

Mini Chen Style Form Posture list 拳谱

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| 1. 预备式 | Preparation |
| 2. 金刚捣碓 | Buddha's warrior pounds the mortar |
| 3. 懒扎衣 | Leisurely tuck in the robe |
| 4. 六封四闭 | Six sealing and four closings |
| 5. 单鞭 | Single whip |
| 6. 雀地龙 | Dragon on sparrow's ground |
| 7. 上步七星 | Step up to seven stars |
| 8. 退步跨虎 | step back to mount the tiger |
| 9. 转身双摆莲 | Turn body and double wave lotus |
| 10. 当头炮 | The cannon on the head |
| 11. 金刚捣碓 | Buddha's warrior pounds the mortar |
| 12. 收式 | Closing Taiji |