FORMS LIBRARY

Chen Style 56 Form Competition

56 movements · A4 reference sheet · free

The sequence in order, with the points to check on each movement. This is a sheet to keep beside you i
confirm what comes next, and to remind yourself what to watch for. It is a reference, not a lesson; the r
themselves need a teacher or a demonstration.

THE SEQUENCE

01 起势
02 右金刚捣碓
03 揽扎衣
04 右六封四闭
05 左单鞭
06 搬拦捶
07 护心捶
08 白鹤亮翅
09 斜行拗步
10 提收
11 前趟
12 右掩手肱捶
13 披身捶
14 背折靠
15 青龙出水
16 斩手
17 劈架子
18 翻花舞袖
19 左掩手肱捶
20 左六封四闭
21 右单鞭
22 云手（向右）
23 云手（向左）
24 高探马
25 右连珠炮
26 左连珠炮
29 白猿献果
30 双推手
31 中盘
32 前招
33 后招
34 右野马分鬃
35 左野马分鬃
36 摆莲跌叉
37 左右金鸡独立
38 倒卷肱
39 退步压肘
40 擦脚
41 蹬一根
42 海底翻花
43 击地捶
44 翻身二起
45 双震脚
46 蹬脚
47 玉女穿梭
48 顺鸾肘
49 裹鞭炮
50 雀地龙
51 上步七星
52 退步跨虎
53 转身摆莲
54 当头炮

01 起势

Commencing Posture

Stand with the feet together; open the left foot, heel then toe, to shoulder width; raise both hands slowly t
press them back down.
Body upright, mind calm and body loose; lift and lower lightly, the breath rising on the lift and falling on th
at the dantian.

02 右金刚捣碓

Right Buddha's Warrior Attendant Pounds the Mortar

Turn the waist and swing the hands; turn and roll level to the right; brush-step and push the palm; bow the
forward; lift the palm in an empty stance; raise the fist and knee, then stomp and smash the fist.
For the stomp, loosen the hips and sink to store, then use the rebound to stamp down so the force climbs fo
back to the fist. Keep something in reserve — do not take the level swing all the way, or the following openi
made.

03 揽扎衣

Lazily Tying the Robe

Turn the waist and support the fist; turn and part the palms; lift the foot, brush-step and close the arms; st
stance with the palm upright.
Close and then close again: after the arms cross, the right hand turns slightly inward to tighten once more l
the right, the waist as the axis and the dantian turning within.

04 右六封四闭

Right Six Sealing and Four Closing

Turn the wrist and rotate the palm; roll back and press forward; hook left and support right; press the palm
stance.
The roll-back draws the opponent in to nothing; on the press the arms stay rounded with the palms joined,
clearly divided.

05 左单鞭

Left Single Whip

Push left and lift right; lift the foot and brush-step; turn the waist and support the palm; stand in the horse
palm upright.
The hook wrist stays relaxed with the force reaching the fingertips; the brush-step skims the ground as the
clearly.

06 搬拦捶

Parry, Block and Punch

Turn the waist and swing the fist; strike across in the horse stance; turn and turn the fist over; strike across
Both cross strikes are short and explosive, the swing carried by the waist turning as the hips sink into the h

07 护心捶

Protect-the-Heart Fist

Turn the waist and plant the fist; jump and turn, wheeling the arms; ward and strike in the horse stance.
Land steady from the jump: a stable landing with the stance and hand positions correct is the basis of any s

08 白鹤亮翅

White Crane Spreads Its Wings

Brush-step and insert the palms in a cross; part the palms in the empty stance.
Upper and lower pull apart on an open, comfortable arc, and the torso does not lean back.

09 斜行拗步

Oblique Step and Twisted Step

Turn the waist and circle the arms; stamp and brush-step; draw the palm in, brush the knee and raise the h
arms in the horse stance.
The waist wrings as the arms twine; the hook hand rises to shoulder height and the two arms open against e

10 提收

Lift and Withdraw

Close the foot and join the hands; draw the foot and hands in; lift the knee as the palms push and press.
The knee lift and the press happen together, the standing leg firm, chest hollowed and hips tucked.

11 前趟

Forward Shuffling Step

Lower the foot, brush-step and roll back; turn and join the hands; turn the waist and turn the palm over; lif
brush-step; part the palms in the horse stance.
The brush-step hugs the ground, empty and full are distinct, and the palms open and close with the waist.

12 右掩手肱捶

Right Concealed Hand and Forearm Punch

Lift the knee and hook the hand in; stomp and brush-step; conceal the hands in the horse stance; punch in
A releasing action: store in the waist and issue through the face of the fist, quick and crisp, the other hand
waist.

13 披身捶

Draping Fist

Turn right and cover with the elbow; turn left and cover with the elbow.
The elbows cover and press alternately, the body leading the elbow, the fist guarding the ribs.

14 背折靠

Back-Folding Shoulder Strike

Fold and twine the arm; wring the waist and strike with the back in a side bow stance.
The left fist must turn inward, lay its face against the waist and press firmly — all three steps are required
comes from back and shoulder together, not as a local bump.

15 青龙出水

Green Dragon Emerges from the Water

Turn and circle the arm; turn the waist and twine the arm; flick in the horse stance; issue the fist in the hor
Loose and springy: both the flick and the punch are driven by the waist and hips in a short shake.

16 斩手

Cutting Hand

Swing the foot and turn the palm; stomp and cut with the palm.
The stomp and the cut land together, the blade of the hand cutting down with the force in the outer edge.

17 劈架子

Splitting the Frame

Jump-and-turn double chop: the left foot pushes off, the body flips 180 degrees to the right, the feet land c
while both palms rise and chop down to the front right.
The turning jump, the two landings and the double chop must agree; land with the knees bent and steady. T
error is instability after the turn — land one foot after the other with the weight to the rear, heels about 10
angled left and right.

18 翻花舞袖

Turning Flowers, Waving Sleeves

Both palms close into fists: the left drops in front of the body and circles down and right to the outside of t
10 cm away, knuckles out, palm up), while the right circles down, right and up above head height (palm fac
same time the left knee lifts to abdomen height.
The arm swing and the knee lift must agree and form one closing force, standing steady. The common error
coordination — lift the knee as the fists separate up and down.

19 左掩手肱捶

Left Concealed Hand and Forearm Punch

Stomp and draw the fist in; brush-step and close the arms; conceal the hands in the horse stance; punch in
As movement 12, mirrored, with the release flowing through.

20 左六封四闭

Left Six Sealing and Four Closing

Turn the waist and roll back; turn and press forward; turn into the empty stance, hooking and supporting; p
the empty stance.
Roll-back, press, hook-and-support, then press — four actions in one flow, with the empty stance dividing t
thirty-seventy.

21 右单鞭

Right Single Whip

Push right and lift left; lift the foot and brush-step; turn the waist and support the palm; stand in the horse
palm upright.
As the left single whip, mirrored.

22 云手（向右）

Cloud Hands (to the Right)

Draw the foot in and swing the palm; open the step and push; insert-step and cloud right; open the step and
the waist and swing; twine the arm and strike across.
The waist drives the hands in vertical circles; the insert and open steps are light and the weight travels leve

23 云手（向左）

Cloud Hands (to the Left)

Stomp and swing the fist; open the step and push; insert-step and cloud left; open the step and cloud right.
As the rightward cloud hands, mirrored.

24 高探马

High Pat on Horse

Turn and part the hands to join them; part the palms in the horse stance; close the foot, turn and rotate the
empty stance.
The push and the empty stance arrive together, the reaching palm no higher than the eyes, the torso upright

25 右连珠炮

Right Continuous Cannon Fists

Turn and roll back and ward; withdraw a step, hooking and supporting; follow-step and push forward — the
withdraw and follow once more.
Retreating but still advancing, the releases run on like a string of beads; each shot adds one more store to
the release stays heavy and settled.

26 左连珠炮

Left Continuous Cannon Fists

Withdraw a step and roll back to the left; retreat hooking and supporting; follow-step and push forward, as
As the right continuous cannon fists.

27 闪通背

Flash Through the Back

Bend the knee and part the palms; thread the palm in the bow stance; wring the waist and rotate the palm;
and chop.
The wring, the turn and the chop are all led by the waist, the force reaching the heel of the palm.

28 指裆捶

Point-to-Groin Punch

Turn and rotate the palm; brush the foot and close the arms; turn and rotate the arm; punch in the bow sta
The punch goes down toward the groin; the waist relaxes and the hips tuck, the force reaching the face of t

29 白猿献果

White Ape Presents Fruit

Turn and twine left; turn the waist and twine right; lift the knee and drive the fist upward.
The knee lift and the upward punch happen together, the standing leg steady and the fist travelling the cen

30 双推手

Both Hands Push

Lower the foot and draw the palms in, rotating them; push with both palms in the empty stance.
Both palms push together with the force in the heels of the hands, and the empty stance holds steady.

31 中盘

Middle Plate

Turn and rub the palm; turn over and rub again; turn over and rub a third time; turn and thread the palm; c
rub the palm; raise the hands in the horse stance.
The three rubs pass through the body joint by joint, waist leading the arm, round and never stagnant.

32 前招

Forward Move

Turn the waist and suspend the wrist; swing the palm in the empty stance.
The waist carries the arm and the empty stance does not waver.

33 后招

Backward Move

Turn the waist and shift the step; swing the palm in the empty stance.
The shift and the swing happen together, answering movement 32 from the other side.

34 右野马分鬃

Right Part the Wild Horse's Mane

Turn the body and circle the arm; lift the foot and circle again; thread and press in the horse stance.
An opening: the right hand threads up and forward while the left opens slightly, the two pulling against eac
and lower following.

35 左野马分鬃

Left Part the Wild Horse's Mane

Turn the waist, lift the foot and circle the arm; thread and press in the horse stance.
As the right version, mirrored.

36 摆莲跌叉

Sweep Lotus, Drop into Split

Turn and rotate the palm; turn and roll back and press; draw the foot in and swing the palm; stand on one l
lotus, slapping the foot; stomp and close the fists; drop into the split and thread the fist.
The lotus sweep slaps the instep with both palms in turn; on the drop, loosen the hips to cushion so the kn
ground. The weight rises and falls a long way, so protect knee and ankle.

37 左右金鸡独立

Golden Rooster Stands on One Leg, Left and Right

Lift the fist in the bow stance; thread the palm standing on one leg; step down and press the palm; brush th
the palm; draw the foot and palm in; thread the palm again standing on one leg.
The left palm lifting slightly, the right palm pressing down by the left hip, the left knee bending and the rig
down must all arrive together — if one part lags the posture is incomplete.

38 倒卷肱

Step Back and Roll the Arms

Retreat pushing the right palm; retreat pushing the left; retreat pushing the right again.
The ball of the foot lands first on each retreat, the push and the step agree, and the waist leads the hands.

39 退步压肘

Step Back and Press the Elbow

Turn and rotate the palm; turn the body and swing the palm; retreat and strike across, pressing the elbow.
The right foot withdrawing and the two palms pushing and pulling must agree, the release quick and short.
palms are exactly one forearm apart — the right elbow stays inside the body line and the left palm cuts acro

40 擦脚

Brush Foot

Turn and roll back right; cover-step into a resting stance stacking the arms; separate the foot and slap the
The foot separates and the palm slaps at the same moment, and the leg is not forced high.

41 蹬一根

Kick with One Heel

Turn and stack the wrists; change hands and stack the fists; flick the fist and kick sideways.
The side kick drives through the heel as the fist flicks, both at once, the standing leg slightly bent and stea

42 海底翻花

Turning Flowers at the Sea Bottom

Draw the foot in, bending the knee and circling the arm; lift the knee and flick the arms over.
On the knee lift the hips and waist shake the force into both arms, closing upper and lower, and the balanc

43 击地捶

Strike the Ground with the Fist

Lower the foot and swing the fist in a jump-step circle; brush-step circling the fist as the foot lifts and the f
fist in the bow stance.
The punch plants downward on a diagonal with the force in the face of the fist, the waist relaxed and the hi

44 翻身二起

Turn Body, Double Jump Kick

Turn and raise the fist; turn and lift the fist; step up and swing the fist; jump and slap the foot in the air.
The jump and the slap must meet; land with the knees cushioning, and at the top of the jump draw the abdo
control the body.

45 双震脚

Double Stomp

Part the palms and jump back; bend and crouch pressing the palms; land with a double stomp as the palms
After the backward jump both feet stamp down one after the other, knees cushioning, the press and the sto

46 蹬脚

Kick with the Heel

Draw the foot and palms in; kick and support and push.
The kick drives through the heel with the toes hooked back, and both arms support on a rounded frame.

47 玉女穿梭

Fair Lady Works at the Shuttles

Lower the foot and thread the palm; support and push with an insert-step or jump.
The insert step and the support and push happen together, the waist carrying the arms.

48 顺鸾肘

Smooth Phoenix Elbow

Turn and close the arm with a brush-step; drive the elbow in the horse stance.
The waist carries the elbow with the force at the point of the elbow, the horse stance sunk and stable.

49 裹鞭炮

Wrapping Firecrackers

Turn over with a jump, circling the arms and bringing them together; smash both fists apart in the horse sta
Land steady from the turning jump, then smash both fists out to the sides in a short, sharp release.

50 雀地龙

Dragon on the Ground

Turn the waist and close the arms; thread the fist in the crouch stance.
The crouch stance spreads flat with the weight sunk, the fist threading close to the leg in a straight line an
turning in.

51 上步七星

Step Up to the Seven Stars

Raise the fist in the bow stance; cross the fists in the empty stance; turn the wrists and support the palms;
cross the fists again.
The two fists cross in front of the chest as the seven stars, and the empty stance holds firm.

52 退步跨虎

Step Back and Ride the Tiger

Retreat and part the palms; join the palms in a T-step.
The withdrawal and the parting happen together, the T-step steady with chest hollowed and hips tucked.

53 转身摆莲

Turn Body and Sweep Lotus

Turn and rotate the palm; lift the knee, turn and part the palms; lower the foot and swing the palm; sweep
the foot.
A full turn with the leg sweeping in a fan, both palms slapping the instep in turn, landing steadily.

54 当头炮

Cannon Punch Overhead

Lower the foot and push the palm; sit back and draw the fists in; ward and strike in the horse stance.
The horse stance sinks as both fists drive forward like a cannon, the release short and sharp.

55 左金刚捣碓

Left Buddha's Warrior Attendant Pounds the Mortar

Rotate the palm and roll back to the left, changing to a level palm roll; ward forward in the bow stance; lift
empty stance; stomp and smash the fist.
The mirror of movement 2: the stomp is heavy and settled and the fist and palm meet.

56 收势

Closing Posture

Rise and embrace the palms; lower the foot and stand; bring the feet together to close.
Breathe long and settle the breath low; stay upright at the finish rather than relaxing the instant it ends.