



# 太極拳

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Chen is the original style of Taiji Quan and can be traced back to the 1600's. Its daily practice is extremely important in Chen Taiji due to the difficulty in its choreography. Our lineage comes from Master Gao Fu, formal student of Masters Tian Xuchen and Feng Zhiqiang both whom were disciples of the 17th generation Chen Family master Chen Fake. Though based upon the 48 form, our dojo form emphasizes both right & left sides. Once completed students can apply for training certification.

## Qi Gong & Chan Si Gong

Wuji stance  
Body Circle  
Shoulder Circle  
Tantian Circle  
Tantian Figure 8  
Elbow Circle  
Lazily Tying Coat  
Wrist Circle  
Crane Spreads Wings  
Eagle Pierces Sky  
Fountain  
Snake Under Log  
Yin Yang Palms  
Whirling arms  
Chop with Fist  
Circle Knee  
Basic side Step

Dragon Rolls on Beach  
Linking Cannons

### FOOTWORK

Knee In/out  
Leg Stretch  
Mandarin Duck  
Heel Kick  
Rub Foot  
Tornado Foot  
Jumping kick

### JUMPING

Jade maiden  
Lift both legs  
Side jump  
Turning jump

### ZHAN ZHUANG

Wuji  
Monkey Holds  
Cauldron  
Lifting up the  
Mountains  
Universal Post  
Press Down Mt. Tai

### CIRRICULUM

Chan Si Gong  
Chen Taiji 96 Form  
Chen Chin Na Stick  
Chen Tui Shou  
Chen Taiji Sphere  
Chen 13 Energies Sword  
Chen Er Lu/Pao Chui  
Chen Saber  
Chen Spear  
Taiji Cane  
Partner Forms  
Rou Shou

## Chen Taiji 96: Symmetrical 48

### 1. Opening:

- a. Peng-ji-lu-an
  - b. Peng-Lu-An-Ji
  - c. Peng-Lu-Lu-An-Ji
- Dragon Dives into the Sea

2. Jin Gang Pounds Mortar *Jin Gang Dao Dui*  
White Crane Spreads Wings  
Bouncing Hands - Phoenix  
Cross Hands Left

3. Lazily Tying Coat *Lan Jia I*  
Lu-Ji  
Lu-Lieh

4. Six Sealings Four Closings *Liao Fang Si Bi*  
He-Kai-He

5. Single Whip *Dan Bien*  
Peng-Lu-Ji-Lu  
Peng-Lu

*Repeat 1-5 left*

6. White Crane Spreads Wings *Bai Hao Liang Shih*  
Needle at Sea Bottom

7. Walk Obliquely Twist Step  
a. Three Palms to the Center  
b. Close & Open

8. Lift and Close *Ti He Shih*  
Cai-Ji

9. Wade Forward Twist Step  
Turn Wheel-Don't Hit-Kai  
Ning-Snatch  
Drop Into Well  
Pull Bow  
Snake Creeps Under Log  
Phoenix Flying Among Clouds  
Wind Fills Ears

10. Hidden Punch Hand *Yen Shou Hung Chuei*

11. Punch Draping Over Body  
Chop with Fists *Pi Xin Chuei*

12. Lean with Back  
Ban-Lan-Heng

13. Blue Dragon Comes Out of Water  
*Repeat 6-13 right*

### SECTION TWO

14. Push With Both Hands *Shwang Tui Shou*  
15. Change Palms Three Times *San Fan*

*Zhang*

16. Fist At Elbow  
17. Retreat, Whirl Arms-3  
18. Step Back and Press Elbow  
19. Middle Winding:

- a. Lu
- b. Needle at Sea Bottom
- c. Open / Close

20. Flash the Back

- a. Crane Cools Wings
- b. Slap Down Willow Palm
- c. Slap Down Snake Spits Tongue
- d. Push Across Ocean Wave

21. Punch Hitting the Ground

- a. Lu-Pao Quan
- b. R&L Lu

22. Double Raise Foot

- a. Kai/He
- b. Elbow strike
- c. Warrior on One Leg

23. Beast's Head Pose

- a. Push with two hands
- b. Snatch & Peng
- c. Twine hands

*Repeat 14-23 left*

### SECTION 3

24. Tornado Foot

- a. Lu left
- b. Ning

25. Kick with Heel

26. Small Catching & Hitting

- a. Ning
- b. Liao
- c. Roll Back & Push
- d. Grab & Open
- e. R soft punch

27. Cover Head & Push Mountain

28. Front & Back Trick

29. Stomp Both Feet *Shuang Jen Jiao*

Cross Hands

Chop to Ribs

Snake Slithers Under Log

30. Jade Maiden Works Shuttles

31. Elbow Hitting the Heart

32. Shake Foot - Stretch Down

33. Rooster on One Leg L & R *Jin Ji To Li*

*Repeat 24-33 left*

34. Sweep Lotus (left) *Bai Lian*

Warrior on One Leg

Chop with Backfist

### SECTION 4

35. Punch Hitting Crotch

36. Parting Wild Horses' Mane 2

Trick L & R

37. Wave Hands in Clouds 2 *Yun Shou*

Kai

Cross Hands and push down

38. High Pat the Horse *Gao Tan Ma*

Pull down

Ning

39. Pat Right Foot, Pat Left Foot

Pull down & turn

40. Kick With Heel

Pull down & turn

41. Three Linking Cannons

Guard the heart

42. White Ape Offers Fruit *Bai Yueng Shen Guo*

43. The Dragon on the Ground

44. Step to Seven Stars *Shang Bu Qi Xing*

*Repeat 34-44 left*

Retreat-Gua

45. Retreat and Ride the Tiger

46. Sink Waist, lower Elbow

47. Cannon Overhead

48. Jin Gang Pounds Mortar *Jin Gang Dao Dui*

*Repeat 45-48 left*

49. Closing