

世界陳小旺太極拳總會香港分會

Chen Taiji Posture 38 Overview

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| posture 1 | Ready position |
| 2 | Buddha's warrior pounds mortar |
| 3 | The white crane spreads its wings |
| 4 | Forward three steps |
| 5 | Waik obliquely |
| 6 | Brushing knee |
| 7 | Wade forward and twist step' |
| 8 | Covered hand punch |
| 9 | Parry & turn to punch |
| 10 | Double pushing hand |
| 11 | Change palms three times |
| 12 | punch under elbow pounds mortar |
| 13 | Step back and whirt arms on both sides |
| 14 | Step back press elbow |
| 15 | The white snake puts out its tongue |
| 16 | Flash the back |
| 17 | Wade forward and twist step |
| 18 | Green dragon emerging from water |
| 19 | punch ground |
| 20 | Double kick |
| 21 | Heart-protecting punch |
| 22 | Forward move |
| 23 | Back ward move |
| 24 | Left heel kick |
| 25 | Right heel kick |
| 26 | The fair lady works at the shuttfe |
| 27 | Wrap around and tie coat |
| 28 | Six sealing and four closing |
| 29 | Single whip |
| 30 | Low fitying dragon |
| 31 | Step forward to rorm seven stars |
| 32 | Small seize and punch |
| 33 | Exerting force with hands |
| 34 | High pat the horse |
| 35 | Double lotus leg swing |
| 36 | Head punch |
| 37 | Buddha's warrior pounds mortar |
| 38 | Closing form |