

Chen 18 movement form

Old frame, short form



1	Preparing Form	Qi Shi	预备式
2	Buddha's Warrior Attendant Pounds Mortar	Jin Gang Dao Zhui	金刚捣碓
3	Lazily Tying Coat	Lan Zha Yi	懒扎衣
4	Six Sealing and Four Closing	Liu Feng Si Bi	六封四闭
5	Single Whip	Dan Bian	单鞭
6	White Crane Spreads Wings	Bai He Liang Chi	白鹤亮翅
7	Moving Diagonally	Xie Xing	斜行拗步
8	Brushing Knees	Lou Xi	搂膝
9	Stepping Lightly	Ao Bu	前螳拗步
10	Hidden Thrust Punch and Whirling Upper Arms	Yan Shou Hong Quan	掩手肱捶
11	High Pat on Horse	Gao Tan Ma	高探马
12	Side Kick With Left Heel	Zuo Deng Yi Gen	蹬一根
13	Jade Maiden Works Shuttles	Yu Nu Chuan Suo	玉女穿梭
14	Cloud Hands	Yun Shou	运手
15	Turn Back and Wave Double Lotus	Zhuan Shen Shuang Bai Lian	转身摆莲
16	Head On Blow	Dang Tou Pao	当头炮
17	Buddha's Warrior Attendant Pounds Mortar	Jin Gang Dao Zhui	金刚捣碓
18	Closing Form	Shou Si	收势