

Chen Style Tai Chi Laojia Erlu -Old Frame, Second Form

Section one

1. 太极起势 Preparation Posture
2. 金刚捣碓 Buddah's Warrior Attendant Pounds Mortar
3. 懒扎衣 Lazy About Tying the Coat
4. 六封四闭 Six Sealing and Four Closings
5. 单鞭 Single Whip
6. 跃步护心拳 Protect the Heart Fist
7. 进步斜行 Walking Obliquely
8. 回头金刚捣碓 Buddah's Warrior Attendant Turns Around and Pounds Mortar
9. 撇身拳 Striking Down by Twisting Body Obliquely
10. 指裆 Pointing to the Crotch
11. 斩手 Chopping Hand
12. 翻花舞袖 Overturning Flowers and Waving Sleeves
13. 掩手肱拳 Striking with Concealed Fist

Section two

14. 转身腰拦肘 Dragging the Waist and Hitting with the Elbow
15. 大肱拳小肱拳 Waving Hands
16. 玉女穿梭 Fair Lady Works the Shuttles
17. 倒骑龙 Riding Dragon Backwards
18. 掩手肱拳 Striking with Concealed Fist
19. 裹鞭裹鞭 Wrapping Fire Crackers
20. 兽头势 Beast Head Pose
21. 披架子 Wearing a Frame
22. 翻花舞袖 Overturning Flowers and Waving Sleeves
23. 掩手肱拳 Striking with Concealed Fist

Section Three

24. 伏虎 Subduing the Tiger
25. 抹眉肱 Wipe the Brow Palms
26. 黄龙三搅水 Yellow Dragon Stirs the Water Three Times
27. 左冲 Left Thrust Kick
28. 右冲 Right Thrust Kick
29. 掩手肱拳 Striking with Concealed Fist
30. 扫堂腿 Sweeping Legs
31. 掩手肱拳 Striking with Concealed Fist
32. 全炮捶 The Whole Cannon Fist
33. 掩手肱拳 Striking with Concealed Fist

Section four

34. 捣叉捣叉 Double Forearm Punches
35. 左二肱右二肱 Left and Right Forearm Punches
36. 回头当门炮 Turning Around Forearm Punches
37. 变势大捉炮 Punches under the Armpits
38. 腰拦肘 Dragging the Waist and Hitting with the Elbow
39. 顺拦肘 Hitting with Elbow
40. 窝底炮 Side Lower Punch
41. 回头并栏直入 Turning Around Elbows
42. 金刚捣碓 Buddah's Warrior Attendant Pounds the Mortar
43. 收势 Closing the Form

