

# ORIGINAL CHEN STYLE TAIJIQUAN – LAO DA JIA – YI LU

## OLD LARGE FRAME – FIRST ROUTINE

1. Wuji
2. Buddha's Warrior Pounds Mortar
3. Lazy About Tying Coat
4. Six Sealing and Four Closing
5. Single Whip
6. Buddha's Warrior pounds Mortar
7. White Crane Spreads its Wings
8. Walk obliquely
9. closing
10. Walk Forward Three Steps
11. Walk Obliquely
12. Closing
13. Walk Forward Three Steps
14. Cover the Hand Punch with Arm
15. Buddha's Warrior Pounds Mortar
16. Lean with Back
17. Green Dragon Out of Water
18. Double Push
19. Fist Under Elbow
20. Rolling Arms Backwards
21. White Crane Spreads its Wings
22. Walk Obliquely
23. Flash Through arm
24. Cover the Hand Punch with Arm
25. Six Sealing and Four Closing
26. Single Whip
27. Cloud Hands
28. High Pat on Horse
29. Right Kick
30. Left Kick
31. Left Heel Kick
32. Walk Forward Three Steps
33. Hit to Ground
34. Double Kick
35. Protecting Heart with Fist
36. Tornado Kick
37. Right Heel Kick
38. Cover the Hand Punch with Arm
39. Small Seize with Strike
40. Holding Head and Push Mountain
41. Six sealing and Four Closing
42. Single Whip
43. Forward Trick
44. Backward Trick
45. Parting Wild Horse's Mane
46. Six Sealing and Four Closing
47. Single Whip
48. Fair Lady Works the Shuttles
49. Lazy about Tying Coat
50. Six Sealing and Four Closing
51. Single Whip
52. Cloud Hands
53. Double Lotus Kick and Stretch Down
54. Golden Rooster Stands on One Leg
55. Rolling Arms Backwards
56. White Crane Spreads its Wings
57. Walk Obliquely
58. Flash Through Arm
59. Cover the Hand Punch with Arm
60. Six Sealing and Four Closing
61. Single Whip
62. Cloud Hands
63. High Pat on Horse
64. Single Lotus Kick
65. Punch to Groin
66. White Ape Offers the Fruit
67. Single Whip
68. Dragon on the Ground
69. Step Forward to Seven Stars
70. Step Backward to Ride the Tiger
71. Double Lotus Kick
72. Cannon Fist
73. Buddha's Warrior Pounds Mortar
74. Wuji