



太極拳

A.T. Dale Internal Martial Arts
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Chen is the original style of Taiji Quan and can be traced back to the 1600's. Its daily practice is extremely important in Chen Taiji due to the difficulty in its choreography. Our lineage comes from Master Gao Fu, formal student of Masters Tian Xuchen and Feng Zhiqiang both whom were disciples of the 17th generation Chen Family master Chen Fake. Though based upon the 48 form, our dojo form emphasizes both right & left sides. Once completed students can apply for training certification.

Qi Gong & Chan Si Gong

Wuji stance
Body Circle
Shoulder Circle
Tantian Circle
Tantian Figure 8
Elbow Circle
Lazily Tying Coat
Wrist Circle
Crane Spreads Wings
Eagle Pierces Sky
Fountain
Snake Under Log
Yin Yang Palms
Whirling arms
Chop with Fist
Circle Knee
Basic side Step

Dragon Rolls on Beach
Linking Cannons

FOOTWORK

Knee In/out
Leg Stretch
Mandarin Duck
Heel Kick
Rub Foot
Tornado Foot
Jumping kick

JUMPING

Jade maiden
Lift both legs
Side jump
Turning jump

ZHAN ZHUANG

Wuji
Monkey Holds
Cauldron
Lifting up the
Mountains
Universal Post
Press Down Mt. Tai

CIRRICULUM

Chan Si Gong
Chen Taiji 96 Form
Chen Chin Na Stick
Chen Tui Shou
Chen Taiji Sphere
Chen 13 Energies Sword
Chen Er Lu/Pao Chui
Chen Saber
Chen Spear
Taiji Cane
Partner Forms
Rou Shou

Chen Taiji 96: Symmetrical 48

1. Opening:

- a. Peng-ji-lu-an
 - b. Peng-Lu-An-Ji
 - c. Peng-Lu-Lu-An-Ji
- Dragon Dives into the Sea

2. Jin Gang Pounds Mortar *Jin Gang Dao Dui*
White Crane Spreads Wings
Bouncing Hands - Phoenix
Cross Hands Left

3. Lazily Tying Coat *Lan Jia I*
Lu-Ji
Lu-Lieh

4. Six Sealings Four Closings *Liao Fang Si Bi*
He-Kai-He

5. Single Whip *Dan Bien*
Peng-Lu-Ji-Lu
Peng-Lu

Repeat 1-5 left

6. White Crane Spreads Wings *Bai Hao Liang Shih*
Needle at Sea Bottom

7. Walk Obliquely Twist Step
a. Three Palms to the Center
b. Close & Open

8. Lift and Close *Ti He Shih*
Cai-Ji

9. Wade Forward Twist Step
Turn Wheel-Don't Hit-Kai
Ning-Snatch
Drop Into Well
Pull Bow
Snake Creeps Under Log
Phoenix Flying Among Clouds
Wind Fills Ears

10. Hidden Punch Hand *Yen Shou Hung Chuei*

11. Punch Draping Over Body
Chop with Fists *Pi Xin Chuei*

12. Lean with Back
Ban-Lan-Heng

13. Blue Dragon Comes Out of Water
Repeat 6-13 right

SECTION TWO

14. Push With Both Hands *Shwang Tui Shou*
15. Change Palms Three Times *San Fan*

Zhang

16. Fist At Elbow
17. Retreat, Whirl Arms-3
18. Step Back and Press Elbow
19. Middle Winding:

- a. Lu
- b. Needle at Sea Bottom
- c. Open / Close

20. Flash the Back

- a. Crane Cools Wings
- b. Slap Down Willow Palm
- c. Slap Down Snake Spits Tongue
- d. Push Across Ocean Wave

21. Punch Hitting the Ground

- a. Lu-Pao Quan
- b. R&L Lu

22. Double Raise Foot

- a. Kai/He
- b. Elbow strike
- c. Warrior on One Leg

23. Beast's Head Pose

- a. Push with two hands
- b. Snatch & Peng
- c. Twine hands

Repeat 14-23 left

SECTION 3

24. Tornado Foot

- a. Lu left
- b. Ning

25. Kick with Heel

26. Small Catching & Hitting

- a. Ning
- b. Liao
- c. Roll Back & Push
- d. Grab & Open
- e. R soft punch

27. Cover Head & Push Mountain

28. Front & Back Trick

29. Stomp Both Feet *Shuang Jen Jiao*

Cross Hands

Chop to Ribs

Snake Slithers Under Log

30. Jade Maiden Works Shuttles

31. Elbow Hitting the Heart

32. Shake Foot - Stretch Down

33. Rooster on One Leg L & R *Jin Ji To Li*

Repeat 24-33 left

34. Sweep Lotus (left) *Bai Lian*

Warrior on One Leg

Chop with Backfist

SECTION 4

35. Punch Hitting Crotch

36. Parting Wild Horses' Mane 2

Trick L & R

37. Wave Hands in Clouds 2 *Yun Shou*

Kai

Cross Hands and push down

38. High Pat the Horse *Gao Tan Ma*

Pull down

Ning

39. Pat Right Foot, Pat Left Foot

Pull down & turn

40. Kick With Heel

Pull down & turn

41. Three Linking Cannons

Guard the heart

42. White Ape Offers Fruit *Bai Yueng Shen Guo*

43. The Dragon on the Ground

44. Step to Seven Stars *Shang Bu Qi Xing*

Repeat 34-44 left

Retreat-Gua

45. Retreat and Ride the Tiger

46. Sink Waist, lower Elbow

47. Cannon Overhead

48. Jin Gang Pounds Mortar *Jin Gang Dao Dui*

Repeat 45-48 left

49. Closing