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Chen Style Xiaojia Yilu (72 Form)

72 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 金刚捣碓
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61 高探马
62 十字脚

01 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar

Sink and ward up, turn right and stroke, step up and close, lift the knee and drive the fist, then set the foot
A stamp is not a stomp: loosen the hips and sink to store first, elbow and knee meeting as the knee lifts, fo
leg, waist, back to the fist. 宁低不高 — the centre stays low and travels level.

02 懒扎衣

Lazily Tying the Robe

Turn and part the palms, open the step and close the hands, then shift right and part the palm.
双手相合勿翻动 — the hands stay joined without turning over, a thread of force running to the pads of the fin
leads, the hand does not rise past the brow, and the elbow stays dropped.

03 六封四闭

Six Sealing and Four Closing

Shift left and stroke down, then push from an empty stance.
The stroke arcs and the push reaches the heels of the palms. This posture is also called 合式, and its point i
three internal and three external harmonies.

04 单鞭

Single Whip

Form the hook and open the step, then shift left and part the palms.
Hook hanging with no dead grip; each hand governs its own half of the body across the centre line, and the
level.

05 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar (2nd)

As movement 1, entered from a different turn.
Same requirements: store, lift, stamp and drive the fist.

06 白鹤亮翅

White Crane Spreads Its Wings

Retreat and turn, then push forward from an empty stance — upper hand warding off above the brow, lower
down.
The hands pull against each other and 上行不过眉; the torso stays upright and does not lean back.

07 搂膝拗步

Brush Knee and Twist Step

Wind the arm and open the step, then part the palms in a horse stance — the brushing hand passes the knee
pushes.
步大一腿长，步小一竖脚 — the stride is one thigh long or one foot long, nothing in between; the brush arcs and
with the step.

08 初收

First Withdraw

Turn and lift to the left, then stroke and press down in an empty stance.
“First withdraw” is a posture of this frame alone — the spirit gathered inward and held rather than releas
closing movement, and the name is not 收式.

09 上三步

Three Advancing Steps

Advance three times, pushing from the left bow stance, then the right, then the left again.
Each step turns on the heel with the toes gathered — 脚踏忌八、丁; the three run together without the weigh

10 斜行拗步

Oblique Step and Twisted Step

Part the palms in a horse stance, travelling on the diagonal.
The diagonal is carried by the waist with upper and lower joined; the hook leads and the crotch travels a do

11 再收

Second Withdraw

As movement 8 — turn and lift left, then stroke and press in an empty stance.
The second gather is its own posture, not a repetition of the first by accident; the spirit is gathered again b
release.

12 上三步

Three Advancing Steps

As movement 9, the second run of three.
Same requirements: heel turns, toes gathered, weight level.

13 掩手肱拳

Concealed Hand Forearm Fist

Stamp and step up, then punch from a bow stance.
The frame’s core release: store in the waist and let it out at the face of the fist, short and crisp, the other
centre. Compared with the large frame the release is more whole and less shaken.

14 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar (3rd)

The third mortar pound, closing the opening group.
Stamp settled, fist and palm meeting.

15 撇身拳

Deflect Body Punch

Turn and swing the fist across, knuckles leading, then push the palm from a bow stance.
The waist carries the fist and the force reaches the back of it; the body turns but the head does not tilt. The
transmission separates 披身捶 and 背折靠 at this point, which is one source of the 74 count.

16 青龙出水

Green Dragon Emerges from the Water

Turn the waist and wind the arm, then send the palm out from a bow or horse stance.
The waist drives the outward send, the fingers slightly braced, force reaching the ends. Some lists name thi
— the same movement under another name.

17 肘底看拳

Fist Under Elbow

Turn left and stroke, then look to the fist from an empty stance.
The fist hides under the elbow, withheld rather than shown; the empty stance drops the shoulders and keep
the back leg.

18 倒卷肱

Step Back and Roll Arms

Retreat left, right, left, rolling the arm back and pushing from an empty stance.
The foot lands on the ball first and then settles; push and withdrawal move together, and on the change the
moves before the upper — 下在上先.

19 白鹤亮翅

White Crane Spreads Its Wings

As movement 6, second appearance.
Same requirements: opposing hands, 上行不过眉.

20 搂膝拗步

Brush Knee and Twist Step

As movement 7, second appearance.
Same requirements: brush past the knee, push with the step.

21 闪通背

Flash Through the Back

Step up, then from a bow stance push one palm forward while the other braces behind.
The arms brace front and back against each other, force to the heels of the palms, the bow stance facing th
push.

22 掩手肱拳

Concealed Hand Forearm Fist

As movement 13, second appearance.
Same release: store in the waist, short and crisp.

23 懒扎衣

Lazily Tying the Robe

As movement 2, second appearance.
Same requirements: hands joined without turning over, elbow dropped.

24 六封四闭

Six Sealing and Four Closing

As movement 3, second appearance.
Same requirements: arc the stroke, push to the heels.

25 单鞭

Single Whip

As movement 4, second appearance.
Same requirements: hook hanging, weight level.

26 云手

Cloud Hands

Both hands circle upright in turn while the feet step sideways.
The waist is the axis; the weight travels level and low rather than rising and falling, the eyes follow the upp
head does not sway.

27 高探马

High Pat on Horse

Follow-step and sit back, then probe forward from an empty stance, the palm no higher than the eyes.
The front foot touches lightly and the torso does not reach forward artificially.

28 左右擦脚

Slapping Foot, Left and Right

Cross both palms before the chest, then kick right and left in turn, slapping the instep with the palms.
The palm meets the top of the foot; do not force the leg high, and keep the support leg slightly bent and sta

29 左蹬一根

Left Heel Kick

Raise the knee, then drive the left foot out to the side, force reaching the heel.
Store before releasing; kick and hand-parting are simultaneous, the support leg slightly bent and the torso

30 指地捶

Point-to-Ground Punch

Turn and hop the step, then drive the fist down at a diagonal toward the ground from a bow stance.
Waist loose and hips tucked, force to the face of the fist; land with bent knees and never let the knee strike

31 踢二起

Double Jump Kick

Step up and jump, slapping the foot in the air.
Jump and slap are joined and the landing is cushioned. This frame leaps less than the large frame and lands
rather than show.

32 护心拳

Protect-the-Heart Fist

Turn and draw the fists in, guarding the centre of the chest with both fists, elbows hanging.
Both fists guard the centre with the bearing of a beast head; shoulders sink, waist settles, the stance stead

33 踢一脚

Single Kick

Raise the knee and kick once.
Store at the knee and kick decisively; the support leg stays steady and the torso does not sway.

34 右蹬一根

Right Heel Kick

As movement 29, with the sides exchanged.
Same requirements: force to the heel, support leg stable.

35 第三掩手捶

Third Concealed Hand Forearm Fist

The published contents run from 34 straight to 36; the verse edition places 第三掩手捶 in the missing slot, ar
entered here.
Stamp and step up, then punch from a bow stance — the third 掩手肱拳.

36 小擒打

Small Catch and Strike

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

37 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 force through palm and arm; the push is not oversized and is driven by waist and legs

38 六封四闭

Six Sealing and Four Closing

As movement 3, third appearance.
Same requirements: arc the stroke, push to the heels.

39 单鞭

Single Whip

As movement 4, third appearance.
Same requirements: hook hanging, weight level.

40 前招后招

Forward Move and Backward Move

Turn and carry the hands into an empty-stance palm set — forward move; then shift the step, turn again and backward move.
The waist carries the arms and the empty stance stays steady; the two answer each other front and back. So this into two entries, which changes the total.

41 野马分鬃

Part the Wild Horse's Mane

Gather the hands and draw the foot in, then separate the palms up and down from a bow stance.
Up and down pull against each other, the leading hand staying below the brow; the torso stays upright.

42 六封四闭

Six Sealing and Four Closing

As movement 3, fourth appearance.
Same requirements: arc the stroke, push to the heels.

43 单鞭

Single Whip

As movement 4, fourth appearance.
Same requirements: hook hanging, weight level.

44 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.

45 懒扎衣

Lazily Tying the Robe

As movement 2, third appearance.
Same requirements: hands joined without turning over.

46 六封四闭

Six Sealing and Four Closing

As movement 3, fifth appearance.
Same requirements: arc the stroke, push to the heels.

47 单鞭

Single Whip

As movement 4, fifth appearance.
Same requirements: hook hanging, weight level.

48 云手

Cloud Hands

As movement 26, second appearance.
Same requirements: waist as axis, weight level and low.

49 摆脚

Sweep Foot

Sweep the leg outward in a fan, both palms slapping the instep in turn.
Turn and sweep are coordinated and the landing is even; protect knee and ankle.

50 跌岔

Drop into Split

Drop into the split — one leg extended, one knee bent — the body low like a snake stretched out.
Keep the hips loose to cushion and never let the knee strike the floor; reduce the range if flexibility is shor
and fall in the set.

51 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, the torso vertical.

52 倒卷肱

Step Back and Roll Arms

As movement 18, second appearance.
Same requirements: ball of the foot first, 下在上先.

53 白鹤亮翅

White Crane Spreads Its Wings

As movement 6, third appearance.
Same requirements: opposing hands, torso upright.

54 搂膝拗步

Brush Knee and Twist Step

As movement 7, third appearance.
Same requirements: brush, step and push together.

55 闪通背

Flash Through the Back

As movement 21, second appearance.
Same requirements: arms bracing front and back.

56 掩手肱拳

Concealed Hand Forearm Fist

As movement 13, third appearance.
Same release: waist stores, fist releases.

57 懒扎衣

Lazily Tying the Robe

As movement 2 — re-entered in this section, third appearance in the form.
Same requirements: hands joined, elbow dropped.

58 六封四闭

Six Sealing and Four Closing

As movement 3, sixth appearance.
Same requirements: arc the stroke, push to the heels.

59 单鞭
Single Whip

As movement 4, sixth appearance.
Same requirements: hook hanging, weight level.

60 云手
Cloud Hands

As movement 26, third appearance.
Same requirements: waist as axis, head still.

61 高探马
High Pat on Horse

As movement 27, second appearance.
Same requirements: light toe touch, palm below the eyes.

62 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.

63 指裆捶
Point-to-Groin Punch

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

64 白猿献果
White 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. Some
posture 青龙出水, which is also the name of movement 16.

65 六封四闭
Six Sealing and Four Closing

As movement 3, seventh and last appearance.
Same requirements: arc the stroke, push to the heels.

66 单鞭
Single Whip

As movement 4, seventh and last appearance.
Same requirements: hook hanging, weight level.

67 铺地锦
Sparrow to the Ground

Turn the waist and close the arms, then thread the fist through from a low crouch, the body close to the gro
The crouch lies flat and low without losing spring; the threading fist runs straight along the leg and the kne
inward. Half depth is acceptable.

68 上步七星
Step Up to the 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.

69 下步跨虎

Step Down, Ride the Tiger

Step back and brace the two palms diagonally, one above the other.
The retreat and the parting of the hands are simultaneous. This posture answers 上步七星, which is why the
here.

70 摆脚

Sweep Foot

As movement 49, second appearance.
Same requirements: fan-shaped sweep, even landing.

71 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; shoulders sink, the waist settles, the stance steady

72 金刚捣碓

Buddha's Warrior Attendant Pounds the Mortar (4th)

The fourth mortar pound, closing the whole form.
Stamp settled, fist and palm meeting; the form finishes contained, the breath not scattered.