

LAO JIA YI LU , # 74 Chen Form (Old Frame Routine)

Section 1:

This section has 15 movements and introduces to various leg stance: which leg is bearing the weight (bow stances 60/40; empty stances 90/10).

1. Preparatory Stance or Starting Form (qǐ shì, yù bèi shì))	预备式 or 起势(起势)
2. Strong Man Pounds the Mortar (jīn gāng dǎo duì) ⁽¹⁾	金刚捣碓 (金刚捣碓)
3. Holding Coat at the Waist (lǎn zhā yī) ⁽²⁾	揽扎衣(揽紮衣)
4. Six Sealing and Four Closing (liù fēng sì bì)	六封四闭 (六封四闭)
5. Single Whip (dān biān)	单鞭(单鞭)
6. Strong Man Pounds the Mortar (jīn gāng dǎo duì)	金刚捣碓 (金刚捣碓)
7. White Crane Spreads Wings (Bai E Liang Chi)	白鹅亮翅
8. Diagonal Posture walk (xié xíng)	斜行
9. Brushing Knees (lōu xī)	搂膝 (搂膝)
10. Three Steps Forward (shàng sān bù) OR Twisted Steps (ào bù) ⁽³⁾	上三步 (拗步)
11. Inclined or Diagonal Posture (Xie Xing) ⁽⁴⁾	斜行
12. Brushing the Knees (Lou Xi)	搂膝 (搂膝)

13. Three Steps Forward (shàng sān bù) OR Twisted Steps (ào bù)	上三步(拗步)
14. Hidden Fist & Punch (yǎn shǒu gōng quán) ⁽⁵⁾	掩手肱拳
15. Strong Man Pounds the Mortar (jīn gāng dǎo duì)	金刚捣碓 (金剛搗碓)

(1) 金刚 is commonly translated as Buddha's Warrior Bodyguard or Vajra, the two deities you might see outside a temple door. However, the use of 金刚 usually refers to someone who is very strong.

(2) Many translations have listed this as Lazily Holding Coat or something lazy about it. There is absolutely nothing lazy about this movement. The original Chinese characters refers to 'waist' and not 'lazy'. (Unfortunately these 2 characters are the same).

(3) Technically, this means twisted steps. So this means going left and right as you move forward.

(4) Also seen as Oblique Movement, this movement is characterized by the inclined rotation of the body during the execution of the movement and thus its name.

(5) Waist is relaxed. Thighs are 'twisted' outwards to initiate the spiral rotation. The moment of impact is about a tenth of a second when it meets the opponent. Immediately after the jin reaches the fist and after contact, relax the whole body. While this has been interpreted as punching to the chest, I think this might be punching to the humerus as if someone grabs your left hand and you are going to pull it back and hit with the right fist that was hidden.

Section 2:

This section introduces new footwork of walking backwards and sideways with a main characteristics of the body rotations. Walking backwards means landing with the toes first. Moving sideways means using the heel.

16. Rotational Body Punch (piě shēn quán) ⁽⁶⁾	撇身拳
--	-----

17. Dragon Emerges from Water (qīng lóng chū shuǐ) ⁽⁷⁾	青龙出水(青龍出水)
18. Push with Both Hands (shuāng tuī shǒu) ⁽⁸⁾	双推手(雙推手)
19. Fits under Elbow (zhǒu dī kàn quán) ⁽⁹⁾	肘低看拳
20. Stepping Backwards, left-right, with Turning Arms- 4 times (dào juǎn gōng)	倒卷肱
21. White Crane Spreads Wings (bái é liàng chì)	白鵝亮翅
22. Diagonal walk (xié xíng)	斜行
23. Turn Back Quickly, in Horse riding position, with Punch (shǎn tōng bèi) ⁽¹⁰⁾	闪通背(閃通背)
24. Hidden Fist & Punch (yǎn shǒu gōng quán)	掩手肱拳
25. Six Sealing and Four Closing (liù fēng sì bì)	六封四闭(六封四閉)
26. Single Whip (dān biān)	单鞭(單鞭)
27. Cloudy Hands, left side (yùn shǒu) ⁽¹¹⁾	运手(運手)
28. Pat Horse on High Back (gāo tàn mǎ)	高探马(高探馬)

(6) The hand positions will be: in high stance, the hands passes above the knees. In medium or low stance, the hands pass below the knees. In the final position, the right fist, left elbow and left toes form a straight line and the eyes look down the left elbow to align it with the toes.

(7) The dragon 青 emerges from water. The punch at the end is a straight punch or a hammer fist. However, that punch can change form into elbow strikes or shoulder strikes.

(8) Double push palms 双推掌(雙推掌). Like Six Sealing Four Closing, there is springiness in the arms when striking and strength is from the center of the back of the shoulders.

(9) Ideally the elbow hit the back of the head while the left hand holds the chin or used to strike the opponent. Both elbow and fist come together with the coordinated he jin (compression energy).

(10) since this movement (三通背) is used to deflect pushes from the back, a quick rotation of the body to bring the left and right shoulders forward. If the left hands senses someone behind, then jump and turn back.

(11) or Waving or moving hands is more accurate as meaning.

Section 3:

This is a short section but 70% of the footwork, jumping and kicking

29. Right Sweeping Kick (yòu cā jiǎo) ⁽¹²⁾	右擦脚 (右擦脚)
30. Cross hand & Sweeping left foot (zuǒ cā jiǎo) ⁽¹³⁾	左擦脚 (左擦脚)
31. Turn left & Kick with Left Heel (zuǒ dēng yì gēn)	左蹬一根
32. Steps Forward to both sides (shàng sān bù OR qián tàng ào bù)	上三步 (前趟拗步)
33. Punch towards the Ground (jī dì chuí) ⁽¹⁴⁾	击地锤 (击地锤)
34. Turn over- Jump Double Kick (tī èr qǐ) ⁽¹⁵⁾	踢二起
35. Protect the Heart with Fist (hù xīn quán)	护心拳 (护心拳)
36. Tornado Kick (xuán fēng jiǎo) ⁽¹⁶⁾	旋风脚 (旋風脚)
37. Right Heel Kick (yòu dēng yì gēn)	右蹬一根
38. Hidden Punch (yǎn shǒu gōng quán)	掩手肱拳

(12) The top part of the foot 'slaps' the hand. Different in "You Pai Jiao and Zuo Pai Jiao" which led to people slapping the foot instead of the other way around.

(13) Heel kicks are directed to the slightly above the waist or to the knee cap. Eyes look at where you are kicking.

(14) The left and right arms need to be coordinated. The left fist will sweep downwards under the left knee and then back up to protect the head. The right fist will go up, as the left goes down, in a smaller circle to punch down as the left fist rises up.

(15) As the name implies, both legs will have to kick up.

(16) This kick can be done at various level. The key is to be stable when executing this kick. The left hand meets the inside of the left foot when the body is turned to the final position, 180 degrees and not sooner. The hand can hit the thigh, calf depending on your skill.

Section 4:

Less foot work in this section and more hand work for pushing, grasping and hitting.

39. Small Grasping and Hitting (xiǎo qín dǎ) ⁽¹⁷⁾	小擒打
40. Cover head & Push Mountain (bào tóu tuī shān)	抱头推山 (抱頭推山)
41. Six Sealing and Four Closing (liù fēng sì bì)	六封四闭 (六封四閉)
42. Single Whip (dān biān)	单鞭(單鞭)
43. Forward move - Protect the Front (qián zhāo)	前招
44. Backward Move (hòu zhāo)	后招
45. Part Wild Horse's Mane (yě mǎ fēn zōng)	野马分鬃 (野馬分鬃)
46. Six Sealing and Four Closing (liù fēng sì bì)	六封四闭 (六封四閉)
47. Single Whip (dān biān)	单鞭(單鞭)

(17) The grasping technique is very commonly used when attacker grabs the wrist. There is coordinated he jin using the back of the right palm along with the left hand (on top of the attacker's hand) to lock the wrist joint. Xing performing Lao Jia Yi Lu.