



<p style="text-align: center;"><b>Traditional Name</b> (74 Small Forms divided into 13 Large Forms (after <b>Chen Xin</b>))</p>	<p style="text-align: center;"><b>Expression - Section 1</b></p>
<p style="text-align: center;">Beginning Posture of Taijiquan <b>Taiji Qi Shi</b> (1 of 74 forms)</p>	1 legged rise & sink to centre
	Rise & sink in centre with arms deflecting upwards & downwards
	Low level silk reel to right Turn & rise silk reel to left – sink
	Rise & turn High level deflection to right – sink
	Rise & turn Diagonal High level deflection to left – sink
	Pull inwards, turn right & elbow Open wings, turn left & press
	Cover right, left & centre with wings – rising & sinking (3 circles)
<p style="text-align: center;">Pounding the Mortar <b>Jin Gang DaoDui</b> (2 of 74 forms)</p>	I legged left leg stance - Deflect to right & back on 1 leg stance with rise & sink - Press forwards
	Left leg sweep kick with left shoulder
	I legged right leg stance - Deflect low & high level with arms - rising left knee
	Sink & press with left forearm
	Cover left low level & right high level – sink
	Rising left arm wing to left - sink
	Step forward kick & palm
	Rise & sink with fist
I legged rise & sink with fist & knee	