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Chen Style Laojia Yilu (74 Form)

74 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 金刚捣碓
07 白鹤亮翅
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57 斜行
58 闪通背
59 掩手肱拳
60 六封四闭
61 单鞭
62 云手
63 高探马

01 太极起势

Commencing Posture

Stand with the feet together; shift the weight right, lift the left foot and set it out at shoulder width; raise l
bend the knees and press the palms down.
Crown suspended, chest relaxed, waist settled; the step is lifted and set down lightly, and the press arrives
bend so the sinking and the breath land together.

02 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar

Turn the waist and stroke up to the right, turn left and stroke level, then lift the left foot and step diagonal
both palms in front; shift forward, raise the right fist with the left palm drawn in; drive the fist down as the
the foot stamps.
Store by sinking the hips, then let the stamp rebound — force runs foot, leg, waist, back to the fist — and th
the stamp. The eyes hold the front; the body turns five times.

03 懒扎衣

Lazily Tying the Robe

Stroke the right hand down and out, make a small pluck, slide the right foot out along the ground, then set
stance with the palm upright.
The right leg brushes the floor rather than stepping; the arm rolls a circle and lifts as if gathering up a robe
rests at the left waist in the old transmission, or closes before the heart.

04 六封四闭

Six Sealing and Four Closing

Lift the right hand and let it fall back, stroke both palms down, press them forward, then draw the foot in a
an empty stance.
The stroke follows an arc and leads the incoming force into emptiness; the press keeps both arms rounded
name refers to sealing and closing the gates.

05 单鞭

Single Whip

Swing both hands left, form the right hook and slide the left foot out, then settle into a horse stance and pu
out.
The hook wrist hangs and the fingers gather without gripping; the step brushes the floor and the weight sin
reaches the heel of the palm.

06 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar

Turn left and stroke to the right, step forward with both palms held in front, then stamp and drive the fist d
Same method as movement 2, but the entry is different — watch the direction of the turn and where the wei

07 白鹤亮翅

White Crane Spreads Its Wings

Draw the foot in and gather the hands, sit back, then open both arms — upper hand warding off, lower hand
Chest and waist fold; shoulders sink and elbows drop. The arms open like slack rope while keeping hidden f
torso stays upright without leaning back.

08 斜行

Oblique Form

Turn the waist and press the left hand forward, lift the left foot and step diagonally (southeast), brush the
raise the right, then form a left bow stance with the hook leading and the right palm pushing.
Lead with the hook hand, wrist hanging as if suspended from above; travel on the diagonal and let the wais
and lower body together.

09 搂膝

Brush Knee

Sink the weight and brush both palms inward and down past the left knee, then draw the left foot back and
palms before the chest.
Waist settled and hips loose, torso upright: do not tuck the hips or round the back, and do not kneel the rig
body down. The palms arc inward led by the waist.

10 拗步

Twisted Step

Lift the left foot and step diagonally forward into a bow stance, pushing the palm as the step lands.
"Twisted" means the stepping leg and the pushing hand are on opposite sides; the step and the push arrive

11 斜行

Oblique Form

As movement 8, with the sides exchanged: turn the waist, step diagonally, brush down, hook leading and pa
Same requirements — hook leading, waist driving, upper and lower joined.

12 搂膝

Brush Knee

As movement 9, with the sides exchanged.
Same requirements — hips loose, torso upright, the palms arcing inward from the waist.

13 拗步

Twisted Step

As movement 10, with the sides exchanged.
Same requirements — step and push together, chest relaxed and shoulders loose.

14 掩手肱拳

Concealed Hand Forearm Fist

Open both palms outward with outward reeling, gather into a fist to store, then punch forward from a bow s
Store in the waist and release at the face of the fist: the punch is short and crisp, the other hand guards the
and the release is a loose elastic snap rather than braced strength.

15 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar

Same method as movement 2, closing the first section.
The stamp lands settled and heavy; fist and palm meet.

16 撇身捶

Deflect Body Punch

Turn the body and swing the fist across, knuckles leading, then push the palm forward from a bow stance.
The waist carries the fist across and the force reaches the back of the fist; the torso turns with it but the he

17 青龙出水

Green Dragon Emerges from the Water

Turn the waist and roll the arm, flick outward from a horse stance, then drive the fist forward.
Both the flick and the punch are released from the waist and hips as a short elastic snap.

18 双推手

Double Push Hands

Turn the waist and gather the palms, then push both palms forward from an empty stance.
Both palms push together with force to the heels of the palms; the empty stance keeps the weight on the ba
relaxed and waist settled.

19 肘底看拳

Fist Under Elbow

Draw the foot in and gather, then from an empty stance hold the fist beneath the elbow and probe forward.
The fist hides under the elbow, withheld rather than shown; the empty stance drops the shoulders and keep
settled.

20 倒卷肱

Step Back and Roll Arms

Retreat step by step, rolling the arm back and pushing the palm from an empty stance, alternating sides.
On each retreat the ball of the front foot lands first and then settles; the forward push and the rear withdra
together, carried by the waist.

21 白鹤亮翅

White Crane Spreads Its Wings

As movement 7.
Chest folds, shoulders sink, arms open with hidden force, torso upright.

22 斜行

Oblique Form

As movement 8.
Hook leading, waist driving, diagonal travel.

23 闪通背

Flash Through the Back

Step up, then from a bow stance push one palm forward while the other braces behind, the two arms oppos
The arms brace front and back against each other; the bow stance faces the same way as the push, and the
force to the heel of the palm.

24 掩手肱拳

Concealed Hand Forearm Fist

As movement 14.
Store in the waist, release at the fist, loose elastic snap.

25 六封四闭

Six Sealing and Four Closing

As movement 4.
The stroke leads into emptiness; the press keeps both arms rounded.

26 单鞭

Single Whip

As movement 5.
Hook hanging and relaxed, step brushing the floor, push to the heel of the palm.

27 云手

Cloud Hands

Both hands circle upright in turn while the feet step sideways.
The waist is the axis; the weight travels level without rising and falling, and the eyes follow the upper hand

28 高探马

High Pat on Horse

Turn the waist and part the hands, then probe forward with the palm from an empty stance, the front palm
the eyes.
The front foot touches lightly and the torso does not reach forward artificially.

29 右擦脚

Right Slapping Foot

Cross both palms before the chest, kick the right foot forward and up, and slap the instep with the palms in
The palm strikes the top of the foot; do not force the leg high, and keep the support leg slightly bent and st

30 左擦脚

Left Slapping Foot

As movement 29, with the sides exchanged.
Same requirements — the palm meets the instep, the support leg stays stable.

31 左蹬一根

Left Kick with Heel

Raise the knee, then drive the left foot out to the side with the toes drawn back, force reaching the heel.
Store before releasing; the kick and the parting of the hands are simultaneous, the support leg slightly ben
leaning back.

32 前趟拗步

Forward Twisted Step

Lift the left foot and brush it forward along the ground into a bow stance.
The step brushes the floor rather than lifting; the weight is clearly divided and the waist leads.

33 击地捶

Strike the Ground with Fist

Hop and turn, then from a bow stance drive the fist down at a diagonal toward the ground.
Waist loose and hips tucked, force to the face of the fist; land with bent knees to cushion and never let the
floor.

34 踢二起

Double Jump Kick

Step up and jump, slapping the foot in the air — the "second rise".
The jump and the slap are joined; land with bent knees to cushion. The rise and fall are the largest in the se
and ankles.

35 护心拳

Protect-the-Heart Fist

Turn and draw the fists in, then guard the centre of the chest with both fists from a horse or bow stance.
Both fists guard the centre with the elbows hanging; shoulders sink and the waist settles, the stance steady

36 旋风脚

Whirlwind Kick

Turn and swing the arms, then leap and sweep the leg inward.
The turn and the leg sweep are coordinated; the inward sweep is slapped with the palm. Land cushioned an
steady.

37 右蹬一根

Right Kick with Heel

As movement 31, with the sides exchanged.
Store, then release; kick and hand-parting together, support leg stable.

38 掩手肱拳

Concealed Hand Forearm Fist

As movement 14.
Store in the waist, release with a short snap.

39 小擒打

Small Catch and Strike

Turn the waist and take the arm, then punch from a bow or horse stance.
Seize first and strike second — the two stay distinct; the fist travels the centre line and the force reaches th

40 抱头推山

Embrace the Head and Push the Mountain

Gather both hands before the head, then push both palms forward as if pushing a mountain.
Both palms push with the force running through palm and arm; the push is not oversized and is driven by w

41 六封四闭

Six Sealing and Four Closing

As movement 4.
Arc the stroke, round the press.

42 单鞭

Single Whip

As movement 5.
Hook hanging, step brushing, push to the heel of the palm.

43 前招

Forward Move

Turn the body and carry the hands, then set the palm in an empty stance toward the diagonal front.
The waist carries the arm; the empty stance stays steady and does not waver.

44 后招

Backward Move

Shift the step and turn again, setting the palm once more in answer to the forward move.
The live step and the palm set are simultaneous, and the change of direction is clearly marked.

45 野马分鬃

Part the Wild Horse's Mane

Gather the hands and draw the foot in, then from a bow stance separate the palms up and down — upper ha
lower hand plucking down.
Up and down pull against each other; the leading hand does not pass the toe, and the torso stays upright.

46 六封四闭

Six Sealing and Four Closing

As movement 4.
Arc the stroke, round the press.

47 单鞭

Single Whip

As movement 5.
Hook hanging, step brushing, push to the heel of the palm.

48 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 stays upright and the directions are clearly r
transmissions describe this movement as containing four corner shuttles (四隅穿梭).

49 懒扎衣

Lazily Tying the Robe

As movement 3.
The leg brushes the floor; the arm lifts as if gathering a robe.

50 六封四闭

Six Sealing and Four Closing

As movement 4.
Arc the stroke, round the press.

51 单鞭

Single Whip

As movement 5.
Hook hanging, step brushing, push to the heel of the palm.

52 云手

Cloud Hands

As movement 27.
Waist as axis, weight travelling level, eyes on the upper hand.

53 摆脚跌岔

Sweep Foot and Drop into Split

Sweep the leg outward in an arc, slapping the instep with each palm in turn, then drop into a split — one le
knee bent.
The sweep describes a fan and the slap is simultaneous with it. The drop keeps the hips loose to cushion an
knee strike the floor. This is the largest rise and fall in the set — protect knees and ankles.

54 金鸡独立

Golden Rooster Stands on One Leg

Raise the knee and lift the palm, once on each side.
Knee and lifting palm rise together; the support leg stays slightly bent and stable, the torso vertical withou

55 倒卷肱

Step Back and Roll Arms

As movement 20.
Retreat onto the ball of the foot first; push and withdraw together.

56 白鹤亮翅

White Crane Spreads Its Wings

As movement 7.
Chest folds, shoulders sink, arms open with hidden force.

57 斜行

Oblique Form

As movement 8.
Hook leading, waist driving, diagonal travel.

58 闪通背

Flash Through the Back

As movement 23.
The arms brace front and back; force to the heel of the palm.

59 掩手肱拳

Concealed Hand Forearm Fist

As movement 14.
Store in the waist, release with a short snap.

60 六封四闭

Six Sealing and Four Closing

As movement 4.
Arc the stroke, round the press.

61 单鞭

Single Whip

As movement 5.
Hook hanging, step brushing, push to the heel of the palm.

62 云手

Cloud Hands

As movement 27.
Waist as axis, weight travelling level.

63 高探马

High Pat on Horse

As movement 28.
Light toe touch, torso not reaching forward.

64 十字脚

Cross-Shaped Foot

Cross the hands, then balance on one leg, sweep the leg and slap the foot.
The turn and the slap are simultaneous and the landing is even.

65 指裆捶

Point-to-Groin Punch

Step forward and punch, the fist driving down toward the groin.
Waist loose and hips tucked, force to the face of the fist, the punch travelling the centre line.

66 猿猴献果

Ape Presents Fruit

Raise the knee and drive both fists upward.
Knee and upward drive are simultaneous; the support leg is steady and the fists travel the centre line.

67 单鞭

Single Whip

As movement 5.
Hook hanging, step brushing, push to the heel of the palm.

68 雀地龙

Sparrow to the Ground

Turn the waist and close the arms, then thread the fist through from a low crouch, the body kept as close to
can manage.
The crouch stays flat and close to the floor without losing spring; the threading fist runs a straight line alo
knee does not turn inward. Anyone short of the flexibility can work at half depth.

69 上步七星

Step Up to Seven Stars

Step up and cross both fists before the chest to form the "seven stars".
The empty stance is steady with the weight on the back leg, and the crossed guard is rounded.

70 下步跨肱

Step Down and Stride Over

Step back and brace the two palms diagonally, one above the other.
The retreat and the parting of the hands are simultaneous. The widely seen 跨虎 is a graphic confusion; the
is 跨肱.

71 转身双摆莲

Turn Body, Double Sweep Lotus

Turn the body through a full circle and sweep the leg outward in a fan, both palms slapping the instep in tu
Turn and sweep are coordinated; land evenly and keep the torso upright.

72 当头炮

Cannon Punch Overhead

Draw the foot and the fists in, then drive both fists forward and up from a horse or bow stance.
Both fists drive together as one short whole-body force to the face of the fists; shoulders sink, the waist se
steady.

73 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar

Same method as before, closing the whole set.
The stamp lands settled and fist and palm meet. This is the last release of force in the set — finish it contai
breath not scattered.

74 收势

Closing Posture

Draw both palms in, then close the feet and return to standing, the breath settling into the lower abdomen.
Close slowly with long breaths; once standing, keep the posture upright rather than collapsing the moment