

HUN YUAN CHEN STYLE TAIJI

OPENING MOVEMENTS demonstrated by MASTER ZHANG XUE XIN



gather qi repeat 3 times

棚 PENG | wrist forward 按 AN | palm down



棚 PENG | uplifting

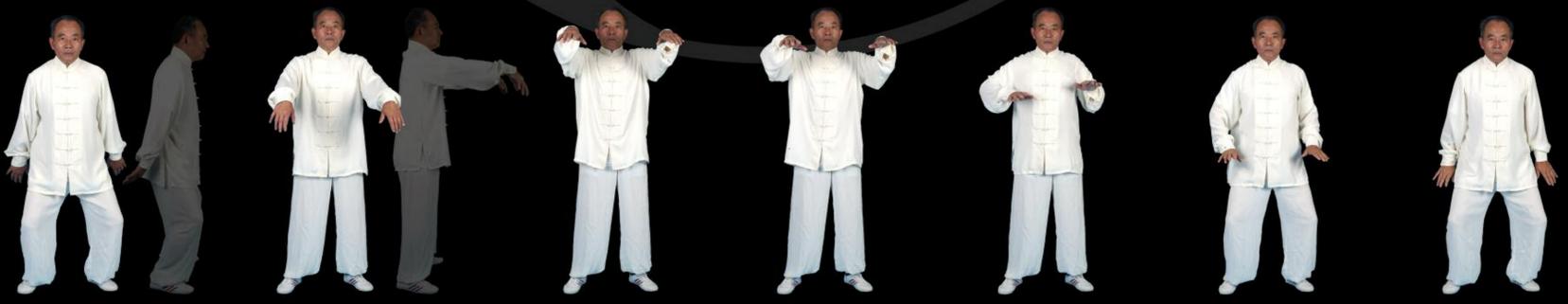
捋 LU | withdraw 按 AN | down 挤 JEE | go forward



捋 LU | draw back 按 AN | sink

circle of ins up, out and back - circulation series

捋 LU | draw back and down sink



overlap

棚 PENG | uplifting

捋 LU | withdraw

按 AN | push down

sink



棚 PENG | up

捋 LU | back

挤 JEE | forward

按 AN | down