

Chen's Tai Chi Old Form 2 (Er Lu)

陈式太极拳老架二路

No.	Chinese Names (中文名称)	Pinyin (拼音)	English Names (英文名称)
1.	太极起势	Tai Ji Qi Shi	Starting Posture
2.	金刚捣碓	Jin Gang Dao Zhui	Buddha's Warrior Pounds Mortar
3.	懒扎衣	Lan Zha 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.	跃步护心拳	Yue Bu Hu Xin Chui	Leap with Protecting the Heart Punch
7.	进步斜行	Jin Bu Xie Xing	Diagonal Step
8.	回头金刚捣碓	Hui Tou Jin Gang Dao Zhui	Turn Around with Buddha's Warrior Pounds Mortar
9.	撇身捶	Pie Shen Chui	Leaning Body Punch
10.	指裆	Zhi Dang	Strike the Groin
11.	斩手	Zhan Shou	Chop Hand
12.	翻花舞袖	Fan Hua Wu Xiu	Dance with the Sleeves
13.	掩手肱拳	Yan Shou Gong Quan	Covering Hand Punch
14.	转身腰拦肘	Zhuan Sheng Yao Lan Zhou	Turn Around with Cross Elbow Strike
15.	大肱拳小肱拳	Da Hong Quan Xiao Hong Quan	Upper and Lower Arm Strikes
16.	玉女穿梭	Yu Nu Chuan Suo	Fair Lady Works with Shuttles
17.	倒骑龙	Dao Qi Long	Ride on the Dragon Backward
18.	掩手肱拳	Yan Shou Gong Quan	Covering Hand Punch
19.	裹鞭裹鞭	Guo Bian Guo Bian	Wrapping Punches
20.	兽头势	Shou Tou Shi	Beast Head Posture
21.	披架子	Pi Jia Zi	Chopping Posture
22.	掩手肱拳	Yan Shou Gong Quan	Covering Hand Punch
23.	伏虎	Fu Hu	Tame the Tiger
24.	抹眉肱	Me Mei Gong	Brush the Eye Brows
25.	左右黄龙三搅水	Zuo You Huang Long San Jiao Shui	Yellow Dragon Stirs Up Water
26.	左冲右冲	Zuo Chong You Chong	Dash to the Left and Dash to the Right
27.	掩手肱拳	Yan Shou Gong Quan	Covering Hand Punch
28.	扫膛腿	Sao Tang Tui	Sweep Kick
29.	掩手肱拳	Yan Shou Gong Quan	Covering Hand Punch
30.	全炮捶	Quan Pao Chui	Full Cannon Fist

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31.	掩手肱拳	Yan Shou Gong Quan	Covering Hand Punch
32.	搗叉搗叉	Dao Cha Dao Cha	Pound and Split
33.	左二肱右二肱	Zuo Er Gong You Er Gong	Left and Right Continuous Strikes
34.	回头当门炮	Hui Tou Dang Men Pao	Turn Around with Cannon Fist
35.	变势大捉炮	Bian Shi Da Zhuo Pao	Switch Position with Cannon Fist
36.	腰拦肘	Yao Lan Zhou	Cross Elbow Strike
37.	顺拦肘	Shun Lan Zhou	Straight Elbow Strike
38.	窝底炮	Wo Di Pao	Cannon into the Nest
39.	回头井栏直入	Hui Tou Jing Lan Zhi Ru	Turn Around and Drop the Pulley Rope into the Well
40.	金刚捣碓	Jin Gang Dao Zhui	Buddha's Warrior Pounds Mortar
41.	收势	Shou Shi	Closing Posture

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