

Chen's Tai Chi Old Form 1 (Yi Lu) 陈式太极拳老架一路

No.	Chinese Names	Pinyin (拼音)	English Names (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.	懒扎衣	Lǎn Zhā 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.	金刚捣碓	Jīn Gāng Dǎo Dùi	Buddha's Warrior Pounds Mortar
7.	白鹅亮翅	B á í Li àng Ch ì	White Goose Spreads Wings
8.	斜形	X é X íng	Diagonal Step
9.	搂膝	Lōu Xī	Brush the Knee
10.	拗步	ǎo B ù	Twisted Steps
11.	斜形	X é X íng	Diagonal Step
12.	搂膝	Lōu Xī	Brush the Knee
13.	拗步	ǎo B ù	Twisted Steps
14.	掩手肱拳	Y án Shǒu Gōng Qu án	Covering Hand Punch
15.	金刚捣碓	Jīn Gāng Dǎo Dùi	Buddha's Warrior Pounds Mortar
Section 1			
16.	撇身捶	Pīe Shēn Chuí	Leaning Body Punch
17.	青龙出水	Qīng Lóng Chū Shuǐ	Black Dragon Emerges From Water
18.	双推手	Shuāng Tūi Shǒu	Push with Both Hands
19.	肘底看拳	Zhǒu Dǐ K àn Qu án	Fist Under the Elbow
20.	倒卷肱	D ào Juǎn Hóng	Roll the Forearm Backward and Step Back
21.	白鹅亮翅	B á í Li àng Ch ì	White Goose Spreads Wings
22.	斜形	X é X íng	Diagonal Step
23.	闪通背	Shǎn Tōng B ǐ	Flash the Back
24.	掩手肱拳	Y án Shǒu Gōng Qu án	Covering Hand Punch
25.	六封四闭	L iu Fēng S ì B ì	Six Sealing and Four Closing

26.	单鞭	Dān Biān	Single Whip
27.	云手	Yún Shǒu	Wave Hands
28.	高探马	Gāo Tàn Mǎ	High Pat on Horse
Section 2			
29.	右擦脚	Yòu Chā Jiǎo	Right Toe Kick
30.	左擦脚	Zuǒ Chā Jiǎo	Left Toe Kick
31.	左蹬一跟	Zuǒ Dēng Yī Gēn	Left Heel Kick
32.	前趟拗步	Qián Tāng ǎo Bù	Wade Forward with Twisted Steps
33.	击地捶	Jī Dì Chuí	Punch the Ground
34.	踢二起	Tī Èr Qǐ	Double Flying Kick
35.	护心拳	Hù Xīn Quán	Protecting the Heart Punch
36.	旋风脚	Xuàn Fēng Jiǎo	Tornado Kick
37.	右蹬一跟	Yòu Dēng Yī Gēn	Right Heel Kick
38.	掩手肱拳	Yǎn Shǒu Gōng Quán	Covering Hand Punch
Section 3			
39.	小擒打	Xiǎo Qín Dǎ	Small Frame Grappling Strike
40.	抱头推山	Bào Tóu Tūi Shān	Hold the Head and Push the Mountain
41.	六封四闭	Liù Fēng Sì Bì	Six Sealing and Four Closing
42.	单鞭	Dān Biān	Single Whip
43.	前招	Qián Zhāo	Cover the Front
44.	后招	Hòu Zhāo	Cover the Back
45.	野马分鬃	Yě Mǎ Fēn Zōng	Wild Horses Part Mane
46.	六封四闭	Liù Fēng Sì Bì	Six Sealing and Four Closing
47.	单鞭	Dān Biān	Single Whip
Section 4			
48.	玉女穿梭	Yù Nǚ Chuān Sūo	Fair Lady Works with Shuttles
49.	懒扎衣	Lǎn Zhā Yī	Lazy About Tucking the Robe
50.	六封四闭	Liù Fēng Sì Bì	Six Sealing and Four Closing
51.	单鞭	Dān Biān	Single Whip

52.	云手	Yún Shǒu	Wave Hands
53.	摆脚踏岔	Bǎi Jiǎo Diē Chà	Double Lotus Kick Followed by Falling Split
54.	金鸡独立	Jīn Jī Dú Lì	Golden Rooster Stands on One Leg
55.	倒卷肱	Dào Juǎn Hóng	Roll the Forearms Backward and Step Back
56.	白鹅亮翅	Bái é Liàng Chì	White Goose Spreads Wings
57.	斜形	Xé Xíng	Diagonal Step
58.	闪通背	Shǎn Tōng Bèi	Flash the Back
59.	掩手肱拳	Yǎn Shǒu Gōng Quán	Covering Hand Punch
60.	六封四闭	Liù Fēng Sì Bì	Six Sealing and Four Closing
61.	单鞭	Dān Biān	Single Whip
62.	云手	Yún Shǒu	Wave Hands
63.	高探马	Gāo Tàn Mǎ	High Pat on Horse
Section 5			
64.	十字脚	Shí zì jiǎo	Cross Kick
65.	指裆捶	Zhǐ dāng chuí	Punch the Groin
66.	猿猴探果	Yuán hóu tàn guǒ	Ape Reaches for Fruit
67.	单鞭	Dān Biān	Single Whip
68.	雀地龙	Què dì lóng	Dragon Creeping on the Ground
69.	上步七星	Shàng bù qī xīng	Step up with Seven Star Punch
70.	下步跨肱	Xià bù kuà gōng	Step Back and Hold with Forearms
71.	转身双摆莲	Zhuǎn shēng shuāng bǎi lián	Turn Around with Double Lotus Kick
72.	当头炮	Dāng tóu pào	Cannon Fist
73.	金刚捣碓	Jīn gāng dǎo duì	Buddha's Warrior Pounds Mortar
74.	收势	Shōu shì	Closing Pose
Section 6			