

## Chen Style Tai Chi Chuan 19 form

### Section one

1. 预备势 Preparation posture
2. 金刚出庙 Buddhas warrior attendant pounds mortar
3. 懒扎衣 Lazy about tying coat
4. 上步斜行 Stepping by walking obliquely
5. 上三步 Stepping three steps
6. 左掩手肱拳 Hidden hand punch, left
7. 双推掌 Double pushing hands

### Section Two

8. 倒卷肱 Whirling upper arms
9. 闪通背 Flashing the back
10. 右掩手肱拳 Hidden hand punch, right
11. 六封四闭 Six sealing, four closing

### Section Three:

12. 运手 Cloud hands
13. 高探 High pat on horse
14. 右蹬一跟 Kick with heel, right
15. 左蹬一跟 Kick with heel, left

### Section Four

16. 野马分鬃 Part wild horse's mane
17. 玉女穿梭 Jade maiden works shuttles
18. 金刚捣碓 Buddha's warrior attendant pounds mortar
19. 收势 Closing

