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Chen Style Laojia Erlu Paochui (41 Form)

41 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 太极起势
02 金刚捣碓
03 懒扎衣
04 六封四闭
05 单鞭
06 跃步护心拳
07 进步斜行
08 回头金刚捣碓
09 撇身拳
10 指裆
11 斩手
12 翻花舞袖
13 掩手肱拳
14 转身腰拦肘
15 大肱拳小肱拳
16 玉女穿梭
17 倒骑龙
18 掩手肱拳
19 裹鞭裹鞭
20 兽头势
21 披架子
22 掩手肱拳
23 伏虎
24 抹眉肱
25 黄龙三搅水
26 左冲右冲
27 掩手肱拳
28 扫堂腿
29 掩手肱拳
30 全炮捶
31 掩手肱拳
32 捣叉捣叉
33 左二肱右二肱
34 回头当门炮
35 变势大捉炮
36 腰拦肘
37 顺拦肘
38 窝底炮
39 回头井栏直入
40 金刚捣碓
41 收势

01 太极起势

Commencing Posture

Stand with the feet together and the breath sunk; lift the left leg and open half a step to the left, slightly w
shoulders, the toe turned out a little, the foot gripping the ground with the point under the sole left hollow
Raise both arms to shoulder height with the palms down, then sink the elbows, loosen the shoulders, bend
press the palms down.

02 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar

Turn and ward off with a stroke, turn right and stroke level with the foot brushing out, lift the palm in an en
raise the fist and knee and stamp as the fist drops into the palm.
A stamp is not a stomp: sink the hips and drop the body first, elbow and knee meeting as the knee lifts — "
down, want forward and go back first", with all three arriving together. The force comes back up from the
the whole chain to the face of the fist; the hands stay about one forearm apart.

03 懒扎衣

Lazily Tying the Robe

Part the palms and draw arcs, brush the foot out and close the arms, then settle into a horse stance with th
Ward-off, lead, shoulder strike and pluck each stay distinct; the knee lifts with elbow and knee meeting, the
and the closing arms arrive together, and the push reaches the heel of the palm.

04 六封四闭

Six Sealing and Four Closing

Turn the body and follow with the hands, stroke down and press with the arms kept round, then press both
an empty stance.
The stroke arcs and the press keeps the arms rounded; the press-down arrives before the abdomen at the h
with the weight on the back leg. The name refers to sealing and closing the gates.

05 单鞭

Single Whip

Turn and push, then draw in; turn and raise the hook, lift the knee and brush the foot out, settle into a hors
the palm.
Hook hanging and fingers gathered without gripping; the step brushes the floor and the weight sinks; the pa
the abdomen along the inner arm to the centre of the palm.

06 跃步护心拳

Leaping Step, Protect-the-Heart Fist

Step up and lift the hands, lift the knee and cut outward, drop the step and gather the palm, then close the
stance.
The movement is joined by a leap — land with bent knees to cushion and the weight settled; both fists guar
elbows hanging, shoulders sunk and waist settled.

07 进步斜行

Step Forward, Oblique Form

Circle the arms in a horse stance, lift the knee and cut the palm, turn and raise the hook, then push from a
Travel on the diagonal with the waist carrying upper and lower; the knee-lift cut is clean and decisive, the l
crotch travels a downward arc.

08 回头金刚捣碓

Turn Back, Pounds the Mortar

Turn and push the palm, turn and ward off, turn and lift the palm into an empty-stance fist drop, then raise
and stamp.
"Turn back" means the mortar pound is completed through 180°: the turn is carried by the waist and the s
settled, the centre never lost.

09 撇身拳

Deflect Body Punch

Brush the foot and join the palms, push left from an off-angle horse stance, push and lift with the right, the
into a shoulder strike.
Fist, lift and shoulder strike combine; the cross swing reaches the back of the fist, and the turning shoulder
whole back rather than a local bump.

10 指裆

Point to the Groin

Step forward, or turn, and punch with the fist pointing down toward the groin.
Waist loose and hips tucked, force to the face of the fist, the punch on the centre line.

11 斩手

Cutting Hand

Step up and lift the fist, then cut down through a crossed step.
The cut lands crisp on the edge of the palm or fist, the crossed step steady, shoulders sunk and elbows drop

12 翻花舞袖

Turning Flowers, Waving Sleeves

Hop, turn the body over, then drop the step and plant the fist.
Hop, turn and plant run as one; land with bent knees to cushion and the weight settled, the shape like a sle
folded.

13 掩手肱拳

Concealed Hand Forearm Fist

Stamp and wind the arm, then punch from a bow stance.
The core release of the whole set: sink the hips and drop before stamping, wind to store, then punch. Short
face of the fist, the other hand guarding chest and flank — a loose elastic snap, never braced strength.

14 转身腰拦肘

Turn Body, Waist-Blocking Elbow

Stamp and gather the hands, then turn and drive the elbow across from a bow stance.
The waist carries the elbow and the force reaches the point of it; the turn and the block are simultaneous, s
and elbows dropped.

15 大肱拳小肱拳

Large and Small Forearm Fists

Fire the long forearm fist first, then the short one, the two arms striking in turn.
Large and small follow each other like a string of beads, carried by the waist with the power whole; watch t
layering of the two strikes.

16 玉女穿梭

Fair Lady Works at the Shuttles

Turn continuously and, at the four cardinal and four corner directions, ward off with one arm and push with
The waist carries each step; one ward and one push, the torso upright and the directions clearly marked.

17 倒骑龙

Ride the Dragon Backward

Retreat — or travel backwards — while striking with fist or palm, the body turning as if riding a dragon and
Retreat that still advances, striking on the turn; the footwork stays lively and the weight changes clearly.

18 掩手肱拳
Concealed Hand Forearm Fist

As movement 13.
Stamp, wind, release: the same short elastic punch, the other hand guarding.

19 裹鞭裹鞭
Wrapping Whip

The forearm wraps and strikes like a whip, twice in succession — counted here as two movements.
The wrapping is released from the spine, the two strikes running on without a break.

20 兽头势
Beast-Head Posture

Both fists guard the chest with the elbows hanging, forming the “beast head”.
Both fists guard the centre with the presence of a beast; shoulders sink, waist settles, the stance steady.

21 披架子
Splitting the Frame

Both arms split and chop outward and down as if splitting a frame.
The waist carries the arms, the chop travelling a vertical circle, released short with the force reaching the e

22 掩手肱拳
Concealed Hand Forearm Fist

As movement 13.
Same release — stamp, wind, punch.

23 伏虎
Subdue the Tiger

Turn and draw the fists in, one above the other, in the shape of subduing a tiger.
The two fists oppose vertically, the waist releases, the eyes on the front fist; the body wraps while the stru

24 抹眉肱
Forearm Across the Brow

The forearm wipes across horizontally at brow height.
The wipe is carried by the waist with the force running through the forearm; shoulders sink and elbows dro

25 黄龙三搅水
Yellow Dragon Stirs Water Thrice

Both arms stir in three continuous turns, like a dragon stirring water.
Three turns on the waist axis without a break, the force running from the spine to the ends of the arms.

26 左冲右冲
Left Thrust, Right Thrust

Thrust left and right in continuous succession, looking both ways.
Left and right release one after the other with the power whole; the waist turns and the force reaches the e

27 掩手肱拳
Concealed Hand Forearm Fist

As movement 13.
Same release — stamp, wind, punch.

28 扫堂腿

Sweeping Leg

Sink low and sweep the leg along the ground through a full turn, one leg bent and the other extended; also
The sweep stays low and close to the floor, the waist turning the leg, the hands guarding the body; reduce t
flexibility is short, and protect knee and ankle.

29 掩手肱拳

Concealed Hand Forearm Fist

As movement 13.
Same release — stamp, wind, punch.

30 全炮捶

Full Cannon Fist

Both fists — or a continuous run of cannon punches — released as one whole.
Store and release change into each other; the power is whole like a cannon, shoulders sunk and waist settle

31 掩手肱拳

Concealed Hand Forearm Fist

As movement 13.
Same release — stamp, wind, punch.

32 捣叉捣叉

Poking and Thrusting

Two successive poking strikes, counted here as one entry.
The two run together like pestle strokes, waist-led, short and whole.

33 左二肱右二肱

Double Forearm Fists, Left and Right

The double forearm strike goes out left and right.
Left and right follow each other, arm after arm, force from the waist through the chain.

34 回头当门炮

Turn Back, Cannon at the Door

Turn back and fire the “cannon at the door” — both fists driving forward.
The turn and the punch are simultaneous, force to the face of the fists, shoulders sunk and the stance stead

35 变势大捉炮

Changing Posture, Great Capture Cannon

Change posture and fire the great capture cannon — seize, then drive.
Seize and strike in that order, kept distinct; one change, one release, the power whole.

36 腰拦肘

Waist-Blocking Elbow

Block with the waist and strike with the elbow.
The blocking elbow reaches the point of the elbow, carried by the waist.

37 顺拦肘

Smooth-Blocking Elbow

The following block with the elbow, its direction running with the previous movement.
Follow the incoming force and block with it, shoulders sunk and elbows dropped; the join with movement 3

38 窝底炮

Cannon from the Nest

Store low at the “nest” and fire the cannon from there.
Store low and release high, the force rising from the ground to the face of the fist.

39 回头井栏直入

Turn Back, Enter Straight Through the Well Curb

Turn, then enter straight through like passing a well curb — fist or palm driving in.
After the turn the entry goes straight, step and strike arriving together, the torso unbroken and the axis up

40 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar

As movement 2 — the second and last mortar pound, closing the set.
Stamp settled, fist and palm meeting; finish contained, the breath not scattered.

41 收势

Closing Posture

Open both palms outward, ward up, press down, then draw the left foot back and return to standing.
Close slowly with long breaths; once standing, hold the posture rather than collapsing the moment the forn