

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

陈氏太极拳新架二路

No.	Chinese Names	Pinyin (拼音)	English Names (英文名称)
1.	预备势	yù bǐ shì	Preparation Posture
2.	金刚捣碓	jīn gāng dǎo duì	Buddha's Warrior Pounds Mortar
3.	懒扎衣	lǎn zhā yī	Lazy about Tucking the Robe
4.	六封四闭	liù fēng sì bì	Six Sealing and Four Closing
5.	单鞭	dān biān	Single Whip
6.	搬拦肘	bān lán zhǒu	Horizontal Blocking Elbow
7.	护心捶	hù xīn chuí	Protecting the Heart Punch
8.	拗步斜行	niù bù xié xíng	Twisted Diagonal Step
9.	煞腰压肘拳	shà yāo yā zhǒu quán	Pressing Waist and Elbow Punch
10.	井栏直入	jǐng lán zhí rù	Drop the Pulley Rope into the Well
11.	风扫梅花	fēng sǎo méi huā	Blowing Plum Blossoms
12.	<u>金刚捣碓</u>	<u>jīn gāng dǎo duì</u>	<u>Buddha's Warrior Pounds Mortar</u>
13.	撇身捶	piě shēn chuí	Leaning Body Punch
14.	斩手	zhǎn shǒu	Chop the Hand
15.	翻花舞袖	fān huā wǔ xiù	Fancy Waves with the Sleeves
16.	掩手肱捶	yǎn shǒu gōng chuí	Covering Hand Punch
17.	飞步腰拦肘	fēi bù yāo lán zhǒu	Leap with Twisted Elbow Strike
18.	云手 (前三)	yún shǒu (qián sān)	Wave Hands (First 3)
19.	云手 (后三)	yún shǒu (hòu sān)	Wave Hands (Second 3)
20.	高探马	gāo tàn mǎ	High Pat on Horse
21.	连珠炮	lián zhū pào	Continuous Bombardment
22.	倒骑麟	dǎo qí lín	Ride Backward on a Dragon
23.	白蛇吐信	bái shé tǔ xìn	White Snake Spits its Tongue
24.	海底翻花	hǎi dǐ fān huā	Stir Up Turbulence Under the Sea
25.	<u>掩手肱捶</u>	<u>yǎn shǒu gōng chuí</u>	<u>Covering Hand Punch</u>
26.	左裹鞭炮	zuǒ guǒ biān pào	Left Side Wrap and Punch
27.	右裹鞭炮	yòu guǒ biān pào	Right Side Wrap and Punch
28.	兽头式	shòu tóu shì	Beast Head Posture
29.	劈架子	pī jià zǐ	Chopping Posture

30.	翻花舞袖	fān huā wǔ xiù	Fancy Waves with Sleeves
31.	掩手肱捶	yǎn shǒu gōng chuí	Covering Hand Punch
32.	伏虎	fú hǔ	Taming Tiger Posture
33.	抹眉红	mò m éi hóng	Brush the Eye Brows
34.	右黄龙三搅水	yòu huáng lóng sān jiǎo shuǐ	Right Side Yellow Dragon Stirs the Water Three Times
35.	左黄龙三搅水	zuǒ huáng lóng sān jiǎo shuǐ	Left Side Yellow Dragon Stirs the Water Three Times
36.	左蹬一跟	zuǒ dēng yī gēn	Left Heel Kick
37.	右蹬一跟	yòu dēng yī gēn	Right Heel Kick
38.	海底翻花	hǎi dǐ fān huā	Stir Up Turbulence Under the Sea
39.	掩手肱捶	yǎn shǒu gōng chuí	Covering Hand Punch
40.	扫膛腿	sǎo táng tuǐ	Sweeping Kick
41.	掩手肱捶	yǎn shǒu gōng chuí	Covering Hand Punch
42.	左冲	zuǒ chōng	Double Punch to the Left
43.	右冲	yòu chōng	Double Punch to the Right
44.	倒插	dǎo chā	Backward Thrust Punch
45.	海底翻花	hǎi dǐ fān huā	Stir Up Turbulence Under the Sea
46.	掩手肱捶	<u>yǎn shǒu gōng chuí</u>	<u>Covering Hand Punch</u>
47.	夺二肱	duó èr gōng	Fight for Control With the Forearm
48.	连环炮	lián huán pào	Linking Punch
49.	玉女穿梭	yù nǚ chuān suō	Fair Lady Works with Shuttles
50.	回头当门炮	huí tóu dāng mén pào	Turn Around with Double Punch
51.	玉女穿梭	yù nǚ chuān suō	Fair Lady Works with Shuttles
52.	回头当门炮	huí tóu dāng mén pào	Turn Around with Double Punch
53.	腰拦肘	yāo lán zhǒu	Twisted Elbow Strike
54.	顺拦肘	shùn lán zhǒu	Straight Elbow Strike
55.	穿心肘	chuān xīn zhǒu	Piercing the Heart Elbow Strike
56.	窝里炮	wō lǐ pào	Cannon into the Nest
57.	井拦直入	jǐng lán zhí rù	Drop the Pulley Rope into the Well
58.	风扫梅花	fēng sǎo méi huā	Blowing Plum Blossoms
59.	金刚捣碓	jīn gāng dǎo duì	Buddha's Warrior Pounds Mortar
60.	收势	<u>shōu shì</u>	<u>Closing Posture</u>