

# Chen Style Taijiquan Basics

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## Eighteen Basic Exercises 導引吐納十八功法 dao yin tu na 18 fa

1 *Wuji* Standing Post Exercise 無極渾圓功 (wu ji hun yuan gong)

### Taiji Exercise 太極功 (tai ji gong)

2 Pushing the sky 托天功 (tuo tian gong)  
3 Pressing down 下按功 (xia an gong)  
4 Snatching the yang 抓陽功 (zhua yang gong)  
5 Opening the wings 展翅功 (zhan ci gong)  
6 Embracing the ball 抱球功 (bao qiu gong)  
7 Opening and closing 開合功 (kai he gong)  
8 Turning the waist 轉腰功 (zhuan yao gong)  
9 Beginning and ending 起收功 (qi shou gong)

### Silk-Reeling Exercise 纏絲功 (chan si gong)

10 Right hand 右手纏絲 (you shou)  
11 Left hand 左手纏絲 (zuo shou)  
12 Both hands criss-cross 雙手交叉纏絲 (shuang shou jiao cha)  
13 Both hands roll-back 雙捋纏絲 (shuang lu)  
14 Both hands opening and closing 雙分雙合纏絲 (shuang fen shuang he)  
15 Left diagonal-step roll-back 左側身捋纏絲 (zuo ce shen lu)  
16 Right diagonal-step roll-back 右側身捋纏絲 (you ce shen lu)  
17 Right vertical silk-reeling 右虛步立圓纏絲 (you xu bu li yuan)  
18 Left vertical silk-reeling 左虛步立圓纏絲 (zuo xu bu li yuan)

## Thirteen Old Frame Postures 陳氏十三勢太極拳名稱

Opening form 起勢 (qi shi)  
1 Lazily tying coat 攬插衣 (lan zha yi)  
2 Six sealing, four closing 六封四閉 (liu feng si bi)  
3 Single whip 單鞭 (dan bian)  
4 Low lying dragon 切地龍 (qie di long)  
5 Golden rooster stands on one leg 金雞獨立 (jin ji du li)  
6 Stepping towards the sky 朝天凳 (chao tian deng)  
7 Whirling upper arms 倒捲肱 (dao juan hong)  
8 White goose spreads wings 白鵝亮翅 (bai e liang ci)  
9 Walking obliquely 斜行 (xie xing)  
10 Hidden thrust punch 掩手肱拳 (yan shou hong quan)  
11 Turn back, wave double lotus 回頭雙擺腳 (hui tou shuang bai jiao)  
12 Head on blow 檔頭炮 (dang tou pao)  
13 Buddha's warrior attendant pounds mortar 金剛搗碓 (jin gang dao zhui)  
Closing form 收勢 (shou shi)