

Chen Lao Jia Yi Lu Tai Ji Quan	Shaolin Tai Tzu Chang Quan Yi Lu	Shaolin Xie Quan/Xinyi Hu Quan
1. Preparing Stance (tai ji chu shi)	Preparing Stance	Preparing Stance
2. Buddha's Warrior Attendant Pounding Mortar (Jin Gang Dao Dui)	1. Scoop Moon from Ocean Bottom (Hai di lao yue)	1. Primordial One Qi (Hun Yuan Yi Qi)
3. Lazily Tying Coat (Lan Zha Yi)	2. Head-on wrenching hand (Ying-mian ban shou)	2. Yellow Dragon Exits Water (Huáng Lóng Chū Shuǐ)
4. Six Sealings and Four Closings (Liu Feng Si Bi), and 5. Single Whip (Dan Bian)	3a. Pull up hidden block (Liao Yin Jie) or Pull Up Genitals & Cut Off	3. Rapid Step Single Whip (Qiang Bu Dan Bian)
6. Buddha's Warrior Attendant Pounding Mortar (Jin Gang Dao Dui)	3b. Grasp Hammer (ba chui)	4. Buddha's Warrior Attendant Pounding Mortar (JinGang Dao Dui)
7. White Crane (or goose) Spreads Wings (Bai He Liang Chi)	4. Support forearm (Cheng Bang)	5. Split Mountain Stance (Pi Shan Shi)
8. Walk Obliquely (Xie Xing) 9. Holding Knees, Brushing Knees (Lou Xi or Lou Qi) 10. Twist Step (Ao Bu) or Stepping Forward Three Steps (Shang San Bu) (Strum Lute posture) 11. Walking Obliquely (Xie Xing) 12. Holding Knees, Brushing Knees (Lou Xi or Lou Qi) 13. Twist Step (Ao Bu) or Stepping Forward Three Steps (Shang San Bu)	5. Close Body (He shen) (includes brush knee movement) 6. Lift ground seize sky (ti di qing tian)	6. Slant Shape (Xie Xing) (includes brush knee movement) 7. Bent Hand (Ao Shou) 8. Split Mountain Stance (Pi Shan Shi) 9. Slant Shape (Xie Xing) (includes brush knee movement) 10. Bent Hand (Ao Shou)
14. Hidden Thrust Punch (Yan Shou Hong Quan)	7a. Plundering or Brush Past Hand (Lue Shou) Also called Liao Shou (leave behind hand)	
15. Buddha's Warrior Attendant Pounding Mortar (Jin Gang Dao Dui)	7b. Rudely stamp foot & Squeeze hand Cannon (Hen Jiao, Ji shou pao)	11. Full Heavenly Load Carried (Men Tian Tiao)
(SKIPPED)	8a. Plundering (or leave behind) hand (Lue or Liao shou)	
	8b. Single Dashing Fist (dan dong quan)	
	9. Right Two lifting flying feet (You Er qi fei jiao)	
16a. Draping over Body Fist (Pi Shen Chui)t	10. Double embrace or parentheses (Shuang kuo)	12. Beat Tiger Stance (Da Hu Shi) (same as Chen – Lean with Back)
16b. Lean With Back (Bei Zhe Kao)		

17. Blue Dragon Out of Water (Qing Long Chu Shui)	11. Close body with both wrapping fists (Su shen shuang bao quan) 12. Left Plowing (Digging Wedge) hammer (Zuo jue-xie chui) (same as done in Chen Er Lu)	14. (Lian Huan Chui Yi) – Continuous Hammer 1
18. Push With Both Hands (Shuang Tui Shou)	13. Phoenix spreads wing (Feng Hwang zhan chi)	
19a. Change Palms Three Times (San Huan Zhang)	14. Shake Mountain (Yao shan)	
19b. Under Elbow Strike (Zhou Xia Kan Chui)		15. (Lian Huan Chui Er) – Continuous Hammer 2
19c. Step Back and Swing Arms at Both Sides (Dao Nian Hong).	15. Wrench hand and Push Waist (Ban shou, Tui yao)	16. (Chuan Lian Chui) - String Linked (Connected) Hammers
20a. Step Back and Press Elbow (Tui Bu Ya Zhou) 20b. Middle Winding (Zhong Pan)	16. Tiger strike (hu pu)	17. Single Whip
Chen Lao Jia form repeats some previous moves: 21. White Crane Spreads Wings (Bai He Liang Chi) 22. Walking Obliquely (Xie Xing)		18. Split Mountain Stance (Pi Shan Shi) 19. Slant Shape (Xie Xing) (includes brush knee movement) 20. Bent Hand (Ao Shou)
23. Flash through the Back (Shan Tong Bei)	17. Expel strike energy to eye (Pai da qi yan) OR Raise striking instrument to eye (Tiao da qi yan)	21. (Hou Yuan Xian Guo) – Monkey Ape (Gibbon) Offers Fruit
		22. (Yu Nu Peng Jin He) - Jade Lady Holds up Golden Box
Chen Lao Jia repeats some previous moves: 24. Hidden Thrust Punch (and Whirling Upper Arms) (Yan Shou Hong Quan) 25. Six Sealing and Four Closing (Liu Feng Shi Bi) 26. Single Whip (Dan Bian)	18. Close Body both wrapping (Su shen shuang bao) 19. Right plowing hammer (You Jue-Xie Chui)	
27. Wave / Cloud Hands (Yun Shou)	(14. Shake Mountain (Yao shan) 15. Wrench hand and Push Waist (Ban shou, Tui yao))	23. (Yun Ding, Zuo Kao Shan) – Cloud Peak, Left Lean on Mountain 24. (You Kao Shan) – Right Lean on Mountain 25. (Tou Bu, Yao Shan) - Thief Step, Swing/Shake Mountain
28. High Pat on Horse (Gao Tan Ma)		26. High Pat Horse (Gāo Tàn Mǎ)

29. Brushing Right Foot (You Tsa Jiao) 30. Brushing Left Foot (Zuo Tsa Jiao)		27. Right Flying Kick (You Fei Jiao) 28. Left Flying Kick (Zuo Fei Jiao)
31. Kicking With the Left Heel and Following (Zuo Deng Yi Gen)		
32. Advance with Twist Steps (Qian Tang Ao Bu)	20a. Cross-shape wide steps (Shi-zi Kuo Bu)	
33. Pounding the Ground (Zhi Di Quan) OR Grasp & Hit (Shen Xian Yi Bao Zhua)	20b. Cross-shape dashing fist (Shi-zi dong quan) OR Front and back striking fist (Qian hou zhong quan)	
34. Double Jump Kick (Ti Er Qi)	21a. Double Jump Kick (Ti Er Qi)	
	21b. Circle elbow (Pan Zhou)	
	22. Empty step show palm (Xu bu liang zhang)	
35. Protect-the-Heart Fist (Hu Xin Quan)	23. Black Tiger Pulls out Heart (Hei Hu tao xin)	
36. Tornado Foot (Xuan Feng Jiao)	24. Two Lifting flying Feet (Er qi fei jiao)	
37. Kicking with the Right Heel and Following (You Deng Yi Gen)		
38. Hidden Thrust Punch (and Whirling Upper Arms) (Yan Shou Hong Quan)	25. Elaborate Ground Cannon (Zhui di pao)	
39. Small Capturing and Hitting (Xiao Qin Da)	(22. Empty step show palm (Xu bu liang zhang))	
40. Embracing Head and Pushing Mountain (Bao Tou Tui Shan)	(found in Luohan 13 postures)	
Chen Lao Jia repeats some previous moves: 41. Six Sealing and Four Closing (Liu Feng Shi Bi) 42. Single Whip (Dan Bian)	1. Scoop Moon from Ocean Bottom (Hai di lao yue) 2. Head-on wrenching hand (Ying-mian ban shou) 3a. Pull up hidden block (Liao Yin Jie) or Pull Up Genitals & Cut Off	29. (Dān Biān) - Single Whip
43. Forward Move (Qian Zhao) 44. Backward Move (Hou Zhao)		30. (Qian Hou Hong) - Forward Backward Blast
45. Parting the Wild Horse's Mane (Ye Ma Fen Zhong)		31. (Yě Mǎ Fēn Zōng) - Wild Horse Parts its Mane
SOME Chen lineage repeat previous moves here: 46. Six Sealing and Four Closing (Liu Feng Shi Bi) 47. Single Whip (Dan Bian)		
48. Fair Maiden Works Shuttles (Yu	(found in Xiao Hong Quan)	32. (Gan Ma, San Chui) – Pursuing Horse,

Nu Chuan Suo)		Three Hammers
49. Lazily Tying Coat (Lan Zha Yi)	26a. Head-on wrenching hand (Yin-mian ban shou)	33. (Zhan Shou) - Unfolding Hand 34. (Shi Zi Shou) – Cross Hands
Chen Lao Jia REPEATS previous moves: 50. Six Sealing and Four Closing (Liu Feng Shi Bi) 51. Single Whip (Dan Bian)	REPEATS these moves 26b. Pull up hidden block (Liao Yin Jie) or Pull Up Genitals & Cut Off	35. (Dun Hu) - Crouching Tiger
52. Cloud Hands (Yun Shou)		
53. Swing Foot (Bai Jiao)		(does this later in the routine) 54. (Shuang Bai Lian) - Double Swinging Lotus (kick)
54. Shake Foot and Fall into Split (Die Jiao Da Cha) also called: Swallow Dragon Swing The Foot And Drop Down (Bai Jiao Die Cha)	26b. Swallow takes water (Yan-zi qu shui)	(does this later in the routine) 55. (Xia Shi) – Descending Stance 56. (Chong Tian Bao) – Soar to Heaven Cannon
55. Golden Rooster Stands on One Leg (Jin Ji Du Li)	27. Overlord observes battle formation (Ba-wang guan zhen)	36. (Jin Ji Du Li) - Golden Rooster Independently Stands
		37. (Er Qi Jiao) – Two Lifting Kicks 38. (Jin Hou Zhan Yan) – Golden Ape Unfolds (into) Eyes 39. (Tuo Qiang Shi) – Support (with palms) Snatching Stance 40. (Pan Hu Zhou) – Flat Tiger (fierce) Elbow
		41. (Bo Wang Guan Zhen) – Bo Wang Observes (row of) Troops 42. (Zuo Tan Tui) - Left Spring Kick 43. (Dui Qi Xing) – Facing Seven Star 44. (Qi Shen, Heng Chuai) - Lift Body, Across (horizontal) Trampling kick 45. (Pi Shan Shi) - Split Mountain Stance/ 46. (Bao Bu, Si) – Wrapping Step, Tear (ends like Needle at Sea Bottom) 47. (Tong Bei Chui) – Through the Back Hammers 48. (Zhen Jiao Shi) - Earthquake Kick Stance/Style 49. (Bai She Tu Xin) – White Snake Spits out Letter (like Yang TJQ posture)
		50. (Zuo Kao Shan) Left Lean on Mountain 51. (You Kao Shan) – Right Lean on Mountain (like Cloud Hands) 52. (Lao Hu Chu Xue) – Old Tiger Exits Cave

		<p>53. (Yao Zhi Zuan Lin) – Sparrow Hawk Pierces the Forest (like Xingyi Quan Sparrow Hawk)</p> <p>54. (Shuang Bai Lian) - Double Swinging Lotus (kick)</p> <p>55. (Xia Shi) – Descending Stance</p> <p>56. (Chong Tian Bao) – Soar to Heaven Cannon (exactly same as in Chen Yi Lu)</p> <p>57. (Dān Biān) - Single Whip</p> <p>58. (Hui Tuo Wang Yue) – Turn Back Head, Look towards the Moon</p>
<p>Chen Lao Jia form REPEATS these movements :</p> <p>56. Stepping Back and Wrapping Upper Arms (Dao Juan Hong)</p> <p>57. White Crane Spreads Wings (Bai He Liang Chi)</p> <p>58. Walking Obliquely (Xie Xing)</p> <p>59. Flashing Turn to Back (Shan Tong Bei)</p> <p>60. Hidden Thrust Punch and Whirling Upper Arm (Yan Shou Hong Quan)</p> <p>61. Six Sealing and Four Closing (Liu Feng Si Bi)</p> <p>62. Single Whip (Dan Bian)</p> <p>63. Cloud Hands (Yun Shou)</p> <p>64. High Pat on Horse (Gao Tan Ma)</p>		<p>REPEATS these moves as well</p> <p>59. Single Whip</p> <p>60. Split Mountain Stance (Pi Shan Shi)</p> <p>61. Slant Shape (Xie Xing) (includes brush knee movement)</p> <p>62. Bent Hand (Ao Shou)</p> <p>63. (Hou Yuan Xian Guo) – Monkey Ape (Gibbon) Offers Fruit</p> <p>64. (Yu Nu Peng Jin He) - Jade Lady Holds up Golden Box</p> <p>65. (Yun Ding, Zuo Kao Shan) – Cloud Peak, Left Lean on Mountain</p> <p>66. (You Kao Shan) – Right Lean on Mountain</p> <p>67. (Tou Bu, Yao Shan) - Thief Step, Swing/Shake Mountain</p> <p>68. High Pat Horse (Gāo Tàn Mǎ)</p>
<p>65a. Cross Feet (Shi Zi Jiao) also called: Reverse sweep with Right Leg Crossing.</p>		<p>69. (Bai Ma Gui Dao) – White Horse Kneels on the Path</p>
<p>66. Punch the Groin (Zhi Dang Chui)</p>	<p>28. Pull out kneecap Hammer (Tao bin Chui)</p>	<p>70. (Shi Zi Jiao) – Cross Kick</p> <p>(these 2 moves are done in reverse order of the Chen Yi Lu)</p>
<p>67. Monkey Presents Fruit (Yuan Hou Xian Guo)</p>		<p>71. (Dao Bu, Yun Ding) – Inverted Step, Cloud Peak</p>
<p>68. Single Whip (Dan Bian)</p>		<p>72. (Xie Dān Biān) – Slanted Single Whip</p>
<p>69. Dragon hacks ground (Que Di Long)</p>		
<p>70. Stepping Forward to Form the Seven Stars (Shang Bu Qi Xing)</p>	<p>29. Grind waist, pull out rib hammer (Mo yao tao lei chui)</p>	<p>73. (Zuo Qi Xing) – Left Seven Star</p>

71. Stepping Back to Ride the Tiger (Xia Bu Kua Hu)	30. Right Tiger strike (you hu pu)	74. (Shi Zi Shou) – Cross Hands 75. (Kua Hu) – Ride the Tiger
72. Turn Back and Wave Double Lotus (Zhuan Shen Shuang Bai Lian) Also called: Turning Around And Sweeping With Both Legs	31. Double embrace knees (shaung bao qi, jiao) and kick	76. (Bai He Liang Chi) – White Crane Dries its Wings 77. (Bo Wang Ju Ding) – Bo Wang Heaves the Cauldron
73. Cannon Right in Front (Dang Tou Pao)	32. Gather feet, double embracing fists (Bing zu, shuang bao quan)	78. (Shi Zi) – Cross Palms 79. (Wan Gong She Hu) - Bend the Bow, Shoot the Tiger
74. Buddha's Warrior Attendant Pounds Mortar (Jing Gang Dao Dui)		
75. Close Taiji Form (Tai Ji Shou Si)	Close form	80. (Shōu Shi) Closing Stance