

Chen Style – 36 Forms

List of Movements

1. Opening Form
2. Golden Guard Stamping Feet – Right Style
3. Leisurely Tying Coat
4. White Crane Flashing Wings
5. Step Diagonally Forward and Twist Step
6. Lift Knee and Withdraw Hands
7. Forward Block
8. Cover with Hand and Punch with Fist
9. Double Push Palms
10. Punch Underneath Elbow
11. Repulse Monkey
12. Step Back and Press Elbow
13. Left and Right Parting Wild Horse's Mane
14. Left and Right Golden Cock Standing on 1 Leg
15. Six Blocking and Four Closing – Right Style
16. Single Whip – Left Style
17. Waving Hands Like Clouds
18. High Pat on Horse
19. Left and Right Patting Feet
20. Kicking with One Leg
21. Fists Draping Over Body
22. Back Twist with Shoulder and Elbow Punch
23. Green Dragon Emerging from the Water
24. White Gorilla Offering Fruit
25. Six Blocking and Four Closing – Left Style
26. Single Whip – Right Style
27. Double Stamping Feet
28. Fair Lady Working at the Shuttles
29. Beast's Head Pose
30. Dragon on the Ground
31. Step Forward Seven Stars
32. Step Backward Riding Tiger
33. Turn Body, Lotus Kick
34. Forward Cannon Punch
35. Golden Guard Stamping Feet – Left Style
36. Closing Form