CHINESE WUSHU & TAICHI ACADEMY LLC

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Chen Tai Chi Old Frame 2

1. Beginning Form
2. Pounding the Mortar
3. Lazily Tying One’s Coat
4. Six Sealing and Four Closing
5. Single Whip
6. Raise Left Knee, Chop down with Hands Twice
7. Leap Step, Protect Heart With Fists
8. Raise Right Knee, Chop down with Hands Once
9. Advance and Twist Step
10. Pound the Mortar
11. Break through the Back
12. Strike the Groin
13. Chop with Fist
14. Turning the flowers Wave Arms
15. Cover Hands, Strike with Fist
16. Strike Waist with Elbow
17. Upper and Lower Arms Wave
18. Fair Lady Works at Shuttles
19. Ride on Dragon’s Tail
20. Cover Hands, Strike with Fist
21. Wrap the Firecrackers
22. Beast Style
23. Break the Frame
24. Cover Hands, Strike with Fist
25. Straddle the Tiger
26. Push with Palm
27. Yellow Dragon Stirs the Water
28. Left and Right Kick
29. Both Hands Chop with Right Knee Lifting
30. Cover Hands, Strike with Fist
31. Sweep Kicks on Both Sides
32. Cover Hands, Strike with Fist
33. Overall Canon Fists
34. Cover Hands, Strike with Fist
35. Down Strike, Under Strike
36. Front Strikes with Both Hands
37. Turn Head, Strike Chest with Fist
38. Changing Steps with Fist Strike
39. Strike Waist with Elbow
40. Strike with Elbow
41. Down-up to Truck Canon Elbow Strike
42. Turn around Body with Both Elbows Strike
43. Pounding the Mortar
44. Closing Form