

Chen Tai Chi forms

18 technique Form

- 1) Preparing
- 2) Buddha's Warrior Attendant Pounds Mortar
- 3) Turn and Tie Coat
- 4) Six Sealing And Four Closing
- 5) Single Whip
- 6) The White Crane Spreads It's Wings
- 7) Walk Forward Diagonally
- 8) Brush Knee
- 9) Stepping to Both Sides (Three Steps Forward)
- 10) Cover Hands and Strike with Fist
- 11) High Pat On the Horse
- 12) Kick With Left Heel
- 13) Jade Girl Works At Shuttles
- 14) Wave hands like cloud
- 15) Turn Body with Double Lotus Kick
- 16) Canon Fist overhead
- 17) Buddha's Warrior Attendant Pounds Mortar
- 18) Finishing Form

Chen 27 Technique Form

- (1) Beginning
- (2) Buddha's Warrior Leaves the Temple
- (3) Lazily Tying Coat
- (4) Buddha's Warrior Pounds the Mortar
- (5) White Crane Spreads Wings
- (6) Diagonal Posture
- (7) Brushing Knee
- (8) Step to Both Sides
- (9) Cover Hand Thrust Punch – Left
- (10) Double Pushing Hands
- (11) Stepping Back and Wrapping Arms
- (12) Turn Back Quickly
- (13) Cover Hand Thrust Punch - Right
- (14) Six Sealing Four Closing
- (15) Single Whip
- (16) Cloud Hands
- (17) High Pat on Horse
- (18) Right Heel Kick
- (19) Left Heel Kick
- (20) Parting the Horse's Mane
- (21) Dragon Rolling Down
- (22) Step Forward to Seven Stars
- (23) Step Back to Ride the Tiger
- (24) Turn Back and Wave Lotus
- (25) Cannon Right in Front
- (26) Buddha's Warrior Pounds the Mortar
- (27) Close

48 Position form

1. Opening Form
2. Immortal Points The Way
3. Flower Hiding Under the Leaf
4. Crimson Phoenix Faces The Sun
5. Splitting Sword Searching The Sea
6. Azure Dragon Emerges From The Water
7. Protect The Knee Left and Right
8. Turn The Body and Close The Door
9. Azure Dragon Emerges From The Water
10. Overturn, Back Splitting Sword
11. Follow Step and Thrust Sword
12. Slanted Flying
13. Phoenix Spreads Wings
14. Phoenix Nods Head
15. Na Cha Reaches Into The Sea
16. White Ape Offers Fruit
17. Backward Turning Upper Arm
18. Threading Through Wood With Open Wings
19. Turn Body, Behead Chao Dragon
20. Golden Rooster Stands On One Leg
21. Separate Grass Looking For Snake
22. Wild Horse Leaps Over Stream
23. White Snake Spits Out Tongue
24. Two Dragons Play With a Pearl
25. Black Bear Turns (Flips) Back
26. Eagle and Bear Contests Knowledge
27. Great Bird Spreads Wings
28. Nimble Cat Catches Mouse
29. Golden Rooster Shakes Feathers
30. Na Cha Reaches into the Sea
31. Su Chin Shoulders Sword
32. Ancient Tree With Twisted Root
33. Slanting Flying
34. Carry 1,000 pounds Left and Right
35. Cut Wrist Left and Right
36. Vertically Sweep 1,000 soldiers
37. Golden Needle hanging
38. White Ape Offers Fruit
39. Sweep Falling Flowers Left and Right
40. Bow Stance Upward Thrust
41. Turn Body, Downward Thrust
42. Slanting Flying
43. Lean Forward reaching into the Sea
44. Sparrow Hawk Overturns Body
45. Yellow Dragon Emerges From the Cave
46. Grinding Stone Sword
47. Point Needle South
48. Closing