**Chen’s Tai Chi New Form 2 (Xin Jia Er Lu)**

**陈氏太极拳新架二路**

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| **No.** | **Chinese Names** | **Pinyin　(拼音)** | **English Names　(英文名称)** |
|  | 预备势    | yù bèi shì  | Preparation Posture |
|  | 金刚捣碓   | jīn gāng dǎo duì  | Buddha’s Warrior Pounds Mortar |
|  | 懒扎衣   | lǎn zhā yī  | Lazy about Tucking the Robe |
|  | 六封四闭  | liù fēng sì bì  | Six Sealing and Four Closing |
|  | 单鞭   | dān biān  | Single Whip |
|  | 搬拦肘   | bān lán zhǒu  | Horizontal Blocking Elbow |
|  | 护心捶    | hù xīn chuí  | Protecting the Heart Punch |
|  | 拗步斜行  | niù bù xié háng  | Twisted Diagonal Step |
|  | 煞腰压肘拳  | shà yāo yā zhǒu quán  | Pressing Waist and Elbow Punch |
|  | 井拦直入  | jǐng lán zhí rù  | Drop the Pulley Rope into the Well |
|  | 风扫梅花    | fēng sǎo méi huā  | Blowing Plum Blossoms |
|  | **金刚捣碓**  | **jīn gāng dǎo duì**  | **Buddha’s Warrior Pounds Mortar** |
|  | 撇身捶 | piě shēn chuí  | Leaning Body Punch |
|  | 斩手    | zhǎn shǒu  | Chop the Hand |
|  | 翻花舞袖  | fān huā wǔ xiù  | Fancy Waves with the Sleeves |
|  | 掩手肱捶    | yǎn shǒu gōng chuí  | Covering Hand Punch |
|  | 飞步腰拦肘   | fēi bù yāo lán zhǒu  | Leap with Twisted Elbow Strike |
|  | 云手（前三）  | yún shǒu （qián sān ）  | Wave Hands (First 3) |
|  | 云手（后三）  | yún shǒu （hòu sān ）  | Wave Hands (Second 3) |
|  | 高探马  | gāo tàn mǎ  | High Pat on Horse |
|  | 连珠炮   | lián zhū pào  | Continuous Bombardment |
|  | 倒骑麟    | dǎo qí lín  | Ride Backward on a Dragon |
|  | 白蛇吐信   | bái shé tǔ xìn  | White Snake Spits its Tongue |
|  | 海底翻花  | hǎi dǐ fān huā  | Stir Up Turbulence Under the Sea |
|  | **掩手肱捶**  | **yǎn shǒu gōng chuí**  | **Covering Hand Punch** |
|  | 左裹鞭炮    | zuǒ guǒ biān pào  | Left Side Wrap and Punch |
|  | 右裹鞭炮   | yòu guǒ biān pào  | Right Side Wrap and Punch |
|  | 兽头式  | shòu tóu shì  | Beast Head Posture |
|  | 劈架子  | pī jià zǐ  | Chopping Posture |
|  | 翻花舞袖    | fān huā wǔ xiù  | Fancy Waves with Sleeves |
|  | 掩手肱捶  | yǎn shǒu gōng chuí  | Covering Hand Punch |
|  | 伏虎  | fú hǔ  | Taming Tiger Posture |
|  | 抹眉红  | mò méi hóng  | Brush the Eye Brows |
|  | 右黄龙三搅水  | yòu huáng lóng sān jiǎo shuǐ  | Right Side Yellow Dragon Stirs the Water Three Times |
|  | 左黄龙三搅水  | zuǒ huáng lóng sān jiǎo shuǐ  | Left Side Yellow Dragon Stirs the Water Three Times |
|  | 左蹬一跟    | zuǒ dēng yī gēn  | Left Heel Kick |
|  | 右蹬一跟  | yòu dēng yī gēn  | Right Heel Kick |
|  | 海底翻花  | hǎi dǐ fān huā  | Stir Up Turbulence Under the Sea |
|  | 掩手肱捶  | yǎn shǒu gōng chuí  | Covering Hand Punch |
|  | 扫膛腿     | sǎo táng tuǐ  | Sweeping Kick |
|  | 掩手肱捶  | yǎn shǒu gōng chuí  | Covering Hand Punch |
|  | 左冲      | zuǒ chōng  | Double Punch to the Left |
|  | 右冲    | yòu chōng  | Double Punch to the Right |
|  | 倒插     | dǎo chā  | Backward Thrust Punch |
|  | 海底翻花   | hǎi dǐ fān huā  | Stir Up Turbulence Under the Sea |
|  | **掩手肱捶** | **yǎn shǒu gōng chuí**  | **Covering Hand Punch** |
|  | 夺二肱    | duó èr gōng  | Fight for Control With the Forearm |
|  | 连环炮     | lián huán pào  | Linking Punch |
|  | 玉女穿梭  | yù nǚ chuān suō  | Fair Lady Works with Shuttles |
|  | 回头当门炮     | huí tóu dāng mén pào  | Turn Around with Double Punch |
|  | 玉女穿梭     | yù nǚ chuān suō  | Fair Lady Works with Shuttles |
|  | 回头当门炮      | huí tóu dāng mén pào  | Turn Around with Double Punch |
|  | 腰栏肘        | yāo lán zhǒu  | Twisted Elbow Strike |
|  | 顺拦肘            | shùn lán zhǒu  | Straight Elbow Strike |
|  | 穿心肘                | chuān xīn zhǒu  | Piercing the Heart Elbow Strike |
|  | 窝里炮   | wō lǐ pào  | Cannon into the Nest |
|  | 井拦直入           | jǐng lán zhí rù  | Drop the Pulley Rope into the Well |
|  | 风扫梅花            | fēng sǎo méi huā  | Blowing Plum Blossoms |
|  | 金刚捣碓            | jīn gāng dǎo duì  | Buddha’s Warrior Pounds Mortar   |
|  | **收势**  | **shōu shì**  | **Closing Posture** |