



# Berkshire Tai Chi



*CHEN STYLE: Laojia Yilu*

## Part 1

1. Preparation.
2. Buddha's Warrior Attendant Pounds Mortar
3. Lazily Tying Coat
4. Six Sealing and Four Closing
5. Single Whip
6. Buddha's Warrior Attendant Pounds Mortar
7. White Crane Spreads Its Wings
8. Step Obliquely
9. Brush Knee
10. Step Twice
11. Step Obliquely
12. Brush Knee
13. Step Three Times
14. Hidden Punch and Whirling Upper Arms
15. Buddha's Warrior Attendant Pounds Mortar
16. Lean with the Back (or Flinging the Body)
17. Purple Dragon Comes out of the Water
18. Push with Both Hands

## Part 2

19. Fist Under Elbow
20. Step Back and Whirl Arms on Both Sides
21. White Crane Spreads its Wings
22. Step Obliquely
23. Flash the Back
24. Hidden Punch
25. Six Sealing, Four Closing
26. Single Whip
27. Cloud Hands
28. High Pat on Horse
29. Slap Right Foot
30. Slap Left Foot
31. Kick with the Left Heel
32. Wade Forward and Twist Step
33. Punch the Ground
34. Turn Body Round and Double Kick
35. Fist Protects the Heart
36. Tornado Kick
37. Kick with the Right Heel
38. Hidden Punch



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## Part 3

39. Small Catching and Hitting
40. Embrace Head, Push the Mountain
41. Six Sealing, Four Closing
42. Single Whip
43. Forward Trick
44. Backward Trick
45. Part Wild Horse's Mane
46. Six Sealing, Four Closing
47. Single Whip
48. Jade Girl Works at Shuttles
49. Lazily Tying Coat
50. Six Sealing, Four Closing
51. Single Whip
52. Cloud Hands
53. Slap Foot and Stretch Down
54. Golden Cockerel Stands on One Leg

## Part 4

55. Step Back and Whirl Arms on Both Sides
56. White Crane Spreads its Wings
57. Step Obliquely
58. Flash the Back
59. Hidden Punch
60. Six Sealing, Four Closing
61. Single Whip
62. Cloud Hands
63. High Pat on Horse
64. Cross Kick
65. Punch the Crotch
66. White Ape Offers Fruit
67. Six Sealing, Four Closing
68. Single Whip
69. Dragon on the Ground
70. Step up to Seven Stars
71. Step Back to Ride the Tiger
72. Turn the Body and Wave Double Lotus
73. Cannons Head On
74. Buddha's Warrior Attendant Pounds Mortar
75. Close