

Chen's Tai Chi Essential 18 Form

(陈氏太极精要十八式名称)

No.	Name (名称)	Pin Yin (拼音)	English Name (英文名称)
1	太极起势	Tai Ji Qi Shi	Starting Posture
2	金刚捣碓	Jin Gang Dao Dui	Buddha's Warrior Pounds Mortar
3	揽扎衣	Lan Za Yi	Lazy About Tucking the Robe
4	六封四闭	Liu Feng Si Bi	Six Sealing and Four Closing
5	单鞭	Dan Bian	Single Whip
6	白鹅亮翅	Bai E Liang Chi	White Goose Spreads Wings
7	斜行	Xie Xing	Diagonal Step
8	搂膝	Lou Xi	Brush the Knee
9	拗步	Ao Bu	Twisted Step
10	掩手肱拳	Yan Shou Gong Quan	Covering Hand Punch
11	高探马	Gao Tan Ma	High Pat on Horse
12	左蹬一跟	Zuo Deng Yi Gen	Left Heel Kick
13	玉女穿梭	Yu Nu Chuan Suo	Fair Lady Works at Shuttles
14	云手	Yun Shou	Wave Hands
15	转身双摆莲	Zhuan Sheng Shuang Bai Lian	Turn Around with Double Lotus Kick
16	当头炮	Dang Tou Pao	Cannon to the Face
17	金刚捣碓	Jin Gang Dao Dui	Buddha's Warrior Pounds Mortar
18	收势	Shou Shi	Closing Posture