

Traditional Yang 108

Chen Laojia Yi Lu

FIRST LOOP

1

起式

Qǐ shì

Beginning

2

左棚

Zuǒ bēng

Ward-off (Left)

3

拦雀尾

Lán què wěi

Grasp the sparrow's tail

4

单鞭

Dān biān

Single whip

5

提手上势

Tí shǒu shàng shì

Step up to raise hands

6

白鹤凉翅

Bái hè liàng chì

White Crane spreads its wings

7

左搂膝拗步

Zuǒ lǒu xī ǎo bù

Brush left knee and push

SECTION ONE

1

太极起势

Qǐ shì

Begin Taiji / Preparing form

2

金刚捣碓

Jīngāng dǎo duì

Buddha's Warrior Attendant Pounds Mortar

3

懒扎衣

Lǎn zhā yī

Lazily Tying Coat

4

六封四闭

Liù fēng sì bì

Six Sealing and Four Closing

5

单鞭

Dān biān

Single Whip

6

金刚捣碓

Jīngāng dǎo duì

Buddha's Warrior Attendant Pounds Mortar

T arms, step back R, settle into

7

白鹤亮翅

Bái hè liàng chì

White Crane Spreads Wings

8

斜行

Xié xíng

Walking Obliquely

(looks like Brush Knee into Single Whip on diagonal w/L hand)

8

手挥琵琶

Shǒu huī pí pá

Hand strums the lute (play the pipa)

9

左搂膝拗步

Zuǒ lǒu xī ǎo bù

Brush left knee and push

10

右搂膝拗步

Yòu lǒu xī ǎo bù

Brush right knee push

11

左搂膝拗步

Zuǒ lǒu xī ǎo bù

Brush left knee push

12

手挥琵琶

Shǒu huī pí pá

Hand strums the lute (pipa)

13

左搂膝拗步

Zuǒ lǒu xī ǎo bù

Brush left knee push (left)

14

进步搬拦捶

Jìnbù bān lán chuí

Twist, deflect, step, parry and punch
(also Step Forward, Parry Block, Punch)

15

如封似闭

Rú fēng sì bì

Shut and Seal - Apparent close up

9

搂膝

Lǒu xī

Brushing Knees

(looks like Left Lifting Hands)

10

上三步

Shàng sān bù

Stepping Forward Three Steps

("Wading through water")

11

斜行

Xié xíng

Walking Obliquely

(looks like Brush Knee into Single Whip on diagonal w/L hand)

12

搂膝

Lǒu xī

Brushing Knees

(Like Left Lift Hands)

13

上三步

Shàng sān bù

Stepping Forward Three Steps

14

掩手肱拳

Yǎn shǒu gōng quán

Hidden Thrust Punch NW

16

十字手

Shízì shǒu

Cross hands

T hands

SECOND LOOP

17

抱虎归山

Bào hǔ guī shān

Embrace Tiger and Return to Mountain

Circle arms clockwise (& Revolve Upper Arms) to N

18

拦雀尾

Lán què wěi

Grasp the sparrow's tail
including WoRbPrPu

Single Whip

15

金刚捣碓

Jīngāng dǎo duì

Buddha's Warrior Attendant Pounds Mortar

SECTION TWO

16

撇身拳

Piē shēn quán

Fist of Defend

*(Expand arms and sink)***17**

青龙出水

Qīnglóng chūshuǐ

Black Dragon Emerges from Water

(T hands, figure 8 them in front of head, Lie L & Lie R. Poser: R elbow high, L hand on hip, twist, ma bu stance.)

Clean Barrel and punch: Twisting from hips, twis left, soft punch down, roll fist up left arm, fa jin strike down with entire arm.

Roll move R(move from dantien r and draw hands up) Step W with R foot

18

双推手

Shuāng tuīshǒu

Push with Both Hands

*(Draw hands up, push)***19**

肘底捶

Zhǒu dǐ chuí

Fist under elbow

19

肘底看拳

Zhǒu dǐ kàn quán

Striking with Fist Under Elbow

20

右倒撵猴

You Dao Nian Hou

Retreat to repulse monkey (right)

21

左倒撵猴

Zuǒ dào niǎn hóu

Retreat to repulse monkey (left)

22

右倒撵猴

Yòu dào niǎn hóu

Retreat to repulse monkey (right)

23

左倒撵猴

Zuǒ dào niǎn hóu

Retreat to repulse monkey (left)

24

右倒撵猴

Yòu dào niǎn hóu

Retreat to repulse monkey(right)

25

斜飞式

Xié fēi shì

Oblique/Diagonal flying

20

倒卷肱

Dào juǎn gōng

Stepping Back and Wrapping Upper Arms

(Repulse Like Monkeys)

T hands, step back right like Diagonal Flying

26

提手上势

Tí shǒu shàng shì

Step up to raise hands

27

白鹤凉翅

Báihè liàng chì

White Crane spreads its wings

21

白鹤亮翅

Báihè liàng chì

White Crane Spreads Wings

28

左搂膝拗步

Zuǒ lǒu xī ǎo bù

Brush left knee and push

22

斜行

Xié xíng

Walking Obliquely

(looks like Brush Knee into Single Whip on diagonal w/L hand)

29

海底针

Hǎidǐ zhēn

Needle to the bottom of the sea

Wave hands left, Lift. Wave left, lift leg.

30

扇通背

Shàn tōng bèi

Fan through the back

23

闪通背

Shǎn tōng bèi

Flashing Turn to Back

*(Rise on left foot, spin to SE. drop to Ma bu.)***31**

转身撇身捶

Zhuǎnshēn piē shēn chuí

Turn Body and Chop with Fist

24

掩手肱拳

Yǎn shǒu gōng quán

Hidden Thrust Punch & Whirling Upper Arm

*(go right, big circle, turn N)***32**

进步搬拦捶

Jìnbù bān lán chuí

Twist, deflect, step, parry, punch

25

六封四闭

Liù fēng sì bì

Six Sealing and Four Closing

33

拦雀尾

Lán què wěi

Grasp the sparrow's tail

26

单鞭

Dān biān

Single Whip

34

单鞭

Dān biān

Single whip

SECTION 3

27

云手

Yún shǒu

Cloud Hands

35

云手

Yún shǒu

Cloud hands (several) & Prayer Wheel

*"Emperor Monkey": Step up like Emperor's guard, Roll back like Repulse Monkey***36**

单鞭

Dān biān

Single whip

37

高探马

Gāo tàn mǎ

High pat on horse

28

高探马

Gāo tàn mǎ

High Patting on Horse

Circle right hand and lower hand at dantien, clockwise - "Circle Wiggle"

Full step through with L foot W, kneel R leg, T cross hands palms out

38

右分脚

Yòu fēn jiǎo

Parting/separation kick (right)

29

右擦脚

Yòu cā jiǎo

Brushing Right Foot

(Separate foot kick right)

Full step through with R foot W, kneel L leg, T cross hands palms in

39

左分脚

Zuǒ fēn jiǎo

Parting/separation kick (left)

30

左擦脚

Zuǒ cā jiǎo

Brushing Left Foot

(Separate foot kick left)

Turn S, circle arms, step right

40

转身左蹬脚

Zhuǎnshēn zuǒ dēng jiǎo

Turn and kick with left heel

31

转身左蹬脚

Zhuǎnshēn zuǒ dēng jiǎo

Turn and Kick with Left Heel E

41

左搂膝拗步

Zuǒ lǒu xī ǎo bù

Brush left knee and push

32

上三步

Shàng sān bù

Stepping Forward Three Steps

(Wading through water)

42

右搂膝拗步

Yòu lǒu xī ǎo bù

Brush right knee push

43

左搂膝拗步

Zuo Lou Xi Ao Bu

Brush left knee

44

进步栽捶

Jìnbù zāi chuí

Step up, Punch Down
(Planter's Punch)

45

转身撇身捶

Zhuǎnshēn piē shēn chuí

Turn Body and Chop with Fist

46

进步搬拦捶

Jìnbù bān lán chuí

Twist, deflect, step, parry and punch

47

右蹬脚

Yòu dēng jiǎo

Right heel kick

48

左打虎式

Zuǒ dǎ hǔ shì

Hit/strike tiger (left)

49

右打虎式

Yòu dǎ hǔ shì

Hit/strike tiger (right)

50

回身右蹬脚

Huíshēn yòu dēng jiǎo

Turn Body and Right Heel Kick

33

击地捶

Jī de chuí

Pounding the Ground
(*Planter's Punch + 6"*)

Turn & Elbow up back to SW, turn W

34

踢二起

Tī èr qǐ

Double Jump Kick

Land, step left, Counter clockwise circle left, ma bu circle rt arm through past heart, into

35

护心拳

Hù xīn quán

Protect-the-Heart Fist

(*Hit like tiger that looks like punch under elbow.*)

Clockwise both hands circling, lift R leg like angled golden rooster. Step R foot through and down, kneel L knee facing N, cover face w/palms out.

36

旋风脚

Xuànfēng jiǎo

Tornado Foot

(*270 turn (S) while left hand slaps left inner foot. Land arms sholder height, drop down in fists, past groin, circling outward.*)

51

双峰灌耳

Shuāng fēng guàn ěr

Twin Fists Strike Opponents Ears

52

左蹬脚

Zuǒ dēng jiǎo

Left heel kick

53

转身右蹬脚

Zhuǎnshēn yòu dēng jiǎo

Spin and kick with right heel

54

进步搬拦捶

Jìnbù bān lán chuí

Twist, deflect, step, parry, punch

55

如封似闭

Rú fēng sì bì

Apparent close up

56

十字手

Shízì shǒu

Cross hands

THIRD LOOP

57

抱虎归山

Bào hǔ guī shān

Embrace the Tiger and Return to Mountain

37

右蹬脚

Yòu dēng jiǎo

Kicking with the Right Heel

*(Arms up, donkey kick right W, crazy robot arms while turning NW)***38**

掩手肱拳

Yǎn shǒu gōng quán

Hidden Thrust Punch and Whirling Upper Arm (Right) while stepping through to left.

SECTION 4

39

小擒打

Xiǎo qín dǎ

Small Capturing and Hitting

*(Facing W, as if catching ball and drawing in, then Fair Lady, fire R)***40**

抱头推山

Bào tóu tuī shān

Embracing Head and Pushing Mountain

41

六封四闭

Liù fēng sì bì

Six Sealing and Four Closing

58

斜单鞭

Xié dān biān

Single whip N

42

单鞭

Dān biān

Single Whip

43

前招

Qián zhāo

Forward Trick

(Like CH E, hands to S, tap toe N)

44

后招

Hòu zhāo

Backward Trick

(Like CH E, hands to N, tap toe E roll back S)

Two flowing in-blocks.

59

右野马分鬃

Yòu yěmǎ fēn zōng

Parting Wild Horse's Mane, Right

45

野马分鬃

Yěmǎ fēn zōng

Parting the Wild Horse's Mane R&L

(Diagonal flying SE)

(Diagonal flying NE)

60

左野马分鬃

Zuǒ yěmǎ fēn zōng

Parting Wild Horse's Mane, Left

Roll back to S, Turn N

61

右野马分鬃

Yòu yěmǎ fēn zōng

Parting Wild Horse's Mane, Right

62

左野马分鬃

Zuǒ yěmǎ fēn zōng

Parting Wild Horse's Mane, Left

63

右野马分鬃

Yòu yěmǎ fēn zōng

Parting Wild Horse's Mane, Right

64

左棚

Zuǒ bēng

Grasping birds tail (Left)

(called traditionally Ward Off left)

65

拦雀尾

Lán què wěi

Grasp the sparrow's tail

(WoRbPP)

66

单鞭

Dān biān

Single whip

67

玉女穿梭

Yù nǚ chuānsuō

Fair Lady works at shuttles (left)

68

玉女穿梭

Yù nǚ chuānsuō

Fair Lady works at shuttles (right)

69

玉女穿梭

Yù nǚ chuānsuō

Fair Lady works at shuttles (left)

70

玉女穿梭

Yù nǚ chuānsuō

Fair Lady works at shuttles (right)

71

左棚

Zuǒ bēng

Ward-off (Left)

72

拦雀尾

Lán què wěi

Grasp the sparrow's tail (right)

46

六封四闭

Liù fēng sì bì

Six Sealing and Four Closing

47

单鞭

Dān biān

Single Whip

48

玉女穿梭

Yù nǚ chuānsuō

Jade Girl Works Shuttles

*(E Double hands jump stomp & kick, turn to N, R foot in/T hands)***49**

懒扎衣

Lǎn zhā yī

Lazily Tying Coat

50

六封四闭

Liù fēng sì bì

Six Sealing and Four Closing

73

单鞭

Dān biān

Single whip

74

云手

Yún shǒu

Cloud hands (several times)
and Prayer Wheel

75

单鞭

Dān biān

Single whip

76

下势

Xià shì

Snake creeps down

77

左金鸡独立

Zuǒ jīnjīdúlì

Golden Rooster stands on left leg

78

右金鸡独立

Yòu jīnjīdúlì

Golden Rooster stands on right leg

79

右倒撵猴

Yòu dào niǎn hóu

Retreat to repulse monkey (right)

80

左倒撵猴

Zuǒ dào niǎn hóu

Retreat to repulse monkey (left)

51

单鞭

Dān biān

Single Whip

SECTION FIVE

52

云手

Yún shǒu

Cloud Hands
with behind stepping

53

双摆莲

Shuāng bǎi lián

Double Wave Like Lotus

(Throw arms up left, half step up w/R leg, Lotus kick right leg)

54

跌叉

Diē chā

Fall into Split

(Fall to right knee, L leg straight, R arm up)

55

金鸡独立

Jīn jī dú lì

Golden Rooster on One Leg L

(Slam hands and stomp down after)

AND Golden Rooster on One Leg R

56

倒卷肱

Dào juǎn gōng

Stepping Back and Wrapping Upper Arms

(Repulse Like Monkeys)

81

右倒撵猴

Yòu dào niǎn hóu

Retreat to repulse monkey (right)

82

左倒撵猴

Zuǒ dào niǎn hóu

Retreat to repulse monkey (left)

83

右倒撵猴

Yòu dào niǎn hóu

Retreat to repulse monkey(right)

84

斜飞式

Xié fēi shì

Oblique/Diagonal flying

57

退步压肘

Tuìbù yā zhǒu

Step Back and Whirl Arms

(Turning to NE like diagonal flying R)

85

提手上势

Tí shǒu shàng shì

Step up to raise hands

58

白鹤亮翅

Báihè liàng chì

White Crane Spreads Wings

86

白鹤凉翅

Báihè liáng chì

White Crane spreads its wings

87

左搂膝拗步

Zuǒ lǒu xī ǎo bù

Brush left knee and push

59

斜行

Xié xíng

Walking Obliquely

(looks like Brush Knee into Single Whip on diagonal w/left hand)

88

海底针

Hǎidǐ zhēn

Needle to the bottom of the sea and Fan through the back

Wave hands R. Wave hands L, Lift R hand. Wave hands R. Wave hands L, lift R knee.

90

转身白蛇吐信

Zhuǎnshēn bái shé tǔ xìn

Turn Body and White Snake Spits out Tongue

60

闪通背

Shǎn tōng bèi

Flashing Turn to Back

(Rise on left foot, spin to SE. drop to Ma bu.)

91

进步搬拦捶

Jìnbù bān lán chuí

Twist, deflect, step, parry, punch

92

拦雀尾

Lán què wěi

Grasp the sparrow's tail

93

单鞭

Dān biān

Single whip

94

云手

Yún shǒu

Cloud hands (several times)

95

高探马

Gāo tàn mǎ

High pat on horse

96

穿掌

Chuān zhǎng

Palm Thrust

97

十字腿

Shízì tuǐ

Cross leg kick

61

掩手肱拳

Yǎn shǒu gōng quán

Hidden Thrust Punch and Whirling Upper Arm

Turn N

62

六封四闭

Liù fēng sì bì

Six Sealing and Four Closing

SECTION SIX

63

单鞭

Dān biān

Single Whip

64

云手

Yún shǒu

Cloud Hands

then "Emperor Monkey"

65

高探马

Gāo tàn mǎ

High Patting on Horse

Form (T hands) like "Press" S

66

十字单摆莲

Shízì dān bǎi lián

Crossed Feet

figure 8 turn N with vert circle into scoot step. (Punch under elbow no fist NW)

98

进步指裆锤

Jìnbù zhǐ dāng chuí

Step forward and punch groin

99

上步拦雀尾

Shàng bù lán què wěi

Grasp the sparrow's tail

100

单鞭

Dān biān

Single whip

101

下势

Xià shì

Snake creeps down

102

上步七星

Shàng bù qīxīng

Step up to form the seven stars

103

退步跨虎

Tuìbù kuà hǔ

Sit/Step back to ride the tiger

104

转身摆莲

Zhuǎnshēn bǎi lián

Turn body and swing over lotus

105

弯弓射虎

Wān gōng shè hǔ

Draw the bow to shoot the tiger

67

指裆捶

Zhǐ dāng chuí

Punch the Groin

68

白猿献果

Bái yuán xiàn guǒ

Ape Presents Fruit

Circle R arm south, cover head push mountain, Six sealings and 4 closings

69

单鞭

Dān biān

Single Whip

70

雀地龙

Què de lóng

Dragon on the Ground

(Right arm circles, arms join in HitL Tiger, sink.)

71

上步七星

Shàng bù qīxīng

Step Forward to Form Seven Stars

(Rise. Step forward. Cross wrist 7 stars. Roll out hands, star burst fingers W.)

72

退步跨虎

Tuìbù kuà hǔ

Stepping Back to Ride the Tiger

(Step R foot behind left facing N, drop arms, form punch under elbow with the left fist, turn right to S, turning R foot, turning L foot, jump spin, land on L foot forward, R behind)

73

转身双摆莲

Zhuǎnshēn shuāng bǎi lián

Turn Back and Double Wave Lotus

74

当头炮

Dāngtóu pào

Cannon Right in Front

106

进步搬拦捶

Jìnbù bān lán chuí

Twist, deflect, step, parry, punch

107

如封似闭

Rú fēng sì bì

Apparent close & counter with push

108

抱虎归山

Bào hǔ guī shān

Embrace the Tiger and Return to Mountain

75

金刚捣碓

Jīngāng dǎo duì

Buddha's Warrior Attendant Pounds Mortar

76

太极收势

Tàijí shōu shì

Close Taiji Form