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Chen Tai Chi New Frame 1

1. Beginning Form
2. Buda Pounds Mortar
3. Lazy Ties the Robs
4. Six Sealing and Four Closing
5. Single Whip
6. Second-Time Buda Pounds Mortar
7. White Crane Spreads Wings
8. Step Obliquely, Twist Step
9. First Closing
10. Advanced with Twist Step
11. Second-Time Step Obliquely, Twist Step
12. Second Closing
13. Advanced with Twist Step
14. Hidden Hand Punch
15. Third-Time Buda Pounds Mortar
16. Draping Body Fist
17. Green Dragon Emerges From the Water
18. Two-Handed Push
19. Three-Changing-Palm
20. Fist Under Elbow
21. Step Back and Push with Arm
22. Reverse Step, Press Elbow
23. Torso
24. White Goose Spreads Wings
25. Step Obliquely, Reverse Step
26. Flash the Back
27. Hidden Hand Punch
28. Big Six Sealing, Four Closing
29. Single Whip
30. Cloud Hands
31. High Pat the Horse
32. Thrust Right Foot
33. Thrust Left Foot
34. Turn Around, Left Heel Kick
35. Advance with Reverse Step
36. Immortal’s Embracing Grip
37. Double Kick
38. Protect the Heart (Beast’s Head Posture)
39. Whirlwind Kick
40. Right Heel Kick
41. Hidden Hand Punch
42. Cover Head and Push the Mountain
43. Three-Changing-Palms
44. Six Sealing, Four Closing
45. Single Whip
46. Forward Trick
47. Backward Trick
48. Parting the Wild Horse’s Mane
49. Big Six Sealing, Four Closing
50. Single Whip
51. Two Treads
52. Fair Maiden Works at the Shuttles
53. Grasp and Tuck Clothes
54. Six Sealing, Four Closing
55. Single Whip
56. Cloud Hands
57. Drop Both Feet
58. Split
59. Golden Rooster Stands in One Leg
60. Step Back and Push with Arm
61. Reverse Step, Press Elbow
62. Torso
63. White Goose Spreads its Wings
64. Step Obliquely, Reverse Step
65. Flash the Back
66. Hidden Hand Punch
67. Big Six Sealing, Four Closing
68. Single Whip
69. Cloud Hands
70. High Pat the Horse
71. Cross Foot
72. Groin Punch
73. Apes and Moneys Search for Fruit
74. Small Six Sealing, Four Closing
75. Single Whip
76. Sweep Ground Brocade
77. Step Forward and Form Seven Stars
78. Step Back, Straddle Tiger
79. Turn Around, Spread Arms
80. Head-On Cannon
81. Vajra Pounds Mortar
82. Closing