

# CHEN XIAO WANG WORLD TAIJIQUAN ASSOCIATION OF HK

## Chen Style Tai Chi - Old Frame, First Routine, Lao Jia Yi Lu)

1. Begin Posture of Taijiquan
2. Buddha's Warrior Attendant Pounds Mortar
3. Lazily Tying One's Coat
4. Sealing Six Avenues and Closing Four
5. Single Whip
6. Buddha's Warrior Attendant Pounds Mortar
7. White Crane Spreading Its Wings
8. Diagonal Posture
9. Holding Up the Knee
10. Stepping To Both Sides
11. Diagonal Posture
12. Holding Up the Knee
13. Stepping To Both Sides
14. Cover Fist and Punch
15. Buddha's Warrior Attendant Pounds Mortar
16. Hit and Drape Fist Over Body
17. Green Dragon Flying Out of the Water
18. Double Pushing Hands
19. Striking with Fist Under Elbow
20. Stepping Back and Wrapping Upper Arms
21. White Crane Spreads Wings
22. Diagonal Posture
23. Turning Back With Arms Twining
24. Cover Fist and Punch
25. Sealing Six Avenues and Closing Four
26. Single Whip
27. Rolling Hands Through Clouds
28. Patting the Horse's Back
29. Slapping the Right Foot
30. Slapping the Left Foot

31. Kicking With the Left Heel
32. Walking Forward By Stepping To Both Sides
33. Punching Toward the Ground
34. Turning and Kicking Twice in the Air
35. Protect the Heart with the Fist
36. Whirling Kick
37. Kicking with the Right Heel
38. Cover Fist and Punch
39. Small Capturing and Hitting
40. Protecting the Head and Pushing Mountain
41. Sealing Six Avenues and Closing Four
42. Single Whip
43. Forward Technique
44. Backward Technique
45. Parting the Wild Horse's Mane
46. Sealing Six Avenues and Closing Four
47. Single Whip
48. Jade Maiden Working Her Loon
49. Lazily Tying Coat
50. Sealing Six Avenues and Closing Four
51. Single Whip
52. Cloud Hands
53. Swing the Foot and Drop Down
54. Golden Rooster Stands on One Leg
55. Stepping Back and Whirling the Arms
56. White Crane Spreads Wings
57. Diagonal Posture
58. Turning Back With Arms Twining
59. Cover Fist and Punch
60. Sealing Six Avenues and Closing Four
61. Single Whip
62. Rolling Hands Through Clouds
63. Patting the Horse's Back
64. Reverse Sweep With Right Leg Crossing

65. Punch the Groin
66. White Ape Dedicate Fruit
67. Single Whip
68. Dragon Rolling Downward
69. Stepping Forward to Form the Seven Stars
70. Stepping Back to Ride the Tiger
71. Turn Back Around and Sweeping With Both Legs
72. Cannon Right Over Head
73. Buddha's Warrior Attendant Pounds Mortar
74. Closing Posture of Taijiquan Form