



## TaiJi Estilo Chen – Lian Huan de 36 Técnicas

Nombre	Notas	Instr./Fecha
Jin Gang Dao Chui (金剛搗捶)	1.	
Lan Zha Yi (懶紮衣)	2.	
Bao Hu Gui Shan (抱虎歸山)	3.	
Dan Bian (單鞭)	4.	
Bai He Liang Ci (白鶴亮翅)	5.	
Lou Xi Ao Bu (樓膝拗步)	6.	
Ru Feng Si Bi (如封似閉)	7.	
Yan Shou Chui (掩手捶)	8.	
Pie Shen Chui (撇身捶)	9.	
Zhi Dang Chui (指襠捶)	10.	
Zhou Di Chui (肘底捶)	11.	
Dao Juan Gong (倒卷肱)	12.	



名稱	筆記	教練/日期
Shan Tong Bei (扇通背)	13.	
Yun Shou  (耘手)	14.	
Gao Tan Ma (高探馬)	15.	
You Fen Jiao (右分腳)	16.	
Shuang Feng Gua Er (雙風掛耳)	17.	
Zuo Deng Yi Gen (左蹬一根)	18.	
Ji Di Chui  (擊地捶)	19.	
Huai Zhong Bao Yue (中抱月)	20.	
Xuan Feng Jiao (旋風腳)	21.	
Qian Jin Zhui Di (千斤墜地)	22.	
Xiao Qin Da (小擒打)	23.	
Bao Tou Tui Shan (抱頭推山)	24.	



名稱	筆記	教練/日期
Qian Zhao (前招)	25.	
Ye Ma Fen Zong (野馬分鬃)	26.	
Ge Shou (搗手)	27.	
Yu Nu Chuan Suo (玉女穿梭)	28.	
Shuang Bai Zu (雙擺足)	29.	
Jin Ji Du Li (金雞獨立)	30.	
Shi Zi Shou (十字手)	31.	
Bai Yuan Xian Guo (白猿獻果)	32.	
Jiu Di Long (揪地龍)	33.	
Shang Bu Qi Xing (上步七星)	34.	
Xia Bu Kua Hu (下步跨虎)	35.	
Dang Tou Pao (當頭砲)	36.	