



陳式太極拳十九勢 **Chen Taijiquan 19 Movements**

Chen Taijiquan 19 Movements is a short form created in 1995 by my Sifu, 陳小旺 (Grandmaster Chen Xiao Wang), using the principles in 老架 (Lao Jia). It is very good for beginners and it is the first form all the beginners start with in the Tse Qigong Centre. By practising this form, we will develop good 纏絲勁 (Chan Si Jing - Silk Reeling Energy) and, consequently, this will allow us to understand the principle of Taijiquan. If we can perform 19 Movements well, then we can eventually perform Lao Jia (Old Frame) well but if we cannot master the 19 Movements, it is guaranteed we will not be good at performing any of the Taiji forms, let alone 推手 Tui Shou.

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| 1. | 預備式 | Relaxed Standing Position |
| 2. | 金剛出廟 | Jin Gang comes out from the Temple
(bodyguard of Buddha) |
| 3. | 懶紮衣 | Lazily tie the Cloth |
| 4. | 上步斜行 | Step Forward Diagonally |
| 5. | 上三步 | Three Steps Forward |
| 6. | 左掩手肱拳 | Conceal and Strike Left |
| 7. | 雙推手 | Double Hands Pushing |
| 8. | 倒卷肱 | Step Back with Whirling Arms |
| 9. | 閃通背 | Flash the Back |
| 10. | 右掩手肱拳 | Conceal and Strike Right |
| 11. | 六封四閉 | Six Sealing - Four Closing |
| 12. | 運手 | Circle Hands |
| 13. | 高探馬 | High Pat on Horse |
| 14. | 右蹬一跟 | Right Side Kick |
| 15. | 左蹬一跟 | Left Side Kick |
| 16. | 野馬分鬃 | Wild Horse Parts Mane |
| 17. | 玉女穿梭 | Jade Lady Weaving |
| 18. | 金剛搗碓 | Jin Gang Pounds the Mortar |
| 19. | 收勢 | Closing Form |