

5 Section Chen Taijiquan 五段陳式太極拳 (Chen bare-hand form)

Section I

- 1 Commencement
- 2 Buddha's Warrior Attendant Pounds the Mortar
- 3 White Crane Spreads Its Wings
- 4 Walk Obliquely
- 5 Brush Knee
- 6 Wade Forward and Twist Step
- 7 Double Push Hands
- 8 Change Palms Three Times
- 9 Punch at Elbow Bottom

Section II

- 10 Step Back Whirl Arms on Both Sides
- 11 Lazy About Tying Coat
- 12 Six Sealing and Four Closing
- 13 Single Whip

Section III

- 14 Wave Hands Like Clouds
- 15 High Pat on Horse
- 16 Tornado Foot

Section IV

- 17 Fair Lady Works the Shuttles
- 18 Flash the Back

Section V

- 19 Fist of Hand Covering Arm
- 20 Punch of Draping Over Body
- 21 Fist of Protecting Heart
- 22 Buddha's Attendant Warrior Pounds the Mortar
- 23 Conclusion

