

# Chen and Yang long forms compared

## Chen Laojia Yilu

起勢

**Qǐshì**  
**Beginning**

金剛搗碓

Jīn Gāng Dǎo Duì  
Buddha Warrior Pounds Mortar

懶扎衣

Lǎn Zhā Yī  
Lazily Tie the Robe

六封四閉

Liù Fēng Sì Bì  
Six Sealing Four Closing

單鞭

**Dān Biān**  
**Single Whip**

金剛搗碓

Jīn Gāng Dǎo Duì  
Buddha Warrior Pounds Mortar

白鶴亮翅

**Bái hè liang chì**  
**White Crane Spreads Wings**

斜行

Xié Xíng  
Oblique Form

搦膝

Lōu Xí  
Brush Knee

上三步

Shàng Sān Bù  
Step Up 3 Steps

斜行

Xié Xíng  
Oblique Form

搦膝

Lōu Xí  
Brush Knee

上三步

Shàng Sān Bù  
Step Up 3 Steps

## Yang-style Long Form

起勢

**Qǐshì**  
**Beginning**

斜飞棚

Xié fēi péng  
Oblique Ward-off

攬雀尾

Lǎn què wěi  
Grasp the Bird's Tail

左單鞭

**Dānbiān**  
**Single Whip**

提手上勢

Tí shǒu shàng shì  
Lift Hands

白鶴亮翅

**Bái Hè Liàng Chì**  
**White Crane Spreads Wings**

右搦膝拗步

Yòu lōu xī ào bù  
Right Brush Knee Push

手揮琵琶

Shǒu huī pí pā  
Playing the Pipa

右搦膝拗步

Yòu lōu xī ào bù  
Right Brush Knee Push

左搦膝拗步

Zuǒ lōu xī ào bù  
Left Brush Knee Push

右搦膝拗步

Yòu lōu xī ào bù  
Right Brush Knee Push

手揮琵琶

Shǒu huī pí pā  
Playing the Pipa

右搦膝拗步

Yòu lōu xī ào bù  
Right Brush Knee Push

|             |   |             |   |
|-------------|---|-------------|---|
| 掩手肱拳        | Yǎn Shǒu Gōng Quán<br>Hidden Hand Punch                     | 進步搬拦捶       | Jìn bù bān lán chuí<br>Advance, block, parry, punch         |
| 金刚捣碓        | Jīn Gāng Dǎo Duì<br><br>Buddha Warrior Pounds Mortar        | 如封似闭        | Rú fēng sì bì<br><br>Apparent closing                       |
| 撇身拳         | Piē Shēn Quán<br>Fist Across the Body                       | 十字手         | Shízì shǒu<br>Cross Hands                                   |
| 青龙出水        | Qīng Lóng Chū Shuǐ<br>Blue Dragon Emerges from Water        | 抱虎歸山        | Bàohǔ Guīshān<br>Embrace Tiger Return to Mtn                |
| 双推手         | Shuāng Tuī Shǒu<br>Double Push Hands                        | 右揽雀尾        | Yòu lǎn què wěi<br>Grasp the Bird's Tail                    |
| <b>肘底捶</b>  | <b>Zhǒu Dǐ Chuí</b><br><b>Fist Under Elbow</b>              | <b>肘底捶</b>  | <b>Zhǒu Dǐ Chuí</b><br><b>Fist Under Elbow</b>              |
| 倒卷肱         | Dào Juǎn Gōng<br>Go Back Whirling Arms                      | 倒黏猴         | Dào nián hóu<br>Repulse Monkeys                             |
|             |   | 斜飞势         | Xié fēi shì<br>Slant Flying                                 |
|             |   | 提手          | Tí shǒu<br>Lift Hands                                       |
| <b>白鹤亮翅</b> | <b>Bái hè liang chì</b><br><b>White Crane Spreads Wings</b> | <b>白鹤亮翅</b> | <b>Bái Hè Liàng Chì</b><br><b>White Crane Spreads Wings</b> |
| 斜行          | Xié Xíng<br>Oblique Form                                    | 右搂膝拗步       | Yòu lōu xī ào bù<br>R Brush Knee Push                       |
|             |   | 海底针         | Hǎi dǐ zhēn<br>Needle at Sea Bottom                         |
| <b>閃通背</b>  | <b>Shǎn Tóng Bèi</b><br><b>Flash through Back</b>           | <b>閃通背</b>  | <b>Shǎn Tóng Bèi</b><br><b>Flash through Back</b>           |
|             |   | 转身撇身捶       | Zhuǎn shēn piē shēn chuí<br>Turn and fist across body       |
| 掩手肱拳        | Yǎn Shǒu Gōng Quán<br>Hidden Hand Punch                     | 進步搬拦捶       | Jìn bù bān lán chuí<br>Advance, block, parry, punch         |
| 六封四閉        | Liù Fēng Sì Bì<br>Six Sealing Four Closing                  | 右揽雀尾        | Yòu lǎn què wěi<br>Grasp the Bird's Tail                    |

|      |   |       |  |
|------|---|-------|--|
| 单鞭   | <b>Dān Biān</b><br><b>Single Whip</b>         | 左单鞭   | <b>Zuǒ dānbiān</b><br><b>Single Whip</b>                   |
| 云手   | <b>Yún Shǒu</b><br><b>Cloud Hands</b>         | 云手    | <b>Yún shǒu</b><br><b>Cloud hands</b>                      |
|      |   | 左单鞭   | Zuǒ dānbiān<br>Single Whip                                 |
| 高探马  | <b>Gāo tàn mǎ</b><br><b>High Pat on Horse</b> | 高探马   | <b>Gāo Tàn Mǎ</b><br><b>High Pat on Horse</b>              |
| 右擦脚  | Yòu Cā Jiǎo<br>Right Brush Kick               | 右分脚   | Yòu fēn jiǎo<br>Separate Right Foot                        |
| 左擦脚  | Zuǒ Cā Jiǎo<br>Left Brush Kick                | 左分脚   | Zuǒ fēn jiǎo<br>Separate Left Foot                         |
| 左蹬一根 | Zuǒ Dēng Yī Gēn<br>Left Stand on One Root     | 转身左蹬脚 | Zhuǎn shēn zuǒ dēng jiǎo<br>Turn and Strike with Heel Left |
| 上三步  | Shàng Sān Bù<br>Step Up Three Steps           | 右搂膝拗步 | Yòu lōu xī ào bù<br>Right Brush Knee Push                  |
|      |   | 左搂膝拗步 | Zuǒ lōu xī ào bù<br>Left Brush Knee Push                   |
| 击地锤  | Jī Dì Chuí<br>Punch to Groin                  | 进步栽锤  | Jìn bù zāi chuí<br>Step Up and Punch Down                  |
|      |   | 转身撇身捶 | Zhuǎn shēn piē shēn chuí<br>Turn and Fist across Body      |
|      |   | 进步搬拦捶 | Jìn bù bān lán chuí<br>Advance, block, parry, punch        |
| 踢二起  | Tī Èr Qǐ<br>Double Jump Kick                  | 右蹬脚   | Yòu dēng jiǎo<br>Strike with Heel Right                    |
| 护心拳  | Hù Xīn Quán<br>Protect the Heart              | 左右打虎势 | Zuǒ yòu dǎ hǔ shì<br>Left Right Hit the Tiger              |
|      |   | 右蹬脚   | Yòu dēng jiǎo<br>Strike with Heel Right                    |
|      |   | 双峰贯耳  | Shuāng fēng guàn ěr<br>Double Punch to Ears                |

|             |  |             |  |
|-------------|--|-------------|--|
| 旋风脚         | Xuàn Fēng Jiǎo<br>Tornado Kick                               | 转身右蹬脚       | Zhuǎn shēn yòu dēng jiǎo<br>Turn and Strike with Heel Right  |
| 右蹬一根        | Yòu Dēng Yī Gēn<br>Right Stand on One Root                   | 左蹬脚         | Zuǒ dēng jiǎo<br>Strike with Heel Left                       |
| 掩手肱拳        | Yǎn Shǒu Gōng Quán<br>Hidden Hand Punch                      | 进步搬拦捶       | Jìn bù bān lán chuí<br>Advance, block, parry, punch          |
| 小擒打         | Xiǎo Qín Dǎ<br>Small Grab and Hit                            | 如封似闭        | Rú fēng sì bì<br>Apparent closing                            |
|             |  | 十字手         | Shízì shǒu<br>Cross Hands                                    |
| 抱头推山        | Bào Tóu Tuī Shān<br>Embrace Head Push Mountain               | 抱虎归山        | Bàohǔ Guīshān<br>Embrace Tiger Return to Mtn                 |
| 六封四闭        | <i>Liù Fēng Sì Bì</i><br><i>Six Sealing Four Closing</i>     | 右揽雀尾        | <i>Yòu lǎn què wěi</i><br><i>Grasp the Bird's Tail</i>       |
| <b>单鞭</b>   | <b>Dān Biān</b><br><b>Single Whip</b>                        | <b>歇单鞭</b>  | <b>Xiē dānbiān</b><br><b>[Diagonal] Single Whip</b>          |
| 前着          | Qián Zhāo<br>Forward Trick                                   |             |  |
| 后着          | Hòu Zhāo<br>Backward Trick                                   |             |  |
| <b>野马分鬃</b> | <b>Yé Mǎ Fēn Zōng</b><br><b>Part the Wild Horse's Mane</b>   | <b>野马分鬃</b> | <b>Yé mǎ fēn zōng</b><br><b>Part the Wild Horse's Mane</b>   |
| 六封四闭        | <i>Liù Fēng Sì Bì</i><br><i>Six Sealing Four Closing</i>     | 右揽雀尾        | <i>Yòu lǎn què wěi</i><br><i>Grasp the Bird's Tail</i>       |
| <b>单鞭</b>   | <b>Dān Biān</b><br><b>Single Whip</b>                        | <b>单鞭</b>   | <b>Dānbiān</b><br><b>Single Whip</b>                         |
| 玉女穿梭        | <b>Yù nǚ Chuān Suō</b><br><b>Fair Lady Works the Shuttle</b> | 玉女穿梭        | <b>Yù nǚ chuān suō</b><br><b>Fair Lady Works the Shuttle</b> |
| 懒扎衣         | Lǎn Zhā Yī<br>Lazily Tie the Robe                            |             |  |
| 六封四闭        | <i>Liù Fēng Sì Bì</i><br><i>Six Sealing Four Closing</i>     | 右揽雀尾        | <i>Yòu lǎn què wěi</i><br><i>Grasp the Bird's Tail</i>       |

|        |  |        |  |
|--------|--|--------|--|
| 单鞭     | <b>Dān Biān</b><br><b>Single Whip</b>                              | 单鞭     | <b>Dān Biān</b><br><b>Single Whip</b>                              |
| 云手     | <b>Yún Shǒu</b><br><b>Cloud Hands</b>                              | 云手     | <b>Yún Shǒu</b><br><b>Cloud Hands</b>                              |
|        |  | 单鞭     | Dān Biān<br>Single Whip  |
| 双白莲    | Shuāng Bái Lián<br>Sweep Both Hands                                |        |  |
| 跌岔     | Diē Chà<br>Drop Split  | 左下势    | Zuǒ xià shì<br>Low Form (Snake creeps down)                        |
| 左右金鸡独立 | <b>Zuǒ Yòu Jīn jī dúlì</b><br><b>Golden Rooster Stands L/R Leg</b> | 左右金鸡独立 | <b>Zuǒ Yòu Jīn jī dúlì</b><br><b>Golden Rooster Stands L/R Leg</b> |
| 倒卷肱    | Dào Juǎn Gōng<br>Go Back Whirling Arms                             | 倒黏猴    | Dào nián hóu<br>Repulse Monkeys                                    |
|        |  | 斜飞势    | Xié fēi shì<br>Slant Flying  |
|        |  | 提手     | Tí shǒu<br>Lift Hands  |
| 白鹤亮翅   | <b>Bái hè liang chì</b><br><b>White Crane Spreads Wings</b>        | 白鹤亮翅   | <b>Bái Hè Liàng Chì</b><br><b>White Crane Spreads Wings</b>        |
| 斜行     | Xié Xíng<br>Oblique Form   | 右搂膝拗步  | Yòu lōu xī ào bù<br>R Brush Knee Push                              |
|        |  | 海底针    | Hǎi dǐ zhēn<br>Needle at Sea Bottom                                |
| 閃通背    | <b>Shǎn Tóng Bèi</b><br><b>Flash through Back</b>                  | 閃通背    | <b>Shǎn Tóng Bèi</b><br><b>Flash through Back</b>                  |
|        |  | 转身白蛇吐信 | Zhuǎn shēn bái shé tǔ xìn<br>White snake spits its tongue          |
| 掩手肱拳   | Yǎn Shǒu Gōng Quán<br>Hidden Hand Punch                            | 進步搬拦捶  | Jìn bù bān lán chuí<br>Advance, block, parry, punch                |
| 六封四閉   | <i>Liù Fēng Sì Bì</i><br><i>Six Sealing Four Closing</i>           | 右揽雀尾   | <i>Yòu lǎn què wěi</i><br><i>Grasp the Bird's Tail</i>             |

|       |  |        |   |
|-------|--|--------|---|
| 单鞭    | <b>Dān Biān</b><br><b>Single Whip</b>                    | 左单鞭    | <b>Zuǒ dānbiān</b><br><b>Single Whip</b>              |
| 云手    | <b>Yún Shǒu</b><br><b>Cloud Hands</b>                    | 云手     | <b>Yún shǒu</b><br><b>Cloud hands</b>                 |
|       |  | 左单鞭    | Zuǒ dānbiān<br>Single Whip                            |
| 高探马   | <b>Gāo tàn mǎ</b><br><b>High Pat on Horse</b>            | 高探马    | <b>Gāo Tàn Mǎ</b><br><b>High Pat on Horse</b>         |
|       |  | 穿掌     | Chuān zhǎng<br>Piercing Palm                          |
| 十字脚   | Shízì Jiǎo<br>Cross Form Kick                            | 转身十字腿  | Zhuǎn shēn shízì tuǐ<br>Cross Form Kick               |
| 指裆锤   | Zhǐ Dāng Chuí<br>Punch to Groin                          | 进步搬指裆锤 | Jìn bù zhǐ dāng chuí<br>Punch to Groin                |
| 白猿献果  | Bái Yuán Xiàn Guǒ<br>White Ape Presents the Fruit        |        |   |
|       |  | 右揽雀尾   | Yòu lǎn què wěi<br>Grasp the Bird's Tail              |
| 单鞭    | <b>Dān Biān</b><br><b>Single Whip</b>                    | 单鞭     | <b>Dān Biān</b><br><b>Single Whip</b>                 |
| 雀地龙   | Què Dì Lóng<br>Sparrow Dashes Earth Dragon               | 左下势    | Zuǒ xià shì<br>Snake Creeps Down                      |
| 上步七星  | <b>Shàng Bù Qī Xīng</b><br><b>Step Up Seven Stars</b>    | 上步七星   | <b>Shàng bù qī xīng</b><br><b>Step Up Seven Stars</b> |
| 下步跨虎  | Xià Bù Kuà Hǔ<br>Step Down Ride the Tiger                | 退步跨虎   | Tuì bù kuà hǔ<br>Step Back Ride the Tiger             |
| 转身双白莲 | Zhuǎn Shēn Shuāng Bái Lián<br>Turn Body Sweep Both Hands | 转身白莲   | Zhuǎn shēn bái lián<br>Turn Sweep the Lotus           |
| 当头炮   | Dàng Tóu Pào<br>Cannon Overhead                          | 弯弓射虎   | Wān gōng shè hǔ<br>Bend Bow Shoot Tiger               |
| 金刚捣碓  | Jīn Gāng Dǎo Duì<br>Buddha Warrior Pounds the Mortar     |        |   |

進步搬拦捶 Jìn bù bān lán chuí  
Advance, block, parry, punch

如封似闭 Rú fēng sì bì  
Apparent closing

十字手 Shízì shǒu  
Cross Hands

收勢

Shōu shì  
Close form

收勢

Shōu shì  
Close Form