

# Chen Taiji Quan

## Symmetrical Pao Chui

1. Preparation *Peng-lu-an-ji*
2. Jing Gang Pounds Mortar -*Jin Gang Dao Dui*
3. Lazily Tying Coat -*Lan Jia I*
4. Six Sealings Four Closings -*Lio Fang Si Bi*
5. Single Whip - *Dan Bien*
6. Hinder with Elbow - *Ban Lan Jo*
7. Fist Protecting Heart - *Hu Xin Chuei*
8. Twist Step - *A Bu Xie Xin*
9. Meteor Strikes the Earth 2
10. Jing Gang Pounds Mortar -*Jin Gang Dao Dui*
11. Hidden Hand Punch -*Yen Shou Hung Chuei*
12. Twist Elbow - *Yen Jo*
13. Still Elbow - *Ding Jo*
14. Smooth Elbow - *Hua Jo*
15. Double Elbow - *Swang Chung Jo*
16. Inside Elbow - *Hua Jo*
17. Sink Waist with Elbow Down - *Xia Yo Ya Jo*
18. Left Palm into Well - *Jin Lan Jr Ro*
19. Plum Blossoms Scattered By The Wind - *Feng Shou Je Zao Mai Hwa*
20. **Jing Gang Pounds Mortar** - *Jin Gang Dao Dui*
21. Fist Protecting the Body - *Hu Xin Chuei*
22. Putting Fists Before Body - *Pi Xin Chui*
23. Left Hand into Well - *Jin Lan Jr Ro*
24. Sleeves Dance Like Turning Flowers - *Fan Hua Woo Shou*
25. Hidden Hand Punch - *Yen Shou Hung Chuei*
26. Jump & Twist Elbow - *Fei Bu Au Lang Jo*
27. Wave Hands Like Clouds - *Yun Shou*
28. High Pat on Horse - *Gao Ta Ma*
29. Linking Cannons left (3) - *Lien Joo Pao*
30. Wave Hands Like Clouds - *Yun Shou*
31. High Pat on Horse - *Gao Ta Ma*
32. Linking Cannons right (3) - *Lien Joo Pao*
33. Ride The Beast
34. White Snake Spits Out Tongue (3)
35. Putting Fists Before Body
36. Turn Flowers Out From the Sea Bottom
37. Jumping Kick
38. Hidden Hand Punch
39. Ride The Beast
40. White Snake Spits Out Tongue (3)
41. Putting Fists Before Body
42. Turn Flowers Out From the Sea Bottom
43. Jumping Kick
44. **Hidden Hand Punch** - *Yen Shou Hung Chuei*
45. Turn Body with Six Closing
46. Left Firecracker (3)
47. Right Firecracker (3)
48. Beast's Head Pose
49. Splitting Posture
50. Sleeves Dance Like Turning Flowers - *Fan Hua Woo Shou*
51. Hidden Hand Fist - *Yen Shou Hung Chuei*
52. Sweeping Legs Left
53. Hidden Hand Fist - *Yen Shou Hung Chuei*
54. Tame the Tiger
55. Red Eyebrow
56. Yellow Dragon Stirs Water R (3)
57. Yellow Dragon Stirs Water L (3)
58. Kick with Left Heel
59. Kick with Right Heel
60. Turn Flowers Out Form the Sea Bottom
61. Hidden Hand Punch
62. Sink Waist with Elbow Down
63. Sweeping Leg
64. **Hidden Hand Punch** - *Yen Shou Hung Chuei*
65. Dash Leftward
66. Dash Rightward
67. Thrust to Reverse
68. Turn Flowers Out From the Sea Bottom
69. Hidden Hand Punch - *Yen Shou Hung Chuei*
70. Attack Twice with Forearm
71. Linking Cannons - *Lien Joo Pao*
72. Jade Maden Works at Shuttles
73. Cannon of Turning Head
74. Jade Maden Works at Shuttles
75. Cannon of Turning Head
76. Putting Fists Aside Before Body
77. Twist Elbow - *Yen Jo*
78. Still Elbow - *Ding Jo*
79. Smooth Elbow - *Hua Jo*
80. Double Elbow - *Swang Chung Jo*
81. Elbow Hitting Heart - *Xin Jo*
82. Cannon of Turning Head
83. Left Palm into Well - *Jin Lan Jr Ro*
84. Plum Blossoms Scattered By the Wind
85. Jing Gang Pounds Mortar
86. Closing