

# 陳氏太極拳 老架一路

*Chén Shì Tàijí Quán Lǎo Jià Yī Lù*

## Chen-style Tai Chi Old Frame First Way

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|----------|--------------------|--|
| 1. 起勢    | Qǐshì              |  |
| 2. 金剛搗碓  | Jīn Gāng Dǎo Duì   | Buddha Warrior Pounds the Mortar         |
| 3. 懶扎衣   | Lǎn Zhā Yī         | Lazily Tie the Robe                      |
| 4. 六封四閉  | Liù Fēng Sì Bì     | Six Sealing Four Closing                 |
| 5. 單鞭    | Dān Biān           | Single Whip                              |
| 6. 金剛搗碓  | Jīn Gāng Dǎo Duì   | Buddha Warrior Pounds the Mortar         |
| 7. 白鶴亮翅  | Bái Hè Liàng Chì   | White Crane Spreads Wings                |
| 8. 斜行    | Xié Xíng           | Oblique Form                             |
| 9. 搦膝    | Lōu Xí             | Brush Knee                               |
| 10. 上三步  | Shàng Sān Bù       | Step Up Three Steps                      |
| 11. 斜行   | Xié Xíng           | Oblique Form                             |
| 12. 搦膝   | Lōu Xí             | Brush Knee                               |
| 13. 上三步  | Shàng Sān Bù       | Step Up Three Steps                      |
| 14. 掩手肱拳 | Yǎn Shǒu Gōng Quán | Hidden Hand Punch                        |
| 15. 金剛搗碓 | Jīn Gāng Dǎo Duì   | Buddha Warrior Pounds the Mortar         |
| 16. 撇身拳  | Piē Shēn Quán      | Fist Across the Body                     |
| 17. 青龍出水 | Qīng Lóng Chū Shuǐ | Blue Green Dragon Emerges from the Water |
| 18. 雙推手  | Shuāng Tuī Shǒu    | Double Push Hands                        |
| 19. 肘底看拳 | Zhǒu Dǐ Kàn Quán   | Looking at the Fist Under Elbow          |
| 20. 倒卷肱  | Dào Juǎn Gōng      | Whirling Wind Arms                       |
| 21. 白鶴亮翅 | Bái Hè Liàng Chì   | White Crane Spreads Wings                |

22. 斜行	Xié Xíng	Oblique Form
23. 閃通背	Shǎn Tóng Bèi	Flash the Back
24. 掩手肱拳	Yǎn Shǒu Gōng Quán	Hidden Hand Punch
25. 六封四閉	Liù Fēng Sì Bì	Six Sealing Four Closing
26. 单鞭	Dān Biān	Single Whip
27. 云手	Yún Shǒu	Cloud Hands
28. 高探马	Gāo Tàn Mǎ	High Pat on Horse
29. 右擦脚	Yòu Cā Jiǎo	Right Brush Kick
30. 左擦脚	Zuǒ Cā Jiǎo	Left Brush Kick
31. 左蹬一根	Zuǒ Dēng Yī Gēn	Left Stand on One Root
32. 上三步	Shàng Sān Bù	Step Up Three Steps
33. 击地锤	Jī Dì Chuí	Punch to Groin
34. 踢二起	Tī Èr Qǐ	Double Jump Kick
35. 護心拳	Hù Xīn Quán	Protect the Heart
36. 旋风脚	Xuàn Fēng Jiǎo	Tornado Kick
37. 右蹬一根	Yòu Dēng Yī Gēn	Right Stand on One Root
38. 掩手肱拳	Yǎn Shǒu Gōng Quán	Hidden Hand Punch
39. 小擒打	Xiǎo Qín Dǎ	Small Grab and Hit
40. 抱頭推山	Bào Tóu Tuī Shān	Embrace Head Push Mountain
41. 六封四閉	Liù Fēng Sì Bì	Six Sealing Four Closing
42. 单鞭	Dān Biān	Single Whip
43. 前着	Qián Zhāo	Forward Trick
44. 后着	Hòu Zhāo	Backward Trick
45. 野马分鬃	Yé Mǎ Fēn Zōng	Part the Wild Horse's Mane
46. 六封四閉	Liù Fēng Sì Bì	Six Sealing Four Closing

47. 单鞭	Dān Biān	Single Whip
48. 玉女穿梭	Yùnnǚ Chuān Suō	Fair Lady Works the Shuttle
49. 懒扎衣	Lǎn Zhā Yī	Lazily Tie the Robe
50. 六封四闭	Liù Fēng Sì Bì	Six Sealing Four Closing
51. 单鞭	Dān Biān	Single Whip
52. 云手	Yún Shǒu	Cloud Hands
53. 双白莲	Shuāng Bái Lián	Sweep Both Hands
54. 跌岔	Diē Chà	Drop Split
55. 金鸡独立	Jīn Jī Dúlì	Golden Rooster Stands on One Leg
56. 倒卷肱	Dào Juǎn Gōng	Whirling Wind Arms
57. 白鹤亮翅	Bái Hè Liàng Chì	White Crane Spreads Wings
58. 斜行	Xié Xíng	Oblique Form
59. 闪通背	Shǎn Tóng Bèi	Flash the Back
60. 掩手肱拳	Yǎn Shǒu Gōng Quán	Hidden Hand Punch
61. 六封四闭	Liù Fēng Sì Bì	Six Sealing Four Closing
62. 单鞭	Dān Biān	Single Whip
63. 云手	Yún Shǒu	Cloud Hands
64. 高探马	Gāo Tàn Mǎ	High Pat on Horse
65. 十字脚	Shízì Jiǎo	Cross Form Kick
66. 指裆锤	Zhǐ Dāng Chuí	Punch to Groin
67. 白猿献果	Bái Yuán Xiàn Guǒ	White Ape Presents the Fruit
68. 单鞭	Dān Biān	Single Whip
69. 雀地龙	Què Dì Lóng	Sparrow Dashes Earth Dragon
70. 上步七星	Shàng Bù Qī Xīng	Step Up Seven Stars
71. 下步跨虎	Xià Bù Kuà Hǔ	Step Down to Ride the Tiger

72. 转身双白莲      Zhuǎn Shēn Shuāng Bái Lián      Turn Body Sweep Both Hands
73. 当头炮      Dàng Tóu Pào      Cannon Overhead
74. 金刚捣碓      Jīn Gāng Dǎo Duì      Buddha Warrior Pounds the Mortar
75. 收势      Shōu shì