



精英太極坊
Elite Taiji Club

The Old Frame-2 of Chen Style Taiji

(Free Translations)

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| 1. Preparation Form | 2. Commencing Form |
| 3. Jin Gang Pounds Mortar | 4. Grasp the Robe |
| 5. Close and Seal | 6. Single Whip |
| 7. Chest Guarding Fist | 8. Step Obliquely |
| 9. Turn Round & Pound the Mortar | 10. Flinging Fist |
| 11. Crotch Punching Fist | 12. Chopping hands |
| 13. Sleeve Bounce | 14. Parry & Punch |
| 15. Waist Striking Elbow | 16. Heavy & Light Punches |
| 17. Fairy Works at Shuttle | 18. Counter Ride the Unicorn |
| 19. Parry & Punch | 20. Tightening Firecrackers. |
| 21. Heading Striking Fist | 22. Hold a Frame |
| 23. Sleeve Bounce | 24. Parry & Punch |
| 25. Riding a Tiger | 26. Eyebrow Striking Palm |
| 27. Dragon Stirs up to the Left & Right | 28. Advance to the Right |
| 29. Advance to the Left | 30. Parry & Punch |
| 31. Swipe Kicks | 32. Parry & Punch |
| 33. Cannon Fists | 34. Parry & Punch |
| 35. Pound and Diverge | 36. Ear Striking Fists |
| 37. Turn Round with Cannon Fists | 38. Firecracker in motion |
| 39. Waist Striking Elbow | 40. Chest Striking Elbow |
| 41. Armpit Striking Fist | 42. Turn Round with Head Bump |
| 43. Closing Form | 44. Qi Restored |

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