

Chen's Tai Chi Old Form 2 (Er Lu)

陈氏太极拳老架二路

No.	Chinese Names (中文名称)	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 Zhù	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.	跃步护心拳	Y uè B ù H ù Xīn Qu án	Leap with Protecting the Heart Punch
7.	进步斜行	J ìn B ù X é X íng	Diagonal Step
8.	回头金刚捣碓	H úi T óu Jīn Gāng Dǎo Zhù	Turn Around with Buddha's Warrior Pounds Mortar
Section 1			
9.	撇身捶	P iě Shēn Chuí	Leaning Body Punch
10.	指裆	Zhǐ Dāng	Strike the Groin
11.	斩手	Zhǎn Shǒu	Chop Hand
12.	翻花舞袖	Fān Huā Wǔ Xiù	Dance with the Sleeves
13.	掩手肱拳	Y án Shǒu Gōng Qu án	Covering Hand Punch
14.	转身腰拦肘	Zhuǎn Shēng Yāo L án Zhǒu	Turn Around with Cross Elbow Strike
15.	大肱拳小肱拳	D ā Gōng Qu án Xiǎo Gōng Qu án	Upper and Lower Arm Strikes
16.	玉女穿梭	Y ù Nǚ Chuān S ūo	Fair Lady Works with Shuttles
17.	倒骑龙	D ào Q í L óng	Ride on the Dragon Backward
18.	掩手肱拳	Y án Shǒu Gōng Qu án	Covering Hand Punch
Section 2			
19.	裹鞭裹鞭	G ōu Biān G ōu Biān	Wrapping Punches
20.	兽头势	Sh òu T óu Sh ì	Beast Head Posture

21.	披架子	Pī Ji à Zǐ	Chopping Posture
22.	掩手肱拳	Yán Shǒu Gōng Quán	Covering Hand Punch
23.	伏虎	Fú Hǔ	Tame the Tiger
24.	抹眉肱	Mě Méi Gōng	Brush the Eye Brows
25.	左右黄龙三搅水	Zuǒ Yòu Huáng Lóng Sān Jiǎo Shuǐ	Yellow Dragon Stirs Up Water
26.	左冲右冲	Zuǒ Chōng Yòu Chōng	Dash to the Left and Dash to the Right
27.	掩手肱拳	Yán Shǒu Gōng Quán	Covering Hand Punch
28.	扫膛腿	Sǎo Táng Tuǐ	Sweep Kick
29.	掩手肱拳	Yán Shǒu Gōng Quán	Covering Hand Punch
30.	全炮捶	Quán Pào Chuí	Full Cannon Fist
31.	掩手肱拳	Yán Shǒu Gōng Quán	Covering Hand Punch
Section 3			
32.	捣叉捣叉	Dǎo Chā Dǎo Chā	Pound and Split
33.	左二肱右二肱	Zuǒ èr Gōng Yòu èr Gōng	Left and Right Continuous Strikes
34.	回头当门炮	Huí Tóu Dāng Mén Pào	Turn Around with Cannon Fist
35.	变势大捉炮	Biàn Shì Dà Zhuō Pào	Switch Position with Cannon Fist
36.	腰拦肘	Yāo Lán Zhǒu	Cross Elbow Strike
37.	顺拦肘	Shùn Lán Zhǒu	Straight Elbow Strike
38.	窝底炮	Wō Dǐ Pào	Cannon into the Nest
39.	回头井栏直入	Huí Tóu Jǐng Lán Zhí Rù	Turn Around and Drop the Pulley Rope into the Well
40.	金刚捣碓	Jīn Gāng Dǎo Zhùi	Buddha's Warrior Pounds Mortar
41.	收势	Shōu Shì	Closing Pose
Section 4			