

Traditional Chen Style Form (Beijing Style) - First Routine

中文	Pin Yin	English
1. 预备式	Yu(4) Bei(4) Shi(4)	Preparation
2. 金刚捣碓	Jin(1) Gang(1) Dao(3) Dui(1)	Buddha's Warrior Attendant Pounds Mortar
3. 懒扎衣	Lan(3) Zha(1) Yi(1)	Lazily Tying The Coat
4. 六封四闭	Liu(4) Feng(1) Si(4) Bi(4)	Six Sealing and Four Closings
5. 单鞭	Dan(1) Bian(1)	Single Whip
6. 第二金刚捣碓	Jin(1) Gang(1) Dao(3) Dui(1)	Buddha's Warrior Attendant Pounds Mortar
7. 白鹤亮翅	Bai(2) He(4) Liang(4) Chi(4)	White Crane Spreads Its Wings
8. 斜行拗步	Xie(2) Xing(2) Ao(2) Bu(4)	Diagonal Walk Twist Step
9. 初收	Chu(1) Shou(1)	First Closing
10. 前堂拗步	Qian(2) Tang(2) Ao(2) Bu(4)	Forward Twist Step
11. 斜行拗步	Xie(2) Xing(2) Ao(2) Bu(4)	Diagonal Walk Twist Step
12. 再收	Zai(4) Shou(1)	Second Closing
13. 前堂拗步	Qian(1) Tang(2) Ao(2) Bu(4)	Forward Twist Step
14. 掩手肱捶	Yan(3) Shou(3) Gong(1) Chui(2)	Hidden Hand Punch
15. 第三金刚捣碓	Jin(1) Gang(1) Dao(3) Dui(1)	Buddha's Warrior Attendant Pounds Mortar
16. 披身捶	Pi(1) Shen(1) Chui(2)	Wrapping Body Fist
17. 背折靠	Bei(4) Zhe(2) Kao(4)	Folding Back Strike
18. 青龙出水	Qing(1) Long(2) Chu(1) Shi(3)	Blue Dragon Emerges From Water
19. 双推手	Shuang(1) Tui(1) Shou(3)	Double Hand Push
20. 三换掌	San(1) Huan(4) Zhang(3)	Change Palms Three Times
21. 肘底捶	Zhou(2) Di(3) Chui(2)	Fist Under Elbow
22. 倒卷肱	Dao(4) Juan(3) Gong(1)	Step Back and Whirl Arms
23. 退步压肘	Tui(1) Bu(4) Ya(1) Zhou(2)	Step Back and Press Elbow
24. 中盘	Zhong(1) Pan(2)	Middle Section
25. 白鹤亮翅	Bai(1) He(4) Liang(4) Chi(4)	White Crane Spreads Its Wings
26. 斜行拗步	Xie(2) Xing(2) Ao(2) Bu(4)	Diagonal Walk Twist Step

27. 闪通背	Shan(3) Tong(1) Bei(4)	Flash the Back
28. 掩手肱捶	Yan(3) Shou(3) Gong(1) Chui(2)	Hidden Hand Punch
29. 六封四闭	Liu(4) Feng(1) Si(4) Bi(4)	Six Sealings and Four Closings
30. 单鞭	Dan(1) Bian(1)	Single Whip
31. 运手	Yun(2) Shou(3)	Cloud Hands
32. 高探马	Gao(1) Tan(4) Ma(3)	High Pat On Horse
33. 右擦脚	You(4) Tsa(1) Jiao(3)	Swipe the Right Foot
34. 左擦脚	Zuo(3) Tsa(1) Jiao(3)	Swipe the Left Foot
35. 左蹬一根	Zuo(3) Deng(4) Yi(4) Gen(1)	Kick with Heel Left
36. 前堂拗步	Qian(2) Tang(2) Ao(2) Bu(4)	Forward Twist Step
37. 击地捶	Ji(2) Di(4) Chui(2)	Hammer the Ground
38. 翻身二起脚	Fan(1) Shen(1) Er(4) Qi(3) Jiao(3)	Turn around and Double Kick
39. 兽头势 / 护心拳	Shou(4) To(2) Shi(4) / Hu(4) Xin(1) Quan(1)	Beast's Head Pose / Protecting The Heart Fists
40. 旋风脚	Xuan(2) Feng(1) Jiao(3)	Tornado Kick
41. 右蹬一根	You(4) Deng(4) Yi(1) Gen(1)	Kick with Heel Right
42. 掩手肱捶	Yan(3) Shou(3) Gong(1) Chui(2)	Hidden Hand Punch
43. 小擒打	Xiao(3) Qin(2) Da(3)	Small Grab and Hit
44. 抱头推山	Bao(4) Tou(2) Tui(1) Shan(1)	Hold Head and Push Mountain
45. 三换掌	San(1) Huan(4) Zhang(3)	Change Palms Three Times
46. 六封四闭	Liu(4) Feng(1) Si(4) Bi(4)	Six Sealings and Four Closings
47. 单鞭	Dan(1) Bian(1)	Single Whip
48. 前招	Qian(2) Zhao(1)	Forward Trick
49. 后招	Hou(4) Zhao(1)	Backward Trick
50. 野马分鬃	Ye(3) Ma(3) Fen(1) ZGong(1)	Part Wild Horse's Mane
51. 六封四闭	Liu(4) Feng(1) Si(4) Bi(4)	Six Sealings and Four Closings
52. 单鞭	Dan(1) Bian(1)	Single Whip
53. 双震脚	Shuang(1) Jin(4) Jiao(3)	Double Stomp
54. 玉女穿梭	Yu(4) Nu(3) Chuan(1) Shouo(1)	Jade Girl Works at Shuttles
55. 懒扎衣	Lan(3) Zha(1) Yi(1)	Lazily Tying The Coat

56. 六封四闭	Liu(4) Feng(1) Si(4) Bi(4)	Six Sealings and Four Closings
57. 单鞭	Dan(1) Bian(1)	Single Whip
58. 运手	Yun(4) Shou(3)	Cloud Hands
59. 摆脚跌叉	Bai(3) Jiao(3) Die(2) Cha(4)	Swing Foot, Drop Down
60. 左右金鸡独立	Jin(1) Ji(1) Du(2) Li(1)	Golden Rooster Stands On One Leg Left and Right
61. 倒卷肱	Dao(4) Juan(3) Gong(1)	Step Back and Whirl Arms
62. 退步压肘	Tui(4) Bu(4) Ya(1) Zhou(2)	Step Back and Press Elbow
63. 中盘	Zhong(1) Pan(2)	Middle Section
64. 白鹤亮翅	Bai(2) He(4) Liang(4) Chi(4)	White Crane Spreads Its Wings
65. 斜行拗步	Xie(2) Xing(2) Ao(2) Bu(4)	Diagonal Walk Twist Step
66. 闪通背	Shan(3) Tong(1) Bei(4)	Flash the Back
67. 掩手肱捶	Yan(3) Shou(3) Gong(1) Chui(2)	Hidden Hand Punch
68. 六封四闭	Liu(4) Feng(1) Si(4) Bi(4)	Six Sealings and Four Closings
69. 单鞭	Dan(1) Bian(1)	Single Whip
70. 运手	Yun(4) Shou(3)	Cloud Hands
71. 高探马	Gao(1) Tan(4) Ma(3)	High Pat On Horse
72. 十字摆莲	Shi(2) Zhi(4) Bai(3) Lian(2)	Cross Kick
73. 指裆捶	Zhi(3) Dang(1) Chui(2)	Low Punch
74. 白猿献果	Bai(2) Yuan(2) Xian(4) Guo(3)	White Ape Presents Fruit
75. 六封四闭	Liu(4) Feng(1) Si(4) Bi(4)	Six Sealings and Four Closings
76. 单鞭	Dan(1) Bien(1)	Single Whip
77. 雀地龙	Que(4) Di(4) Long(2)	Dragon Enters Sparrow's Ground
78. 上步七星	Shang(4) Bu(4) Qi(1) Xing(1)	Step up to Seven Stars
79. 退步跨虎	Xia(4) Bu(4) Kua(4) Hu(3)	Step Back and Mount the Tiger
80. 转身双摆莲	Zhuan(3) Shen(1) Shuang(1) Bai(3) Lian(2)	Turn With Double Lotus Kick
81. 当头炮	Dang(1) Tou(2) Pao(4)	Cannon Shoots At Head
82. 金刚捣碓	Jing(1) Gang(1) Dao(3) Zhui(1)	Buddha's Warrior Attendant Pounds Mortar
83. 收势	Shou(1) Si(4)	Closing Form