

5 Section Chen Taijiquan 五段陳式太極拳

solo bare-hand form—chen-style (intermediate)

Section I

1. Commencement
2. Budda'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

