

## CHEN TAIJIQUAN Bang Form – Play the Flute

### Section 1

1.	Opening Form
2.	Swaying Boat
3.	Cast Fishing Net
4.	Rainbow in the Sky
5.	Brush Knee Left & Right
6.	Go with the Flow
7.	Place Incense Upright
8.	Repulse Monkey
9.	Golden Rooster Stands
10.	Strike the Bell
11.	Dragons Tail
12.	Dragons Talon
13.	Pouncing Tiger
14.	Twist and Turn
15.	Kayaking
16.	Head-on Cannon
17.	Guarding the Heart
18.	Coiling and Spiraling Waist
19.	Play the Flute in Horse Stance
20.	Flying Flute and Close the Door

### Section 2

21.	Single Whip
22.	Lifting Pagoda
23.	Taming Tiger Left & Right
24.	Scoop the Moon from Bottom of the Ocean
25.	Flash Arms
26.	Horizontal Cut
27.	Shu Qin Carries Sword on his Back
28.	Ya Cha Searching the Ocean
29.	Black Bear Turns Around
30.	Riding Tiger
31.	White Snake Spits out Tongue
32.	Linked Cannon Strikes
33.	Parry & Strike Low
34.	Wind Scatters Plum Blossoms
35.	Warrior Attendant Pounds Mortar
36.	Closing Form