

陳式太極扇 Chen Style Tai Chi Fan

Ji Hong Tai Chi & Qi Gong

第一段 First Group	
1、起勢	Opening Form
2、金剛搗碓	King-Kong pounds the mortar
3、攬扎衣	Grab and tie coat
4、六封四閉	60% sealing 40% closing
第二段 Second Group	
5、單鞭	Single whip
6、前招	Front technique
7、後招	Back technique
8、白鶴亮翅	White crane spreads its wings
第三段 Third Group	
9、斜形拗步	Oblique step
10、提收	Lift closing
11、雲手	Cloud Hands
12、掩手肱捶	Hidden hand punch

第四段 Fourth Group	
13、穿心肘	Elbow strike
14、擺蓮腳	Lotus kick
15、雀地龍	Dragon on the ground
16、金雞獨立	Golden rooster stand on one leg
第五段 Fifth Group	
17、翻花舞袖	Turn flower dance with sleeves
18、海底翻花	Sea bottom turn flower
19、二起腳	Jump and kick twice
20、雙震腳	Stamp both feet
第六段 Sixth Group	
21、玉女穿梭	Fair lady works the shuttle
22、當頭砲	Leading cannon
23、金剛搗碓	King-Kong pounds the mortar
24、收勢	Closing form