

Chen's Tai Chi Essential 18 Form

(陈氏太极精要十八式名称)

No.	Name (名称)	Pin Yin (拼音)	English Name (英文名称)
1	太极起势	T ài J í Qǐ Sh ì	Starting Pose
2	金刚捣碓	Jīn Gāng Dǎo Dùi	Buddha's Warrior Pounds Mortar
3	揽扎衣	Lǎn Zā Yī	Lazy About Tucking the Robe
4	六封四闭	L ù Fēng S ì B ì	Six Sealing and Four Closing
5	单鞭	Dān Biān	Single Whip
6	白鹅亮翅	B á é Lǐ àng Ch ì	White Goose Spreads Wings
7	斜行	X é X íng	Diagonal Step
8	搂膝	Lōu Xī	Brush the Knee
9	拗步	ǎo B ù	Twisted Step
10	掩手肱拳	Y án Shǒu Gōng Qu án	Covering Hand Punch
11	高探马	Gāo T àn Mǎ	High Pat on Horse
12	左蹬一跟	Zǔo Dēng Y ì Gēn	Left Heel Kick
13	玉女穿梭	Y ù Nǚ Chuān S ūo	Fair Lady Works at Shuttles
14	云手	Y ún Shǒu	Wave Hands
15	转身双摆莲	Zhuǎn Shēng Shuāng Bǎi Lǐ án	Turn Around with Double Lotus Kick
16	当头炮	Dāng T óu P ào	Cannon to the Face
17	金刚捣碓	Jīn Gāng Dǎo Dùi	Buddha's Warrior Pounds Mortar
18	收势	Shōu Sh ì	Closing Pose