

## Chen Tai Chi - 18 Movement Short Form

Taught by Chen ZhengLie

1. Preparing form - yu bei shi
2. Buddha's warrior attendant pounds mortar - jīn gang dao duì
3. Lazily tying coat - lan zha yī
4. Six sealings and four closings - liù fēng sì bì
5. Single whip - dān biān
6. White crane spreads its wing - s bái hè liàng chì
7. Diagonal posture - xié xíng
8. Brush knee - lōu xī
9. Step to both sides - qián táng ào bù
10. Hidden hand thrust punch - yan shou hōng chuí
11. High pat on the horse - gao tan ma
12. Left heel kick - zuo deng yi gen
13. Jade maiden works the shuttle - you nu chuan suō
14. Cloud hands - yun shou
15. Turn body, double lotus kick - zhuan shen, bai lian
16. Double cannon fists overhead - shuang tou pao
17. Buddha's warrior attendant pounds mortar - jin gang dao duì
18. Finishing form - shōu shì