



Chen's Tai Chi New Form 1 (Xin Jia Yi Lu)

陈氏太极拳新架一路

No.	Chinese Names	Pinyin (拼音)	English Names (英文名称)
1.	预备势	yù bǐ shì	Preparation Posture
2.	金刚捣碓	jīn gāng dǎo duì	Buddhist Warrior Pounds Mortar
3.	懒扎衣	lǎn zhā yī	Lazy about Tucking the Robe
4.	六封四闭	liù fēng sì bì	Six Sealing and Four Closing
5.	单鞭	dān biān	Single Whip
6.	第二金刚捣碓	dì èr jīn gāng dǎo duì	Second Buddhist Warrior Pounds Mortar
7.	白鹤亮翅	bái hè liàng chì	White Crane Spreads Wings
8.	斜行拗步	xié xíng niù bù	Twisted Diagonal Step
9.	初收	chū shōu	First Closing
10.	前膛拗步	qián táng niù bù	Twisted Wade Forward
11.	第二斜行拗步	dì èr xié xíng niù bù	Second Twisted Diagonal Step
12.	再收	zài shōu	Second Closing
13.	前膛拗步	qián táng niù bù	Twisted Wade Forward
14.	掩手肱捶	yǎn shǒu gōng chuí	Covering Hand Punch
15.	第三金刚捣碓	dì sān jīn gāng dǎo duì	Third Buddhist Warrior Pounds Mortar
Section 1			
16.	撇身捶	piě shēn chuí	Leaning Punch
17.	青龙出水	qīng lóng chū shuǐ	Black Dragon Emerges from Water
18.	双推手	shuāng tuī shǒu	Push with Both Hands
19.	三换掌	sān huàn zhǎng	Switch the Palms Three Times
20.	肘底看捶	zhǒu dǐ kàn chuí	Fist Under the Elbow
21.	倒卷肱	dǎo juǎn gōng	Roll the Forearms Backwards
22.	退步压肘	tuì bù yā zhǒu	Press the Elbow on a Backward Step
23.	中盘	zhōng pán	Middle Winding
24.	白鹤亮翅	bái hè liàng chì	White Crane Spreads Wings
25.	斜行拗步	xié xíng niù bù	Twisted Diagonal Step
26.	闪通背	shǎn tōng bèi	Fan the Back
27.	掩手肱捶	yǎn shǒu gōng chuí	Covering Hand Punch

28.	大六封四闭	dà liù fēng sì bì	Large Frame Six Sealing and Four Closing
29.	单鞭	dān biān	Single Whip
30.	云手	yún shǒu	Wave Hands
31.	高探马	gāo tàn mǎ	High Pat on Horse
Section 2			
32.	右擦脚	yòu cā jiǎo	Right Toe Kick
33.	左擦脚	zuǒ cā jiǎo	Left Toe Kick
34.	转身左蹬一跟	zhuǎn shēn zuǒ dēng yī gēn	Turn Around and Left Stomp Kick
35.	前膛拗步	qián táng niù bù	Wade Forward on Twisted Steps
36.	击地捶	jī dì chuí	Punching the Ground
37.	二起脚(踢二起)	èr qǐ jiǎo (tī èr qǐ)	Double Flying Kick
38.	护心捶(兽头势)	hù xīn chuí -(shòu tóu shì)	Protecting Heart Punch (Beast Head Posture)
39.	旋风脚	xuán fēng jiǎo	Tornado Kick
40.	右蹬一跟	yòu dēng yī gēn	Right Stomping Kick
41.	掩手肱捶	yǎn shǒu gōng chuí	Covering Hand Punch
Section 3			
42.	小擒打	xiǎo qín dǎ	Small Posture Grappling Strike
43.	抱头推山	bào tóu tuī shān	Hold the Head and Push the Mountain
44.	三换掌	sān huàn zhǎng	Switch the Palms Three Times
45.	六封四闭	liù fēng sì bì	Six Sealing and Four Closing
46.	单鞭	dān biān	Single Whip
47.	前招	qián zhāo	Cover the Front
48.	后招	hòu zhāo	Cover the Back
49.	野马分鬃	yě mǎ fēn zōng	Wild Horses Part Mane
50.	大六封四闭	dà liù fēng sì bì	Large Posture Six Sealing and Four Closing
51.	单鞭	dān biān	Single Whip
Section 4			
52.	双震脚	shuāng zhèn jiǎo	Double Stomping
53.	玉女穿梭	yù nǚ chuān suō	Fair Lady Works at Shuttles
54.	懒扎衣	lǎn zhā yī	Lazy About Tucking the Robe
55.	六封四闭	liù fēng sì bì	Six Sealing and Four Closing
56.	单鞭	dān biān	Single Whip

57.	云手	yún shǒu	Wave Hands
58.	双摆脚	shuāng bǎi jiǎo	Double Lotus Kick
59.	跌岔	diē chà	Falling Split
60.	金鸡独立	jīn jī dú lì	Golden Rooster Stands on One Leg
61.	倒卷肱	dǎo juǎn gōng	Roll the Forearm Backwards
62.	退步压肘	tuì bù yā zhǒu	Press the Elbow on a Backward Step
63.	中盘	zhōng pán	Middle Winding
64.	白鹤亮翅	bái hè liàng chì	White Crane Spreads Wings
65.	斜行拗步	xié xíng niù bù	Twisted Diagonal Step
66.	闪通背	shǎn tōng bèi	Fan the Back
67.	掩手肱捶	yǎn shǒu gōng chuí	Covering Hand Punch
68.	大六封四闭	dà liù fēng sì bì	Large Posture Six Sealing and Four Closing
69.	单鞭	dān biān	Single Whip
70.	云手	yún shǒu	Wave Hands
71.	高探马	gāo tàn mǎ	High Pat on Horse
Section 5			
72.	十字单摆脚	shí zì dān bǎi jiǎo	Cross Single Lotus Kick
73.	指裆捶	zhǐ dāng chuí	Punch to the Groin
74.	白猿探果	bái yuán tàn guǒ	White Ape Reaches for Fruits
75.	小六封四闭	xiǎo liù fēng sì bì	Small Posture Six Sealing and Four Closing
76.	单鞭	dān biān	Single Whip
77.	铺地锦	pù dì jǐn	Cover the Ground with Silk
78.	上步七星	shàng bù qī xīng	Step Up with Seven Star Punch
79.	退步跨虎	tuì bù kuà hǔ	Step Back and Mount the Tiger
80.	转身双摆莲	zhuǎn shēn shuāng bǎi lián	Turn Around with Double Lotus Kick
81.	当头炮	dāng tóu pào	Cannon Fist Right in the Face
82.	金刚捣碓	jīn gāng dǎo duì	Buddhist Warrior Pounds Mortar
83.	收势	shōu shì	Closing Posture
Section 6			