



陳式太極拳新架壹路Chen Taijiquan Xinjia (New Frame) Yilu (First Form)

Chen Style Taijiquan has three frames: Laojia 老架 (Old Frame), Xiaojia 小架 (Small Frame) and Xinjia 新架 (New Frame). Xinjia was created by my Tai Sigong, Chen Fa Ke 陳發科. This form differs from Laojia as it has smaller circles or spirals. When we practise Taijiquan, we first start with big circles and then gradually these become smaller and smaller. Xinjia is based on Laojia and it allows us to reach a high level. The attitude and energy are much more vigorous and active. Once we master the Xinjia we can easily learn Laojia and Xiaojia.

1. 預備式 Relaxed Standing Position
2. 金剛搗礮 Jingang Pounds the Mortar
3. 懶紮衣 Lazily Tie the Cloth
4. 六封四閉 Six Sealing and Four Closing
5. 單鞭 Single Whip
6. 金剛搗礮 Jingang Pounds the Mortar
7. 白鶴亮翅 White Crane Spreads the Wings
8. 斜行拗步 Step Forward Diagonally and Twist Stance
9. 初收 First Closing
10. 前蹉拗步 Step Forward and Twist Stance
11. 斜行拗步 Step Forward Diagonally and Twist Stance
12. 再收 Closing Again
13. 前蹉拗步 Walk Forward Diagonally and Twist Stance
14. 掩手肱捶 Conceal and Strike
15. 金剛搗礮 Jingang Pounds the Mortar
16. 披身捶 Moving Both Sides with Fists
17. 背折靠 Breaking with Back and Shoulder
18. 青龍出水 Green Dragon Comes Out of the Water
19. 雙推手 Push with Two Hands
20. 三換掌 Changing Palms Three Times
21. 肘底捶 Punch Under the Elbow
22. 倒卷肱 Step Back with Whirling Arms
23. 退步壓肘 Step Back with Pressing Down Elbow
24. 中盤 Middle Stance
25. 白鶴亮翅 White Crane Spreads the Wings
26. 斜行拗步 Step Diagonally and Twist Stance
27. 閃通背 Flash the Back
28. 掩手肱捶 Conceal and Strike
29. 六封四閉 Six Sealing and Four Closing
30. 單鞭 Single Whip
31. 雲手 Circle Hands (Cloud Hands)
32. 高探 High Pat on the Horse
33. 右擦腳 Brush Right Leg
34. 左擦腳 Brush Left Leg
35. 蹬一根 Side Kick
36. 前蹉拗步 Step Forward and Twist Stance
37. 擊地捶 Punch the Ground
38. 翻身二起腳 Turn Around and Jump Up Kick
39. 獸頭勢 Beast Head Position (Protecting Heart Fist 護心捶) (Beating Tiger Position 打虎式)
40. 旋風腳 Spinning Kick
41. 蹬一根 Side Kick
42. 掩手肱捶 Conceal and Strike
43. 小擒打 Small Catch and then Hit
44. 抱頭推山 Holding the Head and Push the Mountain
45. 三換掌 Changing Palms Three Times
46. 六封四閉 Six Sealing and Four Closing
47. 單鞭 Single Whip
48. 前招 First Technique
49. 后招 Second Technique
50. 野馬分鬃 Wild Horse Parts the Mane
51. 六封四閉 Six Sealing and Four Closing
52. 單鞭 Single Whip
53. 雙震腳 Double Shaking Legs
54. 玉女穿梭 Jade Lady Weaving
55. 懶紮衣 Lazily Tie the Cloth
56. 六封四閉 Six Sealing and Four Closing
57. 單鞭 Single Whip
58. 雲手 Circle Hands (Cloud Hands)
59. 擺腳跌叉 Slap the Leg, Fall Down and Split
60. 金雞獨立 Golden Rooster Stands on One Leg
61. 倒卷肱 Step Back with Whirling Arms
62. 退步壓肘 Step Back with Pressing Down Elbow
63. 中盤 Middle Stance
64. 白鶴亮翅 White Crane Spreads the Wings
65. 斜行拗步 Step Diagonally and Twist Stance
66. 閃通背 Flash the Back
67. 掩手肱捶 Conceal and Strike
68. 六封四閉 Six Sealing and Four Closing
69. 單鞭 Single Whip
70. 雲手 Circle Hands (Cloud Hands)
71. 高探馬 High Pat on the Horse
72. 十字擺蓮 Crossing Arms and Lotus Kick
73. 指襠捶 Punch Low
74. 白猿獻果 White Monkey Presents Fruit
75. 六封四閉 Six Sealing and Four Closing
76. 單鞭 Single Whip
77. 雀地龍 Ground Dragon
78. 上步七星 Step Forward with Seven Stars
79. 退步跨虎 Step Back and Mount the Tiger
80. 轉身雙擺蓮 Turn Around with Double Lotus Kicks
81. 當頭炮 Cannon Right Over the Head
82. 金剛搗礮 Jingang Pounds the Mortar
83. 收勢 Closing Form

Tse Qigong Centre

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