

Chen Taijiquan Xinjia Yilu

- 1.Preparing Form
- 2.Buddha's Warrior Attendant Pounds Mortar
- 3.Lazily Tying Coat
- 4.Six Sealing and Four Closing
- 5.Single Whip
- 6.Buddha's WA Pounds Mortar
- 7.White Crane Spreads Wings
- 8.Walking Obliquely
- 9.First Closing
- 10.Wade Forward with Twist Step on Both Sides
- 11.Walking Obliquely

- 47.Single Whip
- 48.Forward Trick
- 49.Backward Trick
- 50.Part Wild Horse's Mane on Both Sides
- 51.Six Sealing and Four Closing
- 52.Single Whip
- 53.Shake Both Feet
- 54.Jade Girl Works at Shuttles
- 55.Lazily Tying Coat
- 56.Six Sealing and Four Closing
- 57.Single Whip
- 58.Wave Hands
- 59.Shake Foot and Stretch Down

- 12.Second Closing
- 13.Wade Forward with Twist Step on Both Sides
- 14.Hidden Thrust Punch
- 15.Buddha's WA Pounds Mortar
- 16.Draping Over Body
- 17.Lean with Back
- 18.Blue Dragon Out of Water
- 19.Push Both Hands
- 20.Change Palms Three Times
- 21.Punch at Elbow's Bottom
- 22.Step Back and Whirl Arms on both Sides

- 60.Stand on One Leg on Both Sides
- 61.Step Back and Whirl Arms On Both Sides
- 62.Middle Winding
- 63.Step Back and Press Elbow
- 64.White Crane Spreads Wings
- 65.Walking Obliquely
- 66.Flash the Back
- 67.Hidden Thrust Punch
- 68.Six Sealing and Four Closing
- 69.Single Whip
- 70.Wave Hands
- 71.High Pat on horse

- 23.Step Back and Press Elbow
- 24.Middle Winding
- 25.White Crane Spreads Wings
- 26.Wade Forward with Twist Step on Both Sides
- 27.Flash the Back
- 28.Hidden Thrust Punch
- 29.Six Sealing and Four Closing
- 30.Single Whip
- 31.Wave Hands
- 32.High Pat on Horse
- 33.Rub with Right Foot
- 34.Rub with Left Foot
- 35.Kick with Left Heel

- 72.Cross Waving Lotus
- 73.Punch the Crotch
- 74.White ape Presents Fruit
- 75.Six Sealing and Four Closing
- 76.Single Whip
- 77.Dragon on the Ground
- 78.Step Forward with Seven Stars
- 79.Step Back and Mount Tiger
- 80.Turn body and Wave Double Lotus
- 81.Cannon right Overhead
- 82.Buddha's WA Pounds Mortar
- 83.Closing Form

- 36.Wade Forward with Twist Step on Both Sides
- 37.Punch the Ground
- 38.Turn Over Body and Double Raise Foot
- 39.Beast's Head Pose
- 40.Tornado Foot
- 41.Kick with Right Heel
- 42.Hidden Thrust Punch
- 43.Small Catching and Hitting
- 44.Cover Head and Push Mountain
- 45.Change Palms Three Times
- 46.Six Sealing and Four Closing