

# Name of Taiji Barehand Forms

## Old Frame First Form (Yilu)

1. Preparation Form
2. Arhat pounds mortar
3. Grab and tuck clothes
4. Six sealing and four closing
5. Dantian change
6. Arhat pounds mortar
7. White goose spreads wings
8. Oblique posture
9. Embrace knees
10. Twist steps
11. Oblique posture
12. Embrace knees
13. Twist steps
14. Hidden hand thrust punch
15. Arhat pounds mortar
16. Brushing body fist
17. Green dragon emerges from water
18. Double-handed push
19. Palm under elbow
20. Reverse walk and push with arm
21. White goose spreads wings
22. Oblique posture
23. Flash the back
24. Hidden hand thrust punch
25. Six sealing and four closing
26. Dantian change
27. Moving hands
28. High pat on horse
29. Thrust with right foot
30. Thrust with left foot
31. Kick with left heel
32. Wade forward with twist step
33. Immortal's embracing grip
34. Turn and double kick
35. Protect the heart punch
36. Whirlwind kick
37. Kick with right heel
38. Hidden hand thrust punch
39. Small capture and strike
40. Cover head and puch mountain
41. Six sealing and four closing
42. Dantian change
43. Forward trick
44. Backward Trick
45. Part the wild horse's mane
46. Six sealing and four closing
47. Dantian change
48. Jade girl works shuttle
49. Grab and tuck clothes
50. Six sealing and four closing
51. Dantian change
52. Moving hands
53. Swing the leg
54. Drop and split
55. Golden cock stands on one leg
56. Reverse walk and push with arm
57. White goose spreads wings
58. Oblique posture
59. Flash the back
60. Hidden hand thrust punch
61. Six sealing and four closing
62. Dantian change
63. Moving hands
64. High pat on horse
65. Cross foot
66. Groin punch
67. Apes & monkeys search for fruit
68. Dantian change
69. Ground-hacking Dragon
70. Step forward form the seven stars
71. Step back, upper arm pass
72. Swing leg
73. Head on cannon
74. Arhat pounds mortar
75. Closing form

## **Old Frame Second Form (Cannon Fist or Paochui) Posture Names**

1. Beginning posture
2. Vajra pounds mortar
3. Grab and tuck clothes
4. Six sealing and four closing
5. Dantian change
6. Protecting heart fist
7. Diagonal step
8. Turn around, Vajra pounds mortar
9. Angled body strike
10. Point to the groin
11. Chopping hand
12. Turning flower
13. Dancing sleeves
14. Hidden hand punch
15. Waist blocking elbow strike
16. Great red fist
17. Little red fist
18. Jade girl runs through the shuttle
19. Ride the dragon reversely
20. Hidden hand punch
21. Wrapping cannons
22. Beast's head punch
23. Splitting posture
24. Hidden hand punch
25. Tame the tiger
26. Wipe the brow red
27. Yellow dragon stirs the water three times
28. Left rush
29. Right rush
30. Hidden hand punch
31. Complete cannon hammer
32. Hidden hand punch
33. Complete cannon hammer
34. Hidden hand punch
35. Strike the groin, strike the heart
36. Left two red
37. Right two red
38. Turn around, cannon before the door
39. Change posture, great catching cannon
40. Waist blocking elbow strike
41. Natural blocking elbow
42. Lower cannon strike
43. Turn around and enter the well
44. Closing