



# 靈龜太極拳家

## CHEN STYLE 108 TAIJIQUAN

as taught by

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[Note: Some of the posture names are traditional (see Jou, The Dao of Taijiquan for the original list), but many have been devised in this school as learning aids. The list for each passage begins with an opening (wuji to taiji) and ends with a closing (taiji to wuji) to indicate they can be practiced separately.]

#      name      # in Jou

### FIRST PASSAGE

1. Start in Wuji  
*SHǒU BÀO BĀ GUÀ YÙN RÌ YUÈ,  
ZÚ TÀ Wǚ XÍNG ZHUÀN QIÁN KŪN*  
手抱八卦運日月 足踏五行轉乾坤
2. Beginning of Taijiquan (Wuji to Taiji) [1]  
(Take Your Hands Out of Your Pockets)
3. Potter Sits at the Wheel  
Willow Droops Branches to the Stream
4. Ward-Off R & L  
Wind on Water (Push Water to Make Waves)  
Rising Dragon Stretches Claws
5. Warrior Pounds Mortar [2]  
Hull Rice with Mortar & Pestle, counter-clockwise  
[Closing: Taiji to Wuji]

### SECOND PASSAGE

- [Opening: Wuji to Warrior Pounds Mortar]  
Hull Rice with Mortar & Pestle, clockwise  
Zhuang Zi's Shadow of a Bird in Flight  
Sun and Moon
6. Languidly Tucking Back the Robe (Ward-Off R) [3]  
*"Lai ba! Cheng quan wo ba!"* ("Go ahead! Make my day!")  
Tying the Strings of the Body Together
  7. Rollback
  8. Press  
Black Dragon Serves Tea  
Gaze Left, Stroke the Neck
  9. 60/40 (Shut the Door) [4]
  10. Single Whip: [5]
    - 1: L hand reaches, R fingers to L elbow
    - 2: R elbow to L fingers;
    - 3: lift knee
    - 4: heel to floor
    - 5: fingers in crane's beak, shoulder strike
    - 6: thumb to solar plexus
    - 7: Itsy-Bitsy Spider (fingers to armpit)
    - 8: circulate to middleweight
    - 9: draw a line
    - 10: *dan bian* (Single Whip)
 Tying the Strings of the Body Together  
Willow Droops Branches to the Stream

- Wind on Water, L  
 Rising Dragon Stretches Claws  
 11. Warrior Pounds Mortar [6]  
 Hull Rice with Mortar & Pestle, c-clockw  
 [Closing: Taiji to Wuji]

### THIRD PASSAGE

- [Opening: Wuji to Warrior Pounds Mortar]  
 Hull Rice with Mortar & Pestle, clockwise  
 Shadow of a Bird in Flight  
 Sun and Moon  
 12. White Crane Spreads Wings [7]  
 13. Side Walk, Twist Step (Big Eddy) [8]  
 1, 2: "the old one-two"  
 3: lift knee  
 4: heel to floor  
 5: take a dive (brush knee, R fingers to jaw)  
 6: pick up sticks (crane's beak, R fingers to chin)  
 7: rise toward heaven (R hand to inside L elbow)  
 8: pull back straight  
 9: fault's not mine (palms to sky)  
 10: Play Pipa: funnel down, turn left toes around  
 14. Closing (was "T-Rex," now "Harmless Little Bunny") [9]  
 15. Gather and Spread [10]  
 Seaweed (turn L: arms level, turn R: R hand curves down)  
 16. White Crane Spreads Wings  
 17. Side Walk, Twist Step (Big Eddy #2, see 13) [11]  
 18. Closing ("Harmless Little Bunny") [12]  
 19. Gather and Spread [13]  
 Listen at the Wall  
 Hold Ball, Smear  
 Deflect Downward  
 Intercept  
 20. Hidden Hand Punch [14]  
 Axis & Circumference (L wrist X over R)  
 Split Right, Split Left  
 Rising Dragon Stretches Claws  
 21. Warrior Pounds Mortar [15]  
 [Closing: Taiji to Wuji]

### FOURTH PASSAGE

- [Opening: Wuji to *ma bu*]  
 22. Receive from the Sky/Lift Cauldron  
 Shadow of a Bird in Flight  
 23. Death Ground (see: Sun Zi, Chap. 11)  
 1: Draw Bow, mid-wt  
 2: Old-Time Boxer, back-wt (Split Open & Pummel) [16]  
 3: Subdue Tiger, mid-wt  
 4: Brush Knee, front-wt  
 5: One Up One Down, mid-wt  
 6: Turn to Front, back-wt  
 7: Lean, Look Back, Fist Akimbo, front-wt [17]  
 1: Back Fist to Rear, mid-wt  
 2: L Fist to *dantian*, back-wt  
 3: Your Shoe's Untied, front-wt  
 4: Blue Dragon Emerges from the Flood  
 (Hammer Fist, mid-wt) [18]  
 5: Rollback, back-wt  
 6: Press, front-wt  
 7: Falling Petals, mid-wt.

(Repeat Death Ground in mirror image)

- Black Dragon Serves Tea (left-wt, *xu bu*)  
Gaze Left, Stroke the Neck
24. Step & Push With Both Hands [19]  
25. Three Changes of Palms [20]  
    Sun and Moon  
26. Fist Under Elbow [21]  
    [Closing: Taiji to Wuji]

## FIFTH PASSAGE

### Part A

- [Opening: Wuji to *duli bu*]
27. Step Back and Coil Arms (L, R, L) [22]  
    Two Fishes Swimming  
28. Step Back and Chop  
29. Backward (Hug a Tree) and  
    Press Elbow (Squid Squirts Ink) [23]  
30. Middle Stage [24]

### Part B

- Crane's Beak Rising  
Shadow of a Bird
31. White Crane Spreads Wings [25]  
32. Side Walk, Twist Step (Big Eddy #3, see 13) [26]  
    "Safe"

### Part C

- Gather & Turn  
Crossed-Wrists Press  
*Zuo Gu, You Pan* (Gaze L, Look R)  
Turn & Chop
33. Snake Sticks Out Tongue  
34. Fan Through the Back [27]  
    Sack Over the Shoulder  
    Close Up, Drop, and Intercept  
35. Hidden Hand Punch (then pull fist back quickly) [28]  
36. Press (left-handed)  
    Willow Droops Branches to the Stream  
37. Crane Stands on One Leg  
    Gaze Left, Stroke the Neck  
38. 60/40 (Shut the Door) [29]

### Part D

39. Single Whip [see 10] [30]  
40. Cloud Hands [31]  
41. Gather and Spread  
    Listen at the Wall  
42. High Pat on Horse [32]  
43. Rollback

[Closing: Taiji to Wuji]

## SIXTH PASSAGE

- [Opening: Wuji to Gen Bu]
44. Press, cross step to *xie bu*  
45. Rub Right Foot, to *xie bu* [33]  
46. Rub Left Foot [34]  
47. Turn, Tiger Shakes Left Paw Twice [35]  
48. Gather and Spread [36]  
    Seaweed

	Open Furnace Doors (Firecracker)	
	Sun and Moon (with fists)	
49.	Hit Ground With Fist	[37]
50.	Jump and Double Kick	[38]
	Tiger Pulls Tablecloth	
51.	Gargoyles Guard the Temple	[39]
	Willow Droops Branches to the Stream	
52.	Hurricane Kick	[40]
53.	Receive From the Earth	
	[Closing: Taiji to Wuji]	

## SEVENTH PASSAGE

	[Opening: Wuji to Receive From the Earth]	
54.	Tiger Shakes Right Paw Twice	[41]
	Turn, Change Feet	
	Intercept	
55.	Hidden Hand Punch	[42]
	Check, Step & Reach, Stretch	
56.	Small Catch and Hit	[43]
57.	Seven Stars, Divide Over the Knee, Push Mountain	[44]
58.	Three Changes of the Palms	[45]
	Gaze Left, Stroke the Neck	
59.	60/40 (Shut the Door)	[46]
	[Closing: Taiji to Wuji]	

### **(8th, 9th, and 10th Passages: “The Three-Panelled Screen”)**

## EIGHTH PASSAGE

	[Opening: Wuji to Gen Bu & 60/40]	
60.	Single Whip [see 10]	[47]
	Arms Turn Horizontally	
61.	Front Posture	[48]
62.	Back Posture	[49]
63.	Wild Horse Tosses Its Mane (L & R)	[50]
	Thousand-Pound Rock (Mid, R, & L)	
	Willow Droops Branches to the Stream	
64.	Crane Stands on One Leg	
	Gaze Left, Stroke the Neck	
65.	60/40 (Shut the Door)	[51]
	[Closing: Taiji to Wuji]	

## NINTH PASSAGE

	[Opening: Wuji to Gen Bu & 60/40]	
66.	Single Whip [see 10]	[52]
	Sculpt the Taiji Diagram with Both Hands	
	Sack Over the Shoulder	
67.	Shake Both Feet	[53]
68.	Jade Maiden Slides the Shuttle	[54]
	Up the Outside, Down the Inside	
	Leap and Cut at Waist Level	
69.	Languidly Tucking Back the Robe (Ward-Off R)	[55]
	Tying the Strings of the Body Together	
70.	Rollback	
71.	Press	
	Black Dragon Serves Tea	
	Gaze Left, Stroke the Neck	
72.	60/40 (Shut the Door)	[56]
	[Closing: Taiji to Wuji]	

## TENTH PASSAGE

[Opening: Wuji to Gen Bu & 60/40]

73.	Single Whip [see 10]	[57]
74.	Cloud Hands	[58]
75.	Sweep Leg and Cross Kick	[59]
76.	Scorpion	
77.	Golden Rooster Stands on One Leg (L & R)	[60]
	[Closing: Taiji to Wuji]	

### REPEAT: FIFTH PASSAGE

	[Opening: Wuji to Duli Bu]	
78-94		[61-71]
	[Closing: Taiji to Wuji]	

### ELEVENTH PASSAGE

	[Opening: Wuji to <i>gen bu</i> ]	
95.	Turn, Sun and Moon, Sweep Lotus	[72]
96.	Three Fajins: Split, Cannon Fists, Point & Shoot ("Your Fly's Open")	[73]
97.	White Ape Offers Fruit Gaze Left, Stroke the Neck	[74]
98.	60/40 (Shut the Door)	[75]
99.	Single Whip [see 10] Willow Droops Branches to the Stream clockwise to right backfist	[76]
100.	Dragon Returns to its Lair	[77]
101.	Step Up to Form 7 Stars of the Dipper Cross-wrists Press and Kick	[78]
102.	Step Back to Ride Tiger	[79]
	[Closing: Taiji to Wuji]	

### TWELFTH PASSAGE

	[Opening: Wuji to Middle Stage, L arm top]	
	White Crane Spreads Wings	
103.	Hurricane Kick	
104.	Turn and Sweep Lotus	[80]
105.	Cannon Fists (Snow Shovel, 2x) Willow Droops Branches to the Stream Wind on Water Rising Dragon Stretches Claws	[81]
106.	Warrior Pounds Mortar Hull Rice, counter-clockwise	[82]
107.	Conclusion of Taijiquan (Taiji to Wuji) "Xiè xiè nín, Zhāng Sānfēng!"	[83]
108.	End in Wuji	
		[03/11]