

Chen Style Taijiquan Lao Jia Yi Lu

- Preparing Form
Tai Ji Qi Shi
- 1 Buddha's Warrior Attendant Pounds Mortar
Jin Gang Dao Zhui
- 2 Lazily Tying Coat
Lan Zha Yi
- 3 Six Sealing and Four Closing
Liu Feng Si Bi
- 4 Single Whip
Dan Bian
- 5 Buddha's Warrior Attendant Pounds Mortar
Jin Gang Dao Zhui
- 6 White Goose Spreads Wings
Bai Er Liang Chi
- 7 Walking Obliquely
Xie Xing
- 8 Brushing Knees
Lou Xi
- 9 Forward Twist Step
Ao Bu
- 10 Walking Obliquely
Xie Xing
- 11 Brushing Knees
Lou Xi
- 12 Forward Twist Step
Ao Bu
- 13 Hidden Thrust Punch
Yan Shou Hong Quan
- 14 Buddha's Warrior Attendant Pounds Mortar
Jin Gang Dao Zhui
- 15 Flinging Body
Pie Sen Quan
- 16 Green Dragon Comes Out of Water
Qing Long Chu Shui
- 17 Double Pushing Hands
Shuang Tui Zhang
- 18 Fist Under Elbow
Zhou Di Kan Quan
- 19 Whirling Upper Arms
Dao Juan Hong
- 20 White Goose Spreads Wings
Bai Er Liang Chi
- 21 Walking Obliquely
Xie Xing
- 22 Flashing the Arm
Shan Tong Bei
- 23 Hidden Thrust Punch
Yan Shou Hong Quan
- 24 Six Sealing and Four Closing
Liu Feng Si Bi
- 25 Single Whip
Dan Bian
- 26 Cloud Hands
Yun Shou
- 27 High Pat on Horse
Gao Tan Ma
- 28 Brushing the Right Foot
You Cha Jiao
- 29 Brushing the Left Foot
Zuo Cha Jiao
- 30 Kicking With the Left Heel
Zuo Deng Gen
- 31 Forward Twist Step
Qian Tang Ao Bu
- 32 Punch the Ground
Ji Di Chui
- 33 Kicking with Two Heels
Ti Er Qi
- 34 Protecting the Heart
Hu Xin Quan
- 35 Whirlwind Foot
Xuan Feng Jiao
- 36 Kicking with the Right Heel
You Deng Gen
- 37 Hidden Thrust Punch
Yan Shou Hong Quan
- 38 Small Capturing
Xiao Qin Da
- 39 Embracing Head and Pushing Mountain
Bao Tou Tui Shan
- 40 Six Sealing and Four Closing
Liu Feng Si Bi
- 41 Single Whip
Dan Bian
- 42 Forward Trick
Qian Zhao
- 43 Backward Trick
Hou Zhao
- 44 Parting the Wild Horse's Mane
Ye Ma Fen Zhong
- 45 Six Sealing and Four Closing
Liu Feng Si Bi
- 46 Single Whip
Dan Bian
- 47 Jade Lady Works Shuttles
Yu Nu Chuan Shuo
- 48 Lazily Tying Coat
Lan Zha Yi
- 49 Six Sealing and Four Closing
Liu Feng Si Bi
- 50 Single Whip
Dan Bian
- 51 Cloud Hands
Yun Shou
- 52 Wave Double Lotus and Stretch Down
Bai Jiao Die Cha
- 53 Golden Rooster Stands on One Leg
Jin Ji Du Li
- 54 Whirling Upper Arms
Dao Juan Hong
- 55 White Goose Spreads Wings
Bai Er Liang Chi
- 56 Walking Obliquely
Xie Xing
- 57 Flashing the Arm
Shan Tong Bei
- 58 Hidden Thrust Punch
Yan Shou Hong Quan
- 59 Six Sealing and Four Closing
Liu Feng Si Bi
- 60 Single Whip
Dan Bian
- 61 Cloud Hands
Yun Shou
- 62 High Pat on Horse
Gao Tan Ma
- 63 Crossed Feet
Shi Zi Jiao
- 64 Punch the Groin
Zhi Dang Chui
- 65 Ape Touches Fruit
Bai Yuan Xian Guo
- 66 Six Sealing and Four Closing
Liu Feng Si Bi
- 67 Single Whip
Dan Bian
- 68 Stepping Forward to Form the Seven Stars
Shang Bu Qi Xing
- 69 Stepping Back to Ride the Tiger
Xia Bu Kua Hu
- 70 Turn Back and Wave Double Lotus
Hui Tou Shuang Bai Jiao
- 71 Head On Blow
Dang Tou Pao
- 72 Buddha's Warrior Attendant Pounds Mortar
Jin Gang Dao Zhui
- Closing Form
Tai Ji Shou Si