

## 老架二路

## Lao Jia Er Lu

## Old frame version 2

Form	Traditional Chinese	Verbatim English	Free Translation English	Espanol translation/Class remarks
1	預備式	Yu bei shi	Preparation form	
2	太極起式	Taiji qi shi	Commencing form	
3	金剛搗碓	Jin Gang dao dui	Jin Gang pounds mortar	
4	懶扎衣	Lan zha yi	Grasp the robe	
5	六封四閉	Liu feng si bi	Enclose completely	
6	單邊	Dan bian	Single whip	
7	護心拳	Hu xin quan	Chest guarding fist	
8	斜行	Xie xing	Step obliquely	
9	回頭金剛搗碓	Hui tou Jin Gang dao dui	Turn back Jin Gang pounds mortar	
10	撇身錘	Pie xin chui	Flinging Fists	
11	指襠錘	Zhi dang chui	Crotch Punch	
12	斬手	Zhan shou	Chopping palms	
13	翻花舞袖	Fan hua wu xiu	Turn back sleeves	
14	掩手肱拳	Yan shou gong quan	Defending punch	
15	腰攔肘	Yao lan zhou	Hip elbow strike	
16	大肱拳, 小肱拳	Da gon quan, xiao gong quan	Heavy and light punches	
17	玉女穿梭	Yu nu chuan suo	Fairy weaving with a shuttle	
18	倒騎鱗	Dao qi lung	Riding a unicorn reversely	
19	掩手肱拳	Yan shou gong quan	Defending punch	
20	裹鞭炮	Guo bian pao	Wrap fire crackers	
21	獸頭式	Shou tou shi	Beast head posture	
22	披架子	Pi zia zi	Hold the frame	



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23	翻花舞袖	Fan hua wu xiu	Turn back sleeves	
24	掩手肱拳	Yan shou gong quan	Defending punch	
25	伏虎	Fu hu	Subdue a tiger	
26	抹眉紅	Mo mei hung	Swipe the eyebrow	
27	左右黃龍三攪水	Zou you huang lung san jiao shui	Dragon stirs the ocean, left & right	
28	左衝	Zou chong	Punch left	
29	右衝	You chong	Punch right	
30	掩手肱拳	Yan shou gong quan	Defending punch	
31	掃蕩腿	Sau dang tui	Leg sweep	
32	掩手肱拳	Yan shou gong quan	Defending punch	
33	全炮拳	Quan pao quan	All cannon fists	
34	掩手肱拳	Yan shou gong quan	Defending punch	
35	搗叉搗叉	Dao cha dao cha	Pound and diverge	
36	左耳肱, 右耳肱	Zou er gong, you er gong	Ear striking fists	
37	回頭當門炮	Hui tou dang men pao	Turn back with punch	
38	變勢大竹炮	Bian shi da zhu pao	Firecrackers in motion	
39	腰攔肘	Yao lan zhou	Hip elbow strike	
40	順攔肘	Shun lan zhou	Chest elbow strike	
41	鍋裡炮	Guo li pao	Cannon in pan	
42	回頭并攔直入	Hui tou jin lan zhi ru	Turn back with stright punch	
43	收勢	Shou shi	Closing form	
44	太極還原	Taiji huan wan	Taiji restored	

