

### The 18 Forms Of Chen Style Tai Chi

Forms	English Name	Chinese Name
Form 01	Preparing Form	01. 太極起式
Form 02	Buddha' s Warrior Attendant Pounds Mortar	02. 金剛搗碓
Form 03	Lazy About Tying Coat	03. 攪扎衣
Form 04	Six Sealing And Four Closing	04. 六封四閉
Form 05	Single Whip	05. 單鞭
Form 06	White Crane Spreads Its Wings	06. 白鶴亮翅
Form 07	Walk Diagonally	07. 斜行
Form 08	Brush Knee	08. 摟膝
Form 09	Three Steps Forward	09. 拗步
Form 10	Cover Hands And Strike With Fist	10. 掩手肱捶
Form 11	High Pat On Horse	11. 高探馬
Form 12	Kick With The Left Heel	12. 左蹬一跟
Form 13	Jade Girl Works At Shuttles	13. 玉女穿梭
Form 14	Wave Hands	14. 雲手
Form 15	Turn Body With Double Lotus Kick	15. 轉身擺蓮
Form 16	Cannon Fist Over Head	16. 當頭砲
Form 17	Buddha' s Warrior Attendant Pounds Mortar	17. 金剛搗碓
Form 18	Finishing Form	18. 收勢

## The Lao Jia Yi Lu 74 Forms Of Chen Style Tai Chi

Forms	English Name	Chinese Name
Form 01	Preparing Form	01. 太極起式
Form 02	Buddha's Warrior Attendant Pounds Mortar	02. 金剛搗碓
Form 03	Lazy About Tying The Coat	03. 攬扎衣
Form 04	Six Sealing And Four Closing	04. 六封四閉
Form 05	Single Whip	05. 單鞭
Form 06	Buddha's Warrior Attendant Pounds Mortar	06. 金剛搗碓
Form 07	White Crane Spreads Its Wings	07. 白鶴亮翅
Form 08	Walk Diagonally	08. 斜行
Form 09	Brush Knee	09. 搜膝
Form 10	Three Steps Forward	10. 拗步
Form 11	Walk Diagonally	11. 斜行
Form 12	Brush Knee	12. 搜膝
Form 13	Three Steps Forward	13. 拗步
Form 14	Cover Hands And Strike With Fist	14. 掩手肱捶
Form 15	Buddha's Warrior Attendant Pounds Mortar	15. 金剛搗碓
Form 16	Brushing Body Fist	16. 撇身捶
Form 17	Azure Dragon Comes Out Of The Water	17. 青龍出水
Form 18	Double Pushing Hands	18. 雙推手
Form 19	Fist Under The Elbow	19. 肘底看拳
Form 20	Step Back With Whirling Arms	20. 倒捲肱
Form 21	White Crane Spreads Its wings	21. 白鶴亮翅
Form 22	Walk Diagonally	22. 斜行
Form 23	Flash The Back	23. 閃通臂
Form 24	Cover Hands And Strike With Fist	24. 掩手肱捶
Form 25	Six Sealing And Four Closing	25. 六封四閉
Form 26	Single Whip	26. 單鞭
Form 27	Wave Hands	27. 雲手
Form 28	High Pat On Horse	28. 高探馬

Form 29	Brush The Right Foot	29. 右擦腳
Form 30	Brush The Left Foot	30. 左擦腳
Form 31	Kick With The Left Heel	31. 左蹬一跟
Form 32	Three Steps Forward	32. 前趟拗步
Form 33	Punch The Ground	33. 擊地捶
Form 34	Double Jumping Front Kick	34. 踢二起
Form 35	Fist Protects The Heart	35. 護心拳
Form 36	Tornado Kick	36. 旋風腳
Form 37	Kick With The Right Heel	37. 右蹬一跟
Form 38	Cover Hands And Strike With Fist	38. 掩手肱捶
Form 39	Small Grab And Hit	39. 小擒打
Form 40	Protect The Head And Push The Mountain	40. 抱頭推山
Form 41	Six Sealing And Four Closing	41. 六封四閉
Form 42	Single Whip	42. 單鞭
Form 43	Forward Trick	43. 前招
Form 44	Backward Trick	44. 後招
Form 45	Parting The Wild Horse's Mane	45. 野馬分鬃
Form 46	Six Sealing And Four Closing	46. 六封四閉
Form 47	Single Whip	47. 單鞭
Form 48	Jade Girl Works At Shuttles	48. 玉女穿梭
Form 49	Lazy About Tying The Coat	49. 攬扎衣
Form 50	Six Sealing And Four Closing	50. 六封四閉
Form 51	Single Whip	51. 單鞭
Form 52	Wave Hands	52. 雲手
Form 53	Slap Foot And Drop Down	53. 擇腳跌岔
Form 54	Golden Cockerel Stands On One Leg	54. 金雞獨立
Form 55	Step Back With Whirling Arms	55. 倒捲肱
Form 56	White Crane Spreads Its Wings	56. 白鶴亮翅
Form 57	Walk Diagonally	57. 斜行
Form 58	Flash The Back	58. 閃通臂
Form 59	Cover Hands And Strike With Fist	59. 掩手肱捶

Form 60	Six Sealing And Four Closing	60. 六封四閉
Form 61	Single Whip	61. 單鞭
Form 62	Wave Hands	62. 雲手
Form 63	High Pat On Horse	63. 高探馬
Form 64	Crossed Foot Kick	64. 十字腳
Form 65	Punch To The Groin	65. 指襠捶
Form 66	White Ape Offers Fruit	66. 白猿獻果
Form 67	Single Whip	67. 單鞭
Form 68	Dragon On The Ground	68. 雀地龍
Form 69	Step Forward With Seven Stars	69. 上步七星
Form 70	Step Back And Ride The Tiger	70. 退步跨虎
Form 71	Turn Body With Double Lotus Kick	71. 轉身雙擺蓮
Form 72	Cannon Fist Over Head	72. 當頭砲
Form 73	Buddha's Warrior Attendant Pounds Mortar	73. 金剛搗碓
Form 74	Finishing Form	74. 收勢

## The Lao Jia Er Lu 42 Forms Of Chen Style Tai Chi

Forms	English Name	Chinese Name
Form 01	Preparing Form	01. 太極起勢
Form 02	Buddah' s Warrior Attendant Pounds Mortar	02. 金剛搗碓
Form 03	Lazy About Tying The Coat	03. 懶紮衣
Form 04	Six Sealing And Four Closings	04. 六封四閉
Form 05	Single Whip	05. 單鞭
Form 06	Protect The Heart Fist	06. 躍步護心拳
Form 07	Walking Obliquely	07. 進步斜行
Form 08	Attendant Turns Around And Pounds Mortar	08. 回頭金剛搗碓
Form 09	Striking Down by Twisting Body Obliquely	09. 撇身拳
Form 10	Pointing To The Crotch	10. 指裆
Form 11	Chopping Hand	11. 斬手
Form 12	Overturning Flowers And Waving Sleeves	12. 翻花舞袖
Form 13	Striking With Concealed Fist	13. 掩手肱拳
Form 14	Dragging The Waist And Hitting With The Elbow	14. 轉身腰攔肘
Form 15	Waving Hands	15. 大肱拳小肱拳
Form 16	Fair Lady Works The Shuttles	16. 玉女穿梭
Form 17	Riding Dragon Backwards	17. 倒騎龍
Form 18	Striking with Concealed Fist	18. 掩手肱拳
Form 19	Wrapping Fire Crackers	19. 裹鞭
Form 20	Beast Head Pose	20. 獸頭式
Form 21	Wearing A Frame	21. 披架子
Form 22	Striking With Concealed Fist	22. 掩手肱拳
Form 23	Subduing The Tiger	23. 伏虎
Form 24	Wipe The Brow Palms	24. 抹眉肱
Form 25	Yellow Dragon Stirs The Water Three Times	25. 黃龍三攪水
Form 26	Left Thrust Kick	26. 左沖
Form 27	Right Thrust Kick	27. 右沖
Form 28	Striking With Concealed Fist	28. 掩手肱拳

Form 29	Sweeping Legs	29. 掃堂腿
Form 30	Striking With Concealed Fist	30. 掩手肱拳
Form 31	The Whole Cannon Fist	31. 全炮捶
Form 32	Striking With Concealed Fist	32. 掩手肱拳
Form 33	Double Forearm Punches	33. 搗叉搗叉
Form 34	Left And Right Forearm Punches	34. 左二肱右二肱
Form 35	Turning Around Forearm Punches	35. 回頭當門炮
Form 36	Punches Under The Armpits	36. 窩底大捉炮
Form 37	Dragging The Waist And Hitting With The Elbow	37. 腰攔肘
Form 38	Hitting With Elbow	38. 順攔肘
Form 39	Side Lower Punch	39. 窩底炮
Form 40	Turning Around Elbows	40. 回頭井欄直入
Form 41	Buddah' s Warrior Attendant Pounds The Mortar	41. 金剛搗碓
Form 42	Finishing Form	42. 收式

## The 23 Forms Of Chen Style Tai Chi Single Broadsword

Forms	English Name	Chinese Name
Form 01	Preparation Form	01. 單刀起勢
Form 02	Protect The Heart	02. 護心刀
Form 03	Green Dragon Out Of the Water	03. 青龍出水
Form 04	Wind Blows Flowers	04. 風捲殘花
Form 05	White Cloud Covers Roof	05. 白雲蓋頂
Form 06	Black Tiger Searches Mountain	06. 黑虎搜山
Form 07	Su Chin Carries The Sword On His Back	07. 蘇秦背劍
Form 08	Golden Rooster Stands On One Leg	08. 金雞獨立
Form 09	Rolling Away From The Wind	09. 迎風讓避
Form 10	Waist Chops At White Snake	10. 腰斬白蛇
Form 11	Sun Revolves Three Circles	11. 日套三環
Form 12	Move The Clouds To See The Sun	12. 撥雲望日
Form 13	Grass Hides The Snake, Left	13. 左撥草尋蛇
Form 14	Grass Hides The Snake, Right	14. 右撥草尋蛇
Form 15	Green Dragon Out Of The Water	15. 青龍出水
Form 16	Wind Blows The Flowers	16. 風捲殘花
Form 17	Wild Goose Opens Wings	17. 雁別金翅
Form 18	Ferocious Dragon Searches The Ocean	18. 夜叉探海
Form 19	Rolling Body Chopping, Left	19. 左翻身砍
Form 20	Rolling Body Chopping, Right	20. 右翻身砍
Form 21	White Snake Spits Tongue	21. 白蛇吐信
Form 22	Embrace The Moon	22. 懷中抱月
Form 23	Finishing Form	23. 收勢

## The 49 Forms Of Chen Style Tai Chi Single Sword

Forms	English Name	Chinese Name
Form 01	Preparation Form	01. 初勢
Form 02	Homage To The Sun	02. 朝陽劍
Form 03	Immortal Points The Way	03. 仙人指路
Form 04	Green Dragon Comes Out Of The Water	04. 青龍出水
Form 05	Protect The knee	05. 護膝劍
Form 06	Close The Door	06. 閉門劍
Form 07	Green Dragon Comes Out Of The Water	07. 青龍出水
Form 08	Turn Around And Chop Downward	08. 翻身下劈
Form 09	Green Dragon Turns Over	09. 青龍轉身
Form 10	Slant Flying	10. 斜飛式
Form 11	Spread The Wings, Nod The Head	11. 展翅點頭
Form 12	Pull The Grass In Search Of The Snake	12. 撥草尋蛇
Form 13	Golden Cock Stands Alone	13. 金雞獨立
Form 14	Immortal Points The Way	14. 仙人指路
Form 15	Cover And Block	15. 蓋攔式
Form 16	Ancient Tree Entwines Its Roots	16. 古樹盤根
Form 17	Hungry Tiger Attacks For Food	17. 餓虎撲食
Form 18	Green Dragon Sways Its Tail	18. 青龍擺尾
Form 19	Turn The Arm Backwards	19. 倒倦肱
Form 20	Wild Horse Leaps Over The Brook	20. 野馬跳澗
Form 21	White Snake Thrusts Its Tongue	21. 白蛇吐信
Form 22	Black Dragon Sways Its Tail	22. 蒼龍擺尾
Form 23	Zhong Kui Wields The Sword	23. 鍾馗掌劍
Form 24	Arahat Subdues The Dragon	24. 羅漢降龍
Form 25	Black Bear Rolls Over Its Back	25. 黑熊翻背
Form 26	Swallow Pecks The Soil	26. 燕子啄泥
Form 27	White Snake Thrusts Its Tongue	27. 白蛇吐信
Form 28	Slant Flying	28. 斜飛式



Form 29	The Eagle And The Bear Vie With Their Wits	29. 鷹熊鬥智
Form 30	Swallow Pecks The Soil	30. 燕子啄泥
Form 31	White Snake Thrusts Its Tongue	31. 白蛇吐信
Form 32	Pluck The Stars And Change The Constellations	32. 摘星換斗
Form 33	Scoop Up The Moon From The Bottom Of The Sea	33. 海底撈月
Form 34	Phoenix Nods Its Head	34. 鳳凰點頭
Form 35	White Snake Thrusts Its Tongue	35. 白蛇吐信
Form 36	Slant Flying	36. 斜飛式
Form 37	Left Side Holds Up A Thousand Pounds	37. 左托千斤
Form 38	Right Side Holds Up A Thousand Pounds	38. 右托千斤
Form 39	Swallow Pecks The Soil	39. 燕子啄泥
Form 40	White Ape Offers Fruits	40. 白猿獻果
Form 41	Falling Flowers	41. 落花式
Form 42	Thrust Slantwise Up	42. 上斜刺
Form 43	Thrust Slantwise Down	43. 下斜刺
Form 44	Slant Flying	44. 斜飛式
Form 45	Na Zha Explores The Sea	45. 哪叱探海
Form 46	Monstrous Serpent Turns Over	46. 怪蟒翻身
Form 47	Wei Tuo Offers The Pestle	47. 韋佗獻杵
Form 48	Grinding Disk Sword	48. 磨盤劍
Form 49	Closing Form	49. 收勢

## The 48 forms Of Chen Style Tai Chi Fan

Forms	English Name	Chinese Name
Form 01	Put On The Waist Belt Of Jade	01. 腰橫玉帶
Form 02	Hold The Moon In Arms	02. 懷中抱月
Form 03	Dragon Extends Its Claws	03. 青龍探爪
Form 04	Hold The Horse Before Cliff	04. 懸崖勒馬
Form 05	Wave Flags Left and Right	05. 左右搖旗
Form 06	Windmill Strike	06. 風火車輪
Form 07	Kite Soars On Updrafts Of Air	07. 鷓鴣翻身
Form 08	Flowers Under Leaves	08. 葉底藏花
Form 09	Upside Down Willow Branches	09. 倒插楊柳
Form 10	Rooster Stands On One Leg	10. 金雞獨立
Form 11	Oriole Settles Down	11. 黃鶯落架
Form 12	Old Tree Surfaces Its Roots	12. 古樹盤根
Form 13	Black Dragon Wags Its Tail	13. 烏龍擺尾
Form 14	General Spurs His Horse	14. 張飛躡馬
Form 15	Left Heel Kick	15. 蹬轉乾坤
Form 16	Phoenix Nods Its Head	16. 鳳凰點頭
Form 17	Flowers Under Leaves	17. 葉底藏花
Form 18	Swallow Back To The Nest	18. 雲燕歸巢
Form 19	Giant Condor Spreads Its Wings	19. 大鵬展翅
Form 20	Tiger Jumps Out Of Its Den	20. 猛虎出洞
Form 21	Baby Swallow Flies Low	21. 乳燕斜飛
Form 22	Yellow Dragon Stirs Water	22. 黃龍攪水
Form 23	White Snake Sticks Out Its Tongue	23. 白蛇吐信
Form 24	Carry Mountain On Shoulders	24. 二郎擔山
Form 25	Lion Shakes His Head	25. 獅子搖頭
Form 26	Top Seat Awaits The Hero	26. 英雄坐山
Form 27	Walk Forward To Flip Sleeves	27. 行步撩衣
Form 28	Climb Mountains To Strike Tiger	28. 打虎登山

Form 29	Swallows Scoop Water	29. 燕子抄水
Form 30	Lead Horse To A Hold	30. 帶馬勒韁
Form 31	Open Windows To See The Moon	31. 推窗望月
Form 32	Cat Catches The Mouse	32. 靈貓捕鼠
Form 33	Wind Scatters Lotus Leaves	33. 風擺荷葉
Form 34	Overlord Bundles Up His Elbow	34. 霸王捫肘
Form 35	Rooster Stretches Its Wings	35. 金雞振翅
Form 36	Fish Jump Over The Dragon Door	36. 魚躍龍門
Form 37	Dragon Comes Out Of The Sea	37. 蛟龍出海
Form 38	Split The Mountain	38. 力劈華山
Form 39	Carry Tiger To Push The Mountain	39. 抱虎推山
Form 40	Wind Sweeps Plum Blossom	40. 風掃梅花
Form 41	The King Orders Lightning	41. 天王打傘
Form 42	Dragon Echoes Back	42. 神龍回音
Form 43	Take Helmet Off From Behind	43. 腦後摘盔
Form 44	Fair Lady Works The Shuttles	44. 玉女穿梭
Form 45	White Crane Spreads Its Wings	45. 白鶴亮翅
Form 46	Spring Returns To The Land	46. 春回大地
Form 47	Rescue In Stormy Waves	47. 力挽狂瀾
Form 48	Dragon Returns The Pearl	48. 玉龍還珠

### The 13 Forms Of Wudang San Feng Tai Chi

Forms	English Name	Chinese Name
Form 01	Beginning	01. 起勢
Form 02	Embracing A Ball	02. 抱球勢
Form 03	Single Pushing	03. 單推勢
Form 04	Exploring	04. 探勢
Form 05	Holding	05. 托勢
Form 06	Pouncing	06. 撲勢
Form 07	Loading	07. 擔勢
Form 08	Seperating	08. 分勢
Form 09	Waving	09. 雲勢
Form 10	Dissolving	10. 化勢
Form 11	Pushing On Both Sides	11. 雙推勢
Form 12	Pushing Down	12. 下勢
Form 13	Finishing	13. 收勢