

## **Chen Laojia Yi Lu - Movement Names**

1. Opening Form (Tai ji Qi Shi)
2. Buddha's Warrior Pounds Mortar (Jin Gang Dao Dui)
3. Lazily Tying the Coat (Lan Za Yi)
4. Six Sealings and Four Closings (Liu Feng Si Bi)
5. Single Whip (Dan Bian)
6. Buddha's Warrior Pounds Mortar (Jin Gang Dao Dui)
7. White Crane Spreads its' Wings (Bai He Liang Chi)
8. Diagonal Posture (Xie Xing)
9. Brush Knee (Lou Xi or Lou Qi)
10. Step Forwards Three Times (Ao Bu)
11. Diagonal Posture (Xie Xing)
12. Brush Knee (Lou Xi or Lou Qi)
13. Step Forwards Three Times (Ao Bu or Shang San Bu)
14. Hidden Thrust Punch (Yan Shou Gong Quan)
15. Buddha's Warrior Pounds Mortar (Jin Gang Dao Dui)
16. Hit and Drape Fist Over Body (Pie Shen Quan)
17. Blue Dragon Flying Out of the Water (Qing Long Chu Shui)
18. Pushing with Both Hands (Shuang Tui Shou)
19. Fist under Elbow (Zhou Di Kan Quan)
20. Stepping Backwards with Whirling The Arms (Dao Juan Gong)
21. White Crane Spreads its Wings (Bai E Liang Chi)
22. Diagonal Posture (Xie Xing)
23. Turning Back with Arms Twining (Shan Tong Bei)
24. Hidden Thrust Punch (Yan Shou Gong Quan)
25. Six Sealing and Four Closing (Liu Feng Si Bi)
26. Single Whip (Dan Bian)
27. Wave Hands like Clouds (Yun Shou)
28. High Pat on Horse (Gao Tan Ma)
29. Slapping the Right Foot (You Ca Jao)
30. Slapping the Left Foot (Zuo Ca Jao)
31. Kicking with the Left Heel (Zuo Deng Yi Gen)
32. Walking Forward by Stepping to Both Sides (Qian Tang Ao Bu)
33. Punching Toward the Ground (Ji Di Chui)
34. Turning and Kicking Twice in the Air (Ti Er Qi)
35. Protecting the Heart with the Fist (Hu Xin Quan)
36. Whirlwind Foot (Xuan Feng Jiao)
37. Kicking with the Right Heel (You Deng Yi Gen)

38. Hidden Thrust Punch (Yan Shou Gong Quan)
39. Small Capturing and Hitting (Xiao Qin Da)
40. Protecting the Head and Pushing the Mountain (Bao Tou Tui Shan)
41. Six Sealing and Four Closing (Liu Feng Si Bi)
42. Single Whip (Dan Bian)
43. Front Trick (Qian Zhao)
44. Back Trick (Hou Zhao)
45. Parting the Wild Horse's Mane (Yie Ma Fen Zhong)
46. Six Sealing and Four Closing (Liu Feng Si Bi)
47. Single Whip (Dan Bian)
48. Jade Maiden Working Her Loom (Yu Nu Chuan Suo)
49. Lazily Tying the Coat (Lan Za Yi)
50. Six Sealing and Four Closing (Liu Feng S
51. Single Whip (Dan Bian)
52. Wave Hands like Clouds (Yun Shou)
53. Swing the Foot and Drop Down (Bai Jiao Die Cha)
54. Golden Rooster Standing on One Leg (Jin Ji Du Li)
55. Stepping Backwards and Whirling the Arms (Dao Juan Gong)
56. White Crane Spreads its Wings (Bai He Liang Chi)
57. Diagonal Posture (Xie Xing)
58. Turning Back with Arms Twining (Shan Tong Bei)
59. Hidden Thrust Punch (Yan Shou Gong Quan)
60. Six Sealing and Four Closing (Liu Feng Si Bi)
61. Single Whip (Dan Bian)
62. Wave Hands like Clouds (Yun Shou)
63. High Pat on Horse (Gao Tan Ma)
64. Reverse Sweep with Right Leg Crossing (Shi Zi Jiao)
65. Punch Toward the Crotch (Zhi Dang Chui)
66. Ape Picking Fruit (Yuan Hou Tan Guo)
67. Single Whip (Dan Bian)
68. Dragon Rolling Downward (Que Di Long)
69. Stepping Forward into Seven Star Stance (Shang Bu Qi Xing)
70. Stepping Backward into Riding Stance (Xia Bu Kua Gong)
71. Turning Around and Sweeping with Both Legs (Zhuan Shen Shuang Bai Lian)
72. Cannon Fist to the Head (Dang Tou Pao)
73. Buddha's Warrior Attendant Pounds Mortar (Jin Gang Dao Dui)
74. Closing Posture (Shou Shi)