



Chen Style Taiji New Frame II

(6-8 minutes)

1. Commencing Form
2. King Kong Pounds Mortar
3. Grasp the Robe
4. Close & Seal
5. Single Whip
6. Elbow Strike
7. Chest Guarding Fist
8. Step Obliquely
9. Elbow & Fist Strikes
10. Straight Punch
11. Flower Sweeping Blow
12. King Kong Pounds Mortar
13. Flinging Fist
14. Chopping Hand
15. Turning Strike
16. Parry & Punch
17. Jump Far with Elbow Strike
18. Front Cloud Hands
19. Back Cloud Hands
20. High Pat the Horse
21. Consecutive Cannon Fists
22. Riding Tiger Reversely
23. Snake Stretches Tongue
24. Stir the Ocean
25. Parry & Punch
26. Left Exploding Cannon Fists
27. Right Exploding Canon Fists
28. Beast Head Posture
29. Hold the Frame
30. Flinging Fist
31. Parry & Punch
32. Tiger Ride
33. Swipe the Eyebrow
34. Dragon Stirs the Ocean (L)
35. Dragon Stirs the Ocean (R)
36. Left Ankle Kick
37. Right Ankle Kick
38. Stir the Ocean
39. Parry & Punch
40. Whirling Kicks
41. Parry & Punch
42. Punch Left
43. Punch Right
44. Reverse Planting
45. Stir the Ocean
46. Parry & Punch
47. Double Punches
48. Consecutive Cannon Fists
49. Lady Works on Shuttle
50. Return with Cannon Fist
51. Lady Works on Shuttle
52. Return with Cannon Fist
53. Hip Elbow Strike
54. Smooth Elbow Strike
55. Chest Elbow Strike
56. Boiler Cannon Fist
57. Straight Punch
58. Flower Sweeping Blow
59. King Kong Pounds Mortar
60. Closing Form