**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** |