

Chen's Tai Chi Long Pole 13 Forms

陈氏太极十三杆

No.	Name (名称)	Pin Yin (拼音)	English Name (英文名称)
1.	青龙出水	qīng lóng chū shuǐ	Black Dragon Emerges from Water
2.	童子拜观音	tóng zǐ bài guān yīn	Youngster Prays to <i>Guan Yin</i>
3.	饿虎扑食	è hǔ pū shí	Hungry Tiger Jumps on Its Prey
4.	拦路虎	lán lù hǔ	Tiger Blocks the Way
5.	腰拦枪	yāo lán qiāng	Cross Waist Parry with the Spear
6.	斜披横扫眉	xié pī héng sǎo méi	Strike Obliquely to Sweep the Eyebrows
7.	井拦倒挂	jǐng lán dǎo guà	Well Pulleys Hanging Upside Down
8.	中心入碓	zhōng xīn rù duì	Pound Straight to the Mortar
9.	俊鸟入巢	jùn niǎo rù cháo	Pretty Bird Enters Its Nest
10.	面披背崩	miàn pī bèi bēng	Chop Forward and Spring Backward
11.	拖杆	tuō gǎn	Drag the Pole to Retreat
12.	黄龙三搅水	huáng lóng sān jiǎo shuǐ	Yellow Dragon Stirs Water Three Times
13.	收回怀中抱月势	shōu huí huái zhōng bào yuè shì	Hold the Moon in the Arms