**Chen Tai Chi forms**

**18 technique Form**

1) Preparing

2) Buddha’s Warrior Attendant Pounds Mortar

3) Turn and Tie Coat

4) Six Sealing And Four Closing

5) Single Whip

6) The White Crane Spreads It’s Wings

7) Walk Forward Diagonally

8) Brush Knee

9) Stepping to Both Sides (Three Steps Forward)

10) Cover Hands and Strike with Fist

11) High Pat On the Horse

12) Kick With Left Heel

13) Jade Girl Works At Shuttles

14) Wave hands like cloud

15) Turn Body with Double Lotus Kick

16) Canon Fist overhead

17) Buddha’s Warrior Attendant Pounds Mortar

18) Finishing Form

**Chen 27 Technique Form**

(1) Beginning

(2) Buddha's Warrior Leaves the Temple

(3) Lazily Tying Coat

(4) Buddha's Warrior Pounds the Mortar

(5) White Crane Spreads Wings

(6) Diagonal Posture

(7) Brushing Knee

(8) Step to Both Sides

(9) Cover Hand Thrust Punch – Left

(10) Double Pushing Hands

(11) Stepping Back and Wrapping Arms

(12) Turn Back Quickly

(13) Cover Hand Thrust Punch - Right

(14) Six Sealing Four Closing

(15 ) Single Whip

(16) Cloud Hands

(17) High Pat on Horse

(18) Right Heel Kick

(19) Left Heel Kick

(20) Parting the Horse's Mane

(21) Dragon Rolling Down

(22) Step Forward to Seven Stars

(23) Step Back to Ride the Tiger

(24) Turn Back and Wave Lotus

(25) Cannon Right in Front

(26) Buddha's Warrior Pounds the Mortar

(27) Close

**48 Position form**

1. Opening Form

2. Immortal Points The Way

3. Flower Hiding Under the Leaf

4. Crimson Phoenix Faces The Sun

5. Splitting Sword Searching The Sea

6. Azure Dragon Emerges From The Water

7. Protect The Knee Left and Right

8. Turn The Body and Close The Door

9. Azure Dragon Emerges From The Water

10. Overturn, Back Splitting Sword

11. Follow Step and Thrust Sword

12. Slanted Flying

13. Phoenix Spreads Wings

14. Phoenix Nods Head

15. Na Cha Reaches Into The Sea

16. White Ape Offers Fruit

17. Backward Turning Upper Arm

18. Threading Through Wood With Open Wings

19. Turn Body, Behead Chao Dragon

20. Golden Rooster Stands On One Leg

21. Separate Grass Looking For Snake

22. Wild Horse Leaps Over Stream

23. White Snake Spits Out Tongue

24. Two Dragons Play With a Pearl

25. Black Bear Turns (Flips) Back

26. Eagle and Bear Contests Knowledge

27. Great Bird Spreads Wings

28. Nimble Cat Catches Mouse

29. Golden Rooster Shakes Feathers

30. Na Cha Reaches into the Sea

31. Su Chin Shoulders Sword

32. Ancient Tree With Twisted Root

33. Slanting Flying

34. Carry 1,000 pounds Left and Right

35. Cut Wrist Left and Right

36. Vertically Sweep 1,000 soldiers

37. Golden Needle hanging

38. White Ape Offers Fruit

39. Sweep Falling Flowers Left and Right

40. Bow Stance Upward Thrust

41. Turn Body, Downward Thrust

42. Slanting Flying

43. Lean Forward reaching into the Sea

44. Sparrow Hawk Overturns Body

45. Yellow Dragon Emerges From the Cave

46. Grinding Stone Sword

47. Point Needle South

48. Closing