

世界陳小旺太極總會香港分會

陳氏太極拳老架二路（Chen-Style Old Frame Routine II） 第一段

### Section I

1. 太極起勢 Taiji Starting Form
2. 金剛搗碓 Buddha's warrior attendant pounds mortar
3. 懶紮衣 Lazy about tying coat
4. 六封四閉 Six sealing and four closing
5. 單鞭 Single whip
6. 護心拳 The fist of protecting the heart
7. 斜行 Walk Obliquely
8. 回頭金剛搗碓 Turning around and Buddha's warrior attendant pound mortar
9. 撇身捶 Parry with fist
10. 指裆 Pointing Crotch
11. 斬手 Cut off hand
12. 翻花舞袖 Sleeve dance like turning flowers
13. 掩手肱拳 Cover hands and strike with fist

第二段

### Section II

14. 腰攔肘 Strike with elbow
15. 大肱拳小肱拳 Big brachium fist and small brachium fist
16. 玉女穿梭 The jade girl work at shuttles
17. 倒騎龍 Ride the dragon in the reverse direction
18. 掩手肱拳 Cover hands and strike with fist
19. 裏變裏變 Wrap and change
20. 獸頭勢 Monster posture
21. 披架子 Splitting post
22. 翻花舞袖 Sleeve dance like turning flowers
23. 掩手肱拳 Cover hands and strike with fist

第三段

### Section III

24. 伏虎 Taming the tiger
25. 抹眉肱 The hitting of rubbing eyebrow make red
26. 黃龍三攪水 The yellow dragon stirs water three times

27. 左冲 Punch leftward
28. 右冲 Punch rightward
29. 掩手肱拳 Cover hands and strike with fist
30. 掃堂腿 Floor sweep kick
31. 掩手肱拳 Cover hands and strike with fist
32. 全炮捶 Dash
33. 掩手肱拳 Cover hands and strike with fist

第四段

#### Section IV

34. 搗叉搗叉 Thrust reversely
35. 左二肱右二肱 Attack leftward twice and rightward twice with forearm
36. 回頭當門炮 The cannon of turning head
37. 窩底大捉炮 Generally catching cannon out of bosom
38. 腰攔肘 Twist elbow
39. 順攔肘 Smooth elbow
40. 窩底炮 The cannon out of bosom
41. 回頭并攔直入 Turn head and go straight with left palm into well
42. 金剛搗碓 Buddha's warrior attendant pounds mortar
43. 收勢 The Closing Form