Chen Style Taijiquan
Old Frame, First Form, *Laojia Yilu*

1. Beginning Posture of Taijiquan  *Taiji Qi Shi*
2. Pounding the Mortar  *Jin Gang Dao Dui*
3. Lazily Tying One's Coat  *Lan Zha Yi*
4. Six Sealing and Four Closing  *Liu Feng Si Bi*
5. Single Whip  *Dan Bian*
6. Pounding the Mortar  *Jin Gang Dao Dui*
7. White Crane Spreads Its Wings  *Bai E Liang Chi*
8. Slanted Walking  *Xie Xing*
9. Brush Knee  *Lou Xi*
10. Stepping to Both Sides  *Ao Bu*
11. Slanted Walking  *Xie Xing*
12. Brush Knee  *Lou Xi*
13. Stepping to Both Sides  *Ao Bu*
14. Covered Fist Punch  *Yan Shou Hong Quan*
15. Pounding the Mortar  *Jin Gang Dao Dui*
16. Hit and Drape Fist Over Body  *Pie Shen Quan*
17. Green Dragon Emerges from the Water  *Qing Long Chu Shui*
18. Pushing With Both Hands  *Shuang Tui Shou*
19. Fist Under Elbow  *Zhou Di Kan Quan*
20. Stepping Back and Whirling the Arms  *Dao Juan Hong*
21. White Crane Spreads Its Wings  *Bai E Liang Chi*
22. Diagonal Posture  *Xie Xing*
23. Turning Back with Arms Twining  *Shan Tong Bei*
24. Covered Fist Punch  *Yan Shou Gong Quan*
25. Six Sealing and Four Closing  *Liu Feng Si Bi*
26. Single Whip  *Dan Bian*
27. Cloud Hands  *Yun Shou*
28. High Pat on Horse  *Gao Tan Ma*
29. Slapping the Right Foot  *You Ca Jiao*
30. Slapping the Left Foot  *Zuo Ca Jiao*
31. Kicking with the Left Heel  *Zuo Deng Yi Gen*
32. Walking Forward by Stepping to Both Sides  *Qian Tang Ao Bu*
33. Punching Toward the Ground  *Ji Di Chui*
34. Turning and Kicking Twice in the Air  *Ti Er Qi*
35. Protecting the Heart with the Fist  *Hu Xin Quan*
36. Tornado Kick  *Xuan Feng Jiao*
37. Kick with the Right Heel  *You Deng Yi Gen*
38. Covered Fist Punch  *Yan Shou Gong Quan*
39. Small Grab and Hit  *Xiao Qin Da*
40. Embrace the Head and Push the Mountain  *Bao Tou Tui Shan*
41. Six Sealing and Four Closing  *Liu Feng Si Bi*
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42. Single Whip  *Dan Bian*
43. Forward Technique  *Qian Zhao*
44. Backward Technique  *Hou Zhao*
45. Parting the Wild Horse's Mane  *Ye Ma Fen Zong*
46. Six Sealing and Four Closing  *Liu Feng Si Bi*
47. Single Whip  *Dan Bian*
48. Jade Maiden Working Her Loom  *Yu Nu Chuan Suo*
49. Lazily Tying One's Coat  *Lan Zha Yi*
50. Six Sealing and Four Closing  *Liu Feng Si Bi*
51. Single Whip  *Dan Bian*
52. Cloud Hands  *Yun Shou*
53. Swing the Foot and Drop Down  *Bai Jiao Die Cha*
54. Golden Rooster Standing on One Leg  *Jin Ji Du Li*
55. Stepping Back and Whirling the Arms  *Dao Juan Gong*
56. White Crane Spreads It's Wings  *Bai E Liang Chi*
57. Diagonal Posture  *Xie Xing*
58. Turning Back with Arms Twining  *Shan Tong Bei*
59. Covered Fist Punch  *Yan Shou Gong Quan*
60. Six Sealing and Four Closing  *Liu Feng Si Bi*
61. Single Whip  *Dan Bian*
62. Cloud Hands  *Yun Shou*
63. High Pat on Horse  *Gao Tan Ma*
64. Reverse Sweep with Right Leg Crossing  *Shi Zi Jiao*
65. Punch Toward the Crotch  *Zhi Dang Chui*
66. White Ape Presents Fruit  *Yuan Hou Tan Guo*
67. Single Whip  *Dan Bian*
68. Dragon Rolling Downward  *Que Di Long*
69. Stepping Forward into Seven Stars Stance  *Shang Bu Qi Xing*
70. Stepping Backward into Riding Stance  *Xia Bu Kua Gong*
71. Turn Around and Sweep with Both Legs  *Zhuan Shen Shuang Bai Lian*
72. Cannon Right Overhead  *Dang Tou Pao*
73. Pounding the Mortar  *Jin Gang Dao Dui*
74. Closing Posture of Taijiquan  *Shou Shi*

Valley Spirit Taijiquan, Red Bluff, California.
Website:  http://www.egreenway.com/taichichuan/chenOF1F1.htm