

Chen Style Tai Chi First Routine

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| 1. Commencing form | 29. Six sealed off and four closed | 57. Single whip |
| 2. Jin-Gang pounding the pestle | 30. Single whip | 58. Waving hands like clouds |
| 3. Lazy about tucking in robes | 31. Waving hands like clouds | 59. Shake foot and stretch down |
| 4. Six sealed off and four closed | 32. High pat on horse | 60. Golden rooster stands on one leg |
| 5. Single whip | 33. Rub right foot | 61. Step back and whirl arms |
| 6. Jin-Gang pounding the pestle | 34. Rub left foot | 62. Step back and press elbow |
| 7. White crane spreads its wings | 35. Kick with left heel | 63. Middle winding |
| 8. Walk diagonally and twist step | 36. Wade forward and twist step | 64. White crane spreads wings |
| 9. First withdraw | 37. Punch to the ground | 65. Walk diagonally and twist step |
| 10. Wade forward and twist step | 38. Turn round > jump > kick | 66. Flash the back |
| 11. Walk diagonally and twist step | 39. Animal head posture | 67. Cover hand and arm fist |
| 12. Second withdraw | 40. Tornado kick | 68. Six sealed off four closed |
| 13. Wade forward and twist step | 41. Kick with right heel | 69. Single whip |
| 14. Cover hand and arm fist | 42. Cover hand and arm fist | 70. Waving hands like clouds |
| 15. Jin-Gang pounding the pestle | 43. Small Qin-na | 71. High pat on horse |
| 16. Parry with fist | 44. Embrace head > push mountain | 72. Sweep lotus |
| 17. Lean with back | 45. Three changes of palm | 73. Punch to the groin |
| 18. Blue dragon rises from water | 46. Six sealed off and four closed | 74. White ape presents fruits |
| 19. Push with both hands | 47. Single whip | 75. Six sealed off and four closed |
| 20. Three changes of palm | 48. First manoeuvre | 76. Single whip |
| 21. Fist under elbow | 49. Follow-up manoeuvre | 77. Dragon dives to the ground |
| 22. Step back and whirl arms | 50. Wild horse parts its mane | 78. Step to reach the seven stars |
| 23. Step back and press elbow | 51. Six sealed off and four closed | 79. Step back to ride tiger |
| 24. Middle winding | 52. Single whip | 80. Turn round and sweep lotus |
| 25. White crane spreads wings | 53. Shake both feet | 81. Head-on strike with cannon |
| 26. Walk diagonally and twist step | 54. Jade lady works at shuttles | 82. Jin-Gang pounding the pestle |
| 27. Flash the back | 55. Lazy about tucking in robes | 83. Closing form |
| 28. Cover hand and arm fist | 56. Six sealed off and four closed | |