

CHEN STYLE TAIJI QUAN

Lao Jia Yi Lu (老架一路)

PART 1

Preparation
Beginning Taijiquan

1. Warrior Attendant Pounds Mortar
2. Lazy About Tying Coat
3. Six Sealing Four Closing
- 4. Single Whip**
5. Warrior Attendant Pounds Mortar
6. White Crane Spread Its Wings
7. Walk Obliquely
8. Brush Knee
9. Wade Forward
10. Walk Obliquely
11. Brush Knee
12. Wade Forward
13. Hidden Fist
14. Warrior Attendant Pounds Mortar
15. Lean with Back
16. Blue Dragon Goes Out of Water
17. Push with Both Palms
18. Fist Under Elbow
19. Step Back and Whirl Arms
20. White Crane Spread Its Wings
21. Walk Obliquely
22. Flash Back
23. Hidden Fist
24. Six Sealing Four Closing
- 25. Single Whip**

PART 2

26. Cloud Hands
27. High pat on Horse
28. Rub Right Foot
29. Rub Left Foot
30. Kick with Left Heel
31. Wade Forward and Twist Step
32. Punch of Hitting the Ground
33. Turn Body, Double Raise Foot
34. Protect the Heart Fist
35. Tornado Foot
36. Kick with Right Heel

37. Hidden Fist
38. Small Catching and Hitting
39. Cover Head and Push Mountain
- 40. Six Sealing Four Closing**
- 41. Single Whip**
42. Forward Trick
43. Backward Trick
44. Wild Horse Parts Mane
45. Six Sealing Four Closing
- 46. Single Whip**
47. Jade Girl Works at Shuttle
48. Lazy About Tying Coat
49. Six Sealing Four Closing
- 50. Single Whip**

PART 3

51. Cloud Hands
52. Shake Foot and Stretch Down
53. Golden Rooster Stand on One Leg
(Left and Right)
54. Step Back and Whirl Arms
55. White Crane Spread Its Wings
56. Walk Obliquely and Twist Step
57. Flash Back
58. Hidden Fist
59. Six Sealing Four Closing
- 60. Single Whip**
61. Cloud Hands
62. High Pat on Horse
63. Cross Waving Lotus Kick
64. Punch of Hitting the Crotch
65. White Ape Offers Fruit
66. Six Sealing Four Closing
- 67. Single Whip**
68. Step Forward to Seven Stars
69. Step Back and Mount Tiger
70. Turn Body, Double Wave Lotus Kick
71. Head on Cannon
72. Warrior Attendant Pounds Mortar

Conclusion of Taijiquan