

## 陈氏太极拳老架二路

**Lao Jia Er Lu - Old Frame Routine Two**

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| 1. 太极起势     | Starting Posture                                   |
| 2. 金刚捣碓     | Buddha's Warrior Pounds Mortar                     |
| 3. 懒扎衣      | Lazy About Tucking the Robe                        |
| 4. 六封四闭     | Six Sealing and Four Closing                       |
| 5. 单鞭       | Single Whip  |
| 6. 跃步护心拳    | Leap with Protecting the Heart Punch               |
| 7. 进步斜行     | Diagonal Step                                      |
| 8. 回头金刚捣碓   | Turn Around with Buddha's Warrior Pounds Mortar    |
| 9. 撇身拳      | Leaning Body Punch                                 |
| 10. 指裆      | Strike the Groin                                   |
| 11. 斩手      | Chop Hand  |
| 12. 翻花舞袖    | Dance with the Sleeves                             |
| 13. 掩手肱拳    | Covering Hand Punch                                |
| 14. 转身腰拦肘   | Turn Around with Cross Elbow Strike                |
| 15. 大肱拳小肱拳  | Upper and Lower Arm Strikes                        |
| 16. 玉女穿梭    | Fair Lady Works with Shuttles                      |
| 17. 倒骑龙     | Ride on the Dragon Backward                        |
| 18. 掩手肱拳    | Wrapping Punches                                   |
| 19. 裹鞭裹鞭    | Fist Under the Elbow                               |
| 20. 兽头势     | Beast Head Posture                                 |
| 21. 披架子     | Chopping Posture                                   |
| 22. 掩手肱拳    | Covering Hand Punch                                |
| 23. 伏虎      | Tame the Tiger                                     |
| 24. 抹眉肱     | Brush the Eye Brows                                |
| 25. 左右黄龙三搅水 | Yellow Dragon Stirs Up Water                       |
| 26. 左冲右冲    | Dash to the Left and Dash to the Right             |
| 27. 掩手肱拳    | Covering Hand Punch                                |
| 28. 扫膛腿     | Sweep Kick   |
| 29. 掩手肱拳    | Covering Hand Punch                                |
| 30. 全炮捶     | Full Cannon Fist                                   |
| 31. 掩手肱拳    | Covering Hand Punch                                |
| 32. 捣叉捣叉    | Pound and Split                                    |
| 33. 左二肱右二肱  | Left and Right Continuous Strikes                  |
| 34. 回头当门炮   | Turn Around with Cannon Fist                       |
| 35. 变势大捉炮   | Switch Position with Cannon Fist                   |
| 36. 腰拦肘     | Cross Elbow Strike                                 |
| 37. 顺拦肘     | Straight Elbow Strike                              |
| 38. 窝底炮     | Cannon into the Nest                               |
| 39. 回头井拦直入  | Turn Around and Drop the Pulley Rope into the Well |
| 40. 金刚捣碓    | Buddha's Warrior Pounds Mortar                     |
| 41. 收势      | Closing Posture                                    |

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