

陈氏太极拳老架一路

Lao Jia Yi Lu - Old Frame Routine One

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. 金刚捣碓 Buddha's Warrior Pounds Mortar
7. 白鹅亮翅 White Goose Spreads Wings
8. 斜形 Diagonal Posture
9. 搂膝 Brush the Knee
10. 拗步 Twisted Steps
11. 斜行 Diagonal Step
12. 搂膝 Brush the Knee
13. 拗步 Twisted Steps
14. 掩手肱拳 Covering Hand Punch
15. 金刚捣碓 Buddha's Warrior Pounds Mortar
16. 撇身捶 Leaning Body Punch
17. 青龙出水 Black Dragon Emerges From Water
18. 双推手 Double Push Hands
19. 肘底看拳 Fist Under the Elbow
20. 倒卷肱 Roll the Forearm Backward and Step Back
21. 白鹅亮翅 White Goose Spreads Wings
22. 斜行 Diagonal Step
23. 闪通背 Fan the Back
24. 掩手肱拳 Covering Hand Punch
25. 六封四闭 Six Sealing and Four Closing
26. 单鞭 Single Whip
27. 运手 Wave Hands
28. 高探马 High Pat on Horse
29. 右擦脚 Right Toe Kick
30. 左擦脚 Left Toe Kick
31. 左蹬一根 Left Stump with the Heel
32. 前趟拗步 Wade Forward and Twisted Steps
33. 击地捶 Punch the Ground
34. 踢二起 Double Skip Flying Kick
35. 护心拳 Protecting the Heart Punch
36. 旋风脚 Tornado Kick
37. 右蹬一根 Right Stump with the Heel
38. 掩手肱拳 Covering Hand Punch
39. 小擒打 Small Posture Grappling Strike
40. 抱头推山 Hold the Head and Push the Mountain
41. 六封四闭 Six Sealing and Four Closing
42. 单鞭 Single Whip
43. 前招 Cover the Front
44. 后招 Cover the Back

45. 野马分鬃 Wild Horses Part Mane
46. 六封四闭 Six Sealing and Four Closing
47. 单鞭 Single Whip
48. 玉女穿梭 Fair Lady Works with Shuttles
49. 懒扎衣 Lazy About Tucking the Robe
50. 六封四闭 Six Sealing and Four Closing
51. 单鞭 Single Whip
52. 运手 Wave Hands
53. 摆脚跌岔 Double Lotus Kick Followed by Falling Split
54. 金鸡独立 Golden Rooster Stands on One Leg
55. 倒卷肱 Roll the Forearms Backward and Step Back
56. 白鹅亮翅 White Goose Spreads Wings
57. 斜行 Diagonal Step
58. 闪通背 Fan the Back
59. 掩手肱拳 Covering Hand Punch
60. 六封四闭 Six Sealing and Four Closing
61. 单鞭 Single Whip
62. 运手 Wave Hands
63. 高探马 High Pat on Horse
64. 十字脚 Cross Kick
65. 指裆捶 Punch the Groin
66. 猿猴探果 Ape Reaches for Fruit
67. 单鞭 Single Whip
68. 雀地龙 Dragon Creep on the Ground
69. 上步七星 Step up with Seven Star Punch
70. 下步跨肱 Step Back and Grab with the Forearm
71. 双摆莲 Double Lotus Kick
72. 当头炮 Cannon Fist
73. 金刚捣碓 Buddha's Warrior Pounds Mortar
74. 收式 Closing Posture