



陳式太極二十五式 **Chen Taijiquan 25 Movement Form**

This form does not contain just 25 movements. In fact it has more than that and is actually 52 movements in total. In 1984, I started to learn Chen Taijiquan with Master Fung in Hong Kong. In order to keep Master Fung's Style alive, I combined his first Chen Taijiquan form - Xinjia - and Pao Chui 砲捶 together with some of my own understanding of Chen Taijiquan. All together these have become the 25 form. I created the first part of this form is in 1992 in order that some beginners could learn a short form before they went on to learn the long form of Laojia. Later, when I was living in Hawaii, I created the second part which relates more with Pao Chui. This form is quite challenging, but with regular practise it will make your body light and flexible and improve your Chan Si Jin 纏絲勁 (spiral energy).

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| 1. 預備式 Relaxed Standing Position | 27. 順鸞肘 Continuing Phoenix Elbow |
| 2. 太極圈 Taiji Circle | 28. 退步鸞肘 Step Back Phoenix Elbow |
| 3. 三換掌 Changing Palms Three Times | 29. 短打 Short Hit |
| 4. 肘底拳 Punch under the Elbow | 30. 神仙一把抓 Immortal One Catch |
| 5. 六封四閉 Six Sealing and Four Closing | 31. 前滾 Forward Rolling |
| 6. 單鞭 Single Whip | 32. 上下手 Upper and Lower Hands |
| 7. 金剛搗碓 Jin Gang Pounds the Mortar | 33. 野馬分鬃 Wild Horse Parts Mane |
| 8. 白鶴亮翅 White Crane Spreads its Wings | 34. 雙震腳 Double Shaking Legs |
| 9. 斜行拗步 Step Diagonally and Twist Stance | 35. 玉女穿梭 Jade Lady Weaving |
| 10. 初收 First Closing | 36. 跌叉 Fall and Split Down |
| 11. 前蹚拗步 Walk Forward and Twist Stance | 37. 雀地龍 Ground Dragon |
| 12. 掩手肱捶 Conceal and Strike | 38. 護心捶 Protecting Heart Fist |
| 13. 白蛇吐信 White Snake Spits the Message | 39. 旋風腳 Spinning Kick |
| 14. 閃通背 Flash the Back | 40. 掩手肱捶 Conceal and Strike |
| 15. 白蛇吐信 White Snake Spits the Message | 41. 六封四閉 Six Sealing and Four Closing |
| 16. 閃通背 Flash the Back | 42. 單鞭 Single Whip |
| 17. 倒捲肱 Step Back with Whirling Arms | 43. 裹鞭砲 Left Fire Crackers |
| 18. 退步壓肘 Step Back and Press the Elbow | 44. 退步鸞肘 Step Back Phoenix Elbow |
| 19. 中盤 Middle Stance | 45. 後滾 Backward Rolling |
| 20. 白鶴亮翅 White Crane Spreads its Wings | 46. 飛鶴腳 Flying Crane Kick |
| 21. 六封四閉 Six Sealing and Four Closing | 47. 掃堂腿 Sweeping Kick |
| 22. 運手 Circle Hands | 48. 當頭砲 Forward Cannon Fist |
| 23. 高探馬 High Pat on Horse | 49. 醉纏手 Drunken Spiral Hand |
| 24. 金剛搗左 Jin Gang Pounds the Mortar Left | 50. 左右當頭砲 Left and Right Forward Cannon Fist |
| 25. 抹眉紅 Wipe the Eyebrows Red | 51. 金剛搗後 Jing Gong Pounds Mortars Backward |
| 26. 飛步拗鸞肘 Jump forward with Twisting Phoenix Elbows | 52. 收式 Closing Form |

This form is partial created and arranged by Michael Tse in 1993

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