**Chen’s Tai Chi Old Form 2 (Er Lu)**

**陈氏太极拳老架二路**

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| **No.** | **Chinese Names****(中文名称)** | **Pinyin****(拼音)** | **English Names****(英文名称)** |
| 1. .
 | 太极起势 | Tài Jí Qǐ Shì | Starting Pose |
|  | 金刚捣碓 | Jīn Gāng Dǎo Zhùi | Buddha’s Warrior Pounds Mortar |
|  | 懒扎衣 | Lǎn Zhǎ Yī | Lazy About Tucking the Robe |
|  | 六封四闭 | Lìu Fēng Sì Bì | Six Sealing and Four Closing |
|  | 单鞭 | Dān Biān | Single Whip |
|  | 跃步护心拳 | Yùe Bù Hù Xīn Quán | Leap with Protecting the Heart Punch |
|  | 进步斜行 | Jìn Bù Xíe Xíng | Diagonal Step |
|  | 回头金刚捣碓 | Húi Tóu Jīn Gāng Dǎo Zhùi | Turn Around with Buddha’s Warrior Pounds Mortar |
| **Section 1** |
|  | 撇身捶 | Pǐe Shēn Chúi | Leaning Body Punch |
|  | 指裆 | Zhǐ Dāng | Strike the Groin |
|  | 斩手 | Zhǎn Shǒu | Chop Hand |
|  | 翻花舞袖 | Fān Hūa Wǔ Xìu | Dance with the Sleeves |
|  | 掩手肱拳 | Yán Shǒu Gōng Quán | Covering Hand Punch |
|  | 转身腰拦肘 | Zhuǎn Sheēng Yāo Lán Zhǒu | Turn Around with Cross Elbow Strike |
|  | 大肱拳小肱拳 | Dā Gōng Quán Xiǎo Gōng Quán | Upper and Lower Arm Strikes |
|  | 玉女穿梭 | Yǜ Nǚ Chuān Sūo | Fair Lady Works with Shuttles |
|  | 倒骑龙 | Dào Qí Lóng | Ride on the Dragon Backward |
|  | 掩手肱拳 | Yán Shǒu Gōng Quán uan | Covering Hand Punch |
| **Section ２** |
|  | 裹鞭裹鞭 | Gǔo Biān Gǔo Biān | Wrapping Punches |
|  | 兽头势 | Shòu Tóu Shì | Beast Head Posture |
|  | 披架子 | Pī Jià Zǐ | Chopping Posture |
|  | 掩手肱拳 | Yán Shǒu Gōng Quán | Covering Hand Punch |
|  | 伏虎 | Fú Hǔ | Tame the Tiger |
|  | 抹眉肱 | Mě Méi Gōng | Brush the Eye Brows |
|  | 左右黄龙三搅水 | Zǔo Yòu Huáng Lóng Sān Jiǎo Shǔi | Yellow Dragon Stirs Up Water |
|  | 左冲右冲 | Zǔo Chōng Yòu Chōng | Dash to the Left and Dash to the Right |
|  | 掩手肱拳 | Yán Shǒu Gōng Quán | Covering Hand Punch |
|  | 扫膛腿 | Sǎo Táng Tǔi | Sweep Kick |
|  | 掩手肱拳 | Yán Shǒu Gōng Quán | Covering Hand Punch |
|  | 全炮捶 | Quán Pào Chúi | Full Cannon Fist |
|  | 掩手肱拳 | Yán Shǒu Gōng Quán | Covering Hand Punch |
| **Section ３** |
|  | 捣叉捣叉 | Dǎo Chà Dǎo Chà | Pound and Split |
|  | 左二肱右二肱 | Zǔo èr Gōng Yòu èr Gōng | Left and Right Continuous Strikes |
|  | 回头当门炮 | Húi Tóu Dāng Mén Pào | Turn Around with Cannon Fist |
|  | 变势大捉炮 | Biàn Shì Dà Zhùo Pào | Switch Position with Cannon Fist |
|  | 腰拦肘 | Yāo Lán Zhǒu | Cross Elbow Strike |
|  | 顺拦肘 | Shùn Lán Zhǒu | Straight Elbow Strike |
|  | 窝底炮 | Wō Dǐ Pào | Cannon into the Nest |
|  | 回头井栏直入 | Húi Tóu Jǐng Lán Zhí Rù | Turn Around and Drop the Pulley Rope into the Well |
|  | 金刚捣碓 | Jīn Gāng Dǎo Zhùi | Buddha’s Warrior Pounds Mortar |
|  | 收势 | Shōu Shì | Closing Pose |
| **Section ４** |