

Lao Jia Yi Lu

Chen style - Old frame first long form



Section one			
1	Begin tai chi	Yu Bei Shi	起势
2	Buddha's warrior attendant pounds the mortar	Jin Gung Dao Dui	金刚捣碓
3	Lazy to tie a coat	Lan Zha Yi	揽扎衣
4	Six sealing and four closing	Liu Feng Si Bi	六封四闭
5	Single whip	Dan Bian	单鞭
6	Buddha's warrior attendant pounds the mortar	Jin Gung Dao Dui	金刚捣碓
7	White crane spreads wings	Bai He Liang Chi	白鹤亮翅
8	Moving diagonally	Xie Xing	斜行
9	Embrace knees	Lou Xi	搂膝
10	Stepping lightly	Shang San Bu	上三步
11	Moving diagonally	Xie Xing	斜行
12	Embrace knees	Lou Xi	搂膝
13	Stepping lightly	Shang San Bu	上三步
14	Hidden hand thrust punch	Yan Shou Gong Quan	掩手肱拳
15	Buddha's warrior attendant pounds the mortar	Jin Gung Dao Dui	金刚捣碓
16	Fling body	Pie Shen Quan	撇身拳
17	Young dragon emerges from water	Qin Lung Chu Shui	青龙出水
18	Double push hands	Shuang Tui Shou	双推手
19	Fist under elbow	Zhou Di Kan Quan	肘低看拳
Section two			
20	Stepping back and whirling upper arms	Dao Juan Gong	倒卷肱
21	White crane spreads wings	Bai He Liang Chi	白鹤亮翅
22	Moving diagonally	Xie Xing	斜行
23	Flashing turn to back	Shan Tong Bei	闪通背
24	Hidden hand thrust punch	Yan Shou Gong Quan	掩手肱拳
25	Six sealing and four closing	Liu Feng Shi Bi	六封四闭
26	Single whip	Dan Bian	单鞭
27	Cloud hands	Yun Shou	运手
28	High pat on horse	Gao Tan Ma	高探马
Section three			
29	Slap right foot	You Pai Jiao	右拍脚
30	Slap left foot	Zuo Pai Jiao	左拍脚
31	Strike with the left heel	Zuo Deng Gen	左蹬根
32	Stepping lightly	Shang San Bu	上三步
33	Punch towards the ground	Zhi Di Chui	指地锤
34	Double jump kick	Ti Er Qi	踢二起

35	Protect the heart punch	Hu Xing Quan	护心拳
36	Tornado kick	Xuan Feng Jiao	旋风脚
37	Strike with the right heel	You Deng Gen	右蹬根
38	Hidden hand thrust punch	Yan Shou Gong Quan	掩手肱拳
39	Small capturing and hitting	Xiao Qin Da	小擒打
Section four			
40	Hold head and pushing mountain	Bao Tou Tui Shan	抱头推山
41	Six sealing and four closing	Liu Feng Si Bi	六封四闭
42	Single whip	Dan Bian	单鞭
43	Forward trick	Qian Zhao	前招
44	Backward trick	Hou Zhao	后招
45	Parting the wild horse's mane	Ye Ma Fen Zong	野马分鬃
46	Six sealing and four closing	Liu Feng Si Bi	六封四闭
47	Single whip	Dan Bian	单鞭
48	Jade maiden works the shuttle	Yu Nu Chuan Suo	玉女穿梭
49	Lazy to tie a coat	Lan Zha Yi	揽扎衣
50	Six sealing and four closing	Liu Feng Si Bi	六封四闭
51	Single whip	Dan Bian	单鞭
52	Cloud hands	Yun Shou	运手
53	Double white lotus	Shuang Bai Lian	双白莲
54	Arrange legs to split	Bai Jiao Die Cha	摆脚跌岔
55	Golden rooster stands on one leg	Jin Ji Du Li	金鸡独立
Section five			
56	Stepping back and wrapping upper arms	Dao Juan Gong	倒卷肱
57	White crane spreads wings	Bai He Liang Chi	白鹤亮翅
58	Moving diagonally	Xie Xing	斜行
59	Flashing turn to back	Shan Tong Bei	闪通背
60	Hidden hand thrust punch	Yan Shou Gong Quan	掩手肱拳
61	Six sealing and four closing	Liu Feng Si Bi	六封四闭
62	Single whip	Dan Bian	单鞭
63	Cloud hands	Yun Shou	运手
64	High pat on horse	Gao Tan Ma	高探马
Section six			
65	Crossed feet	Shi Zhi Jiao	十字脚
66	Punch to the groin	Zhi Dang Chui	指裆捶
67	White ape offers fruit	Bai Yuan Xian Guo	白猿献果
68	Six sealing and four closing	Liu Feng Si Bi	六封四闭
69	Single whip	Dan Bian	单鞭
70	Sparrow dashes earth dragon	Que Di Long	雀地龙
71	Stepping forward to form the seven stars	Shang Bu Qi Xing	上步七星
72	Stepping back to ride the tiger	Xia Bu Kua Hu	下步跨虎
73	Turn back and wave double lotus kick	Zhuan Shen Shuang Bai Lian	转身双白莲

74	Cannon fists	Dang Tou Pao	当头炮
75	Buddha's warrior attendant pounds the mortar	Jing Gang Dao Zhui	金刚捣碓
76	Close	Shou Si	收势

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