



## 滾地太極拳 Rolling Taijiquan

Rolling Taiji is one of the more difficult forms of Chen Taijiquan. It is a combination of the Xinjia 新架 Yilu - New Frame First Form and Xinjia Erlu – New Frame Second form or Pao Chui 砲捶. This was the first Taijiquan I learnt from my first Taiji teacher which is different to my Sifu, Chen Xiao Wang 陳小旺. In order to preserve my first teacher's skill, I created Rolling Taiji. I added some extra movements, like rolling forwards and backwards, practising Single Whip and Six Sealing Four Closing on the left side and also added some elbow techniques.

When performing this form we need to use the waist a lot in order to create spiral energy, Chan Si Jing 纏絲勁, which is faster and smaller than other forms. To do this form well you need to be fit and strong, but when we practise it, it makes us feel good and powerful. Originally it was only 25 movements, but I later extended it to 52 movements. Many Taiji forms only have a number as a name, but it is better to have a proper name – Rolling Taiji.

1. 放鬆站立 Relaxed Stance
2. 太極圈 Taiji Circle
3. 三換掌 Changing Palms Three Times
4. 肘底拳 Punch under the Elbow
5. 六封四閉 Six Sealing and Four Closing
6. 單鞭 Single Whip
7. 金剛搗碓 in Gang Pounds the Mortar
8. 白鶴亮翅 White Crane Spreads its Wings
9. 斜行拗步 Step Diagonally and Twist Stance
10. 初收 First Closing
11. 前蹉拗步 Walk Forward and Twist Stance
12. 掩手肱捶 Conceal and Strike
13. 白蛇吐信 White Snake Spits the Message
14. 閃通背 Flash the Back
15. 白蛇吐信 White Snake Spits the Message
16. 閃通背 Flash the Back
17. 倒捲肱 Step Back with Whirling Arms
18. 退步壓肘 Step Back and Press the Elbow
19. 中盤 Middle Stance
20. 白鶴亮翅 White Crane Spreads its Wings
21. 六封四閉 Six Sealing and Four Closing
22. 運手 Circle Hands
23. 高探馬 High Pat on Horse
24. 金剛搗捶左 Jin Gang Pounds the Mortar Left
25. 抹眉紅 Wipe the Eyebrows Red
26. 飛步拗鸞肘 Jump forward with Twisting Phoenix Elbows
27. 順鸞肘 Continuing Phoenix Elbow
28. 退步鸞肘 Step Back Phoenix Elbow
29. 短打 Short Hit
30. 神仙一把抓 Immortal One Catch
31. 前滾 Forward Rolling
32. 上下手 Upper and Lower Hands
33. 野馬分鬃 Wild Horse Parts Mane
34. 雙震腳 Double Shaking Legs
35. 玉女穿梭 Jade Lady Weaving
36. 跌叉 Fall and Split Down
37. 雀地龍 Ground Dragon
38. 護心捶 Protecting Heart Fist
39. 旋風腳 Spinning Kick
40. 掩手肱捶 Conceal and Strike
41. 六封四閉 Six Sealing and Four Closing
42. 單鞭 Single Whip
43. 左裏鞭炮 Left Fire Crackers
44. 退步鸞肘 Step Back Phoenix Elbow
45. 後滾 Backward Rolling
46. 飛鶴腳 Flying Crane Kick
47. 掃堂腿 Sweeping Kick
48. 當頭砲 Forward Cannon Fist
49. 醉纏手 Drunken Spiral Hand
50. 左右當頭砲 Left and Right Forward Cannon Fist
51. 金剛搗捶後 Jing Gong Pounds Mortars Backward
52. 收式 Closing Form