuo/Yu)</b>
<b>7. Step back and Whirl Arm (3 times)</b>	<b>Dao Juan Hong</b>
<b>8. White Crane Spread its Wings</b>	<b>Bai He Liang Zhi</b>
<b>9. Walk Obliquely</b>	<b>Xie Xing</b>
<b>10. Hidden Fist</b>	<b>Yan Shou Hong Quan</b>
<b>11. Double Lotus Kick</b>	<b>Shuang Bai Lian</b>
<b>12. Double Head Cannon</b>	<b>Shuang Tou Pao</b>
<b>13. Warrior Attendant Pounds Mortar</b>	<b>Jin Gang Dao Zhui</b>