



## 陳式太極拳老架壹路

### Chen Taijiquan Laojia Yilu

Chen Taijiquan 陳式太極拳 has three frames. These are:- Laojia 老架 which means Old Frame, Xiaojia 小架 which means Small Frame, and Xinjia 新架 which means New Frame. Of the three, Laojia is the oldest form. However, Laojia covers two different forms. These are Yilu 一路 means First Form and Erlu 二路 which means Second Form. Originally there were five forms plus one 108 movement Long Fist Form and one Paocui 炮捶 (Cannon Fist) that created by created by Chen Wang Ting 陳王廷, who is the founder of the Chen family Taijiquan. He lived from 1600-1680 in Chenjiagou (Chen Village) 陳家溝.

It is said that Master Chen Chang Xing 陳長興, 14<sup>th</sup> generation of Chen family Taijiquan skill, combined these seven forms were combined to create Laojia Yilu and Erlu. Laojia Yilu is slower and Erlu is fast and what we call Old Frame Paocui (Cannon Fist). My Sifu, Chen Xiao Wang 陳小旺, taught me Laojia. Laojia Yilu is a very beautiful form that has relaxation, gentleness and flow but also strength and power. Once you begin to practise Laojia you will love it so much you will become addicted to it. When we practise for a long time, it improves our health and builds up our Nei Gong 內功 (Internal Power). History says that our Chen Family Ancestors practised thirty times every day.

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|---------------------------------------|--|
| 1. 太極起勢 Taiji Start                   | 16. 撇身捶 Moving Both Sides with Fist      |
| 2. 金剛搗碓 Jingang Pounds the Mortar     | 17. 青龍出水 Green Dragon Emerges from Water |
| 3. 懶紮衣 Lazily Tie the Cloth           | 18. 雙推手 Push with Two Hands              |
| 4. 六封四閉 Six Sealing and Four Closing  | 19. 肘底捶 Punch Under the Elbow            |
| 5. 單鞭 Single Whip                     | 20. 倒卷肱 Step back with Whirling Arms     |
| 6. 金剛搗碓 Jingang Pounds The Mortar     | 21. 白鶴亮翅 White Crane Spreads its Wings   |
| 7. 白鶴亮翅 White Crane Spreads Its Wings | 22. 斜行 Step Forward Diagonally           |
| 8. 斜行 Step Forward Diagonally         | 23. 閃通背 Flash the Back                   |
| 9. 捋膝 Twist the Knees                 | 24. 掩手肱捶 Conceal and Strike              |
| 10. 上三步 Three Steps Forward           | 25. 六封四閉 Six Sealing - Four Closing      |
| 11. 斜行 Step Forward Diagonally        | 26. 單鞭 Single Whip                       |
| 12. 捋膝 Twist the Knees                | 27. 運手 Cloud Hands                       |
| 13. 上三步 Three Steps Forward           | 28. 高探馬 High Pat on the Horse            |
| 14. 掩手肱捶 Conceal and Strike           | 29. 右擦腳 Brush Right Leg                  |
| 15. 金剛搗碓 Jingang Pounds the Mortar    |  |

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30. 左擦脚 Brush Left Leg
31. 左蹬一根 Left Side Kick
32. 上三步 Three Steps Forward
33. 神仙一把抓 Immortal One Catch
34. 踢二起 Double Jump Kicks
35. 護心拳 Protecting Heart Fist
36. 旋風脚 Spinning Kick
37. 右蹬一根 Right Side Kick
38. 掩手肱拳 Conceal and Strike
39. 小擒打 Small Catch and then Hit
40. 抱頭推山 Holding the Head - Pushing Mountain
41. 六封四閉 Six Sealing - Four Closing
42. 單鞭 Single Whip
43. 前招 First Technique
44. 後招 Second Technique
45. 野馬分鬃 Wild Horse Parts The Mane
46. 六封四閉 Six Sealing - Four Closing
47. 單鞭 Single Whip
48. 玉女穿梭 Jade Lady Weaving
49. 懶紮衣 Lazily Tie The Cloth
50. 六封四閉 Six Sealing - Four Closing
51. 單鞭 Single Whip
52. 運手 Cloud Hands
53. 雙擺蓮 Double Slap Lotus Kick
54. 跌岔 Fall Down and Split
55. 金雞獨立 Golden Rooster Stands on One Leg
56. 倒卷肱 Step Back with Whirling Arms
57. 白鶴亮翅 White Crane Spreads Its Wings
58. 斜行 Step Forward Diagonally
59. 閃通背 Flash The Back
60. 掩手肱捶 Conceal and Strike
61. 六封四閉 Six Sealing - Four Closing
62. 單鞭 Single Whip
63. 運手 Cloud Hands
64. 高探馬 High Pat on the Horse
65. 十字脚 Closing Kick
66. 指裆捶 Punch Low
67. 白猿獻果 White Monkey Presents Fruit
68. 單鞭 Single Whip
69. 雀地龍 Ground Dragon
70. 上步七星 Step Forward with Seven Stars
71. 退步跨虎 Step Back and Mount The Tiger
72. 轉身雙擺蓮 Turn Around with Double Lotus Kicks
73. 當頭炮 Cannon Right Over The Head
74. 金剛搗碓 Jingang Pounds The Mortar
75. 太極收勢 Taiji Close