

陳氏太極拳精要十八式
Chen Style - 18 Essential Postures

1. 起勢 Starting Posture
2. 金剛搗碓 Buddha's Warrior Pounds Mortar
3. 懶扎衣 Lazy About Tucking the Robe
4. 六封四閉 Six Sealing and Four Closing
5. 單鞭 Single Whip
6. 白鵝亮翅 White Goose Spreads Wings
7. 斜行 Diagonal Step
8. 搜膝 Grab the Knee
9. 拗步 Twisted Step
10. 掩手肱拳 Covering Hand Punch
11. 高探馬 High Pat on Horse
12. 左蹬跟 Left Heel Kick
13. 玉女穿梭 Fair Lady Works at Shuttles
14. 運手 Wave Hands
15. 轉身雙擺蓮 Turn Around with Double Lotus Kick
16. 當頭炮 Cannon to the Face
17. 金剛搗碓 Buddha's Warrior Pounds Mortar
18. 收式 Closing Posture