

## The Names of the 74 Forms (Chen)

1. Beginning Posture of Taijiquan (TaijiQishi)
2. Pounding the Mortar (Jin Gang Dao Dui)
3. Lazily Tying One's Coat (Lan Za Yi)
4. Sealing Six Avenues of Attack and Closing Four Sides (Liu Feng Si Bi)
5. Single Whip (Dan Bian)
6. Pounding the Mortar (Jin Gang Dao Dui)
7. White Goose Spreading Its Wings (Bai E Liang Chi)
8. Diagonal Posture (Xie Xing)
9. Holding Up the Knee (Lou Xi)
10. Stepping to Both Sides (Ao Bu)
11. Diagonal Posture (Xie Xing)
12. Holding Up the Knee (Lou Xi)
13. Stepping to Both Sides (Ao Bu)
14. Cover Fist and Punch (Yan Shou Gong Quan)
15. Pounding the Mortar (Jin Gang Dao Dui)
16. Hit and Drape Fist Over Body (Pie Shen Quan)
17. Blue Dragon Flying Out of the Water (Qing Long Chu Shui)
18. Pushing With Both Hands (Shuang Tui Shou)
19. Fist Under the Elbow (Zhou Di Kan Quan)
20. Stepping Back and Whirling the Arms (Dao Juan Gong)
21. White Goose Spreading Its Wings (Bai E Liang Chi)
22. Diagonal Posture (Xie Xing)
23. Turning Back with Arms Twining (Shan Tong Bei)
24. Cover Fist and Punch (Yan Shou)

- Gong Quan)
25. Sealing Six Avenues of Attack and Closing Four Sides (Liu Feng SiBi)
26. Single Whip (Dan Bian)
27. Rolling Hands Through the Clouds (Yun Shou)
28. Patting the Horse's Back (Gao Tan Ma)
29. Slapping the Right Foot (You Ca Jiao)
30. Slapping the Left Foot (Zuo Ca Jiao)
31. Kicking with the Left Heel (Zuo Deng Yi Gen)
32. Walking Forward by Stepping to Both Sides (Qian Tang Ao Bu)
33. Punching Toward the Ground (Ji DiChui)
34. Turning and Kicking Twice in the Air (Ti Er Qi)
35. Protecting the Heart with the Fist (Hu Xin Quan)
36. Whirlwind Kick (Xuan Feng Jiao)
37. Kicking with the Right Heel (You Deng Yi Gen)
38. Cover Fist and Punch (Yan Shou Gong Quan)
39. Small Grab and Hit (Xiao Qin Da)
40. Protecting the Head and Pushing the Mountain (Bao Tou Tui Shan)
41. Sealing Six Avenues of Attack and Closing Four Sides (Liu Feng SiBi)
42. Single Whip (Dan Bian)
43. Forward Technique (Qian Zhao)
44. Backward Technique (Hou Zhao)
45. Parting the Wild Horse's Mane (Ye Ma Fen Zong)
46. Sealing Six Avenues of Attack and Closing Four Sides (Liu Feng Si Bi)
47. Single Whip (Dan Bian)
48. Jade Maiden Working Her Loom (Yu Nu Chuan Suo)
49. Lazily Tying One's Coat (Lan Za Yi)
50. Sealing Six Avenues of Attack and Closing Four Sides (Liu Feng SiBi)
51. Single Whip (Dan Bian)
52. Rolling Hands Through the Clouds (Yun Shou)
53. Swing the Foot and Drop Down (Bai Jiao Die Cha)
54. Golden Rooster Standing on One Leg (Jin Ji Du Li)
55. Stepping Back and Whirling the Arms (Dao Juan Gong)
56. White Goose Spreading It's Wings (Bai E Liang Chi)
57. Diagonal Posture (Xie Xing)
58. Turning Back with Arms Twining (Shan Tong Bei)
59. Cover Fist and Punch (Yan Shou Gong Quan)
60. Sealing Six Avenues of Attack and Closing Four Sides (Liu Feng SiBi)
61. Single Whip (Dan Bian)
62. Rolling Hands Through the Clouds (Yun Shou)
63. Patting the Horse's Back (Gao Tan Ma)
64. Reverse Sweep with Right Leg Crossing (Shi Zi Jiao)
65. Punch Toward the Crotch (Zhi Dang Chui)
66. Ape Picking Fruit (Yuan Hou Tan Guo)
67. Single Whip (Dan Bian)
68. Dragon Rolling Downward (Que Di Long)
69. Stepping Forward into Seven Stars Stance (Shang Bu Qi Xing)
70. Stepping Backward into Riding Stance (Xia Bu Kua Gong)
71. Turning Around and Sweeping with Both Legs (Zhuan Shen Shuang Bai Lian)
72. Cannon Right Overhead (Dang Tou Pao)
73. Pounding the Mortar (Jin Gang Dao Dui)
74. Closing Posture of Taijiquan (Shou Shi)