



TaiChiChuanSacramento

taichichuansacramento.com

Chen Style Tai Chi Chuan - 18 Form

1. Preparing
2. Buddha's Warrior Pounds Mortar
3. Lazily Tying The Coat (Tuck the Robes)
4. Six Sealing And Four Closing
5. Single Whip
6. White Crane Spreads It's Wings
7. Diagonal Posture (Walking Obliquely)
8. Brush Knee (Embrace the Knee)
9. Stepping to Both Sides (Three Steps Forward)
10. Covered Thrust Punch
11. High Pat On The Horse
12. Left Heel Kick
13. Fair Lady Works The Shuttles
14. Cloud Hands
15. Turn Back & Double Lotus Kick
16. Double Cannon Fists
17. Buddha's Warrior Pounds Mortar
18. Closing