



Stick-/Spear form

chen shi tai ji li hua qiang jia bai yuan gun

Teil 1.

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|----|--------------------------|---|
| 01 | qi shi | Preparatory work |
| 02 | ye cha tan hai | Yecha stretches to the sea |
| 03 | quan wu hua | Complete rotation (flower dance) |
| 04 | zhong ping qiang | Shock at medium level |
| 05 | ji san qiang | Three immediate impacts |
| 06 | shang ping qiang | Shock at upper level |
| 07 | zhen zhu dao juan lian | The spear of the pear blossom in combination with the stick of the white monkey |
| 08 | xia ping qiang | Shock at lower level |
| 09 | dian tui yu lu qiang | The spear of the pear blossom in combination with the stick of the white monkey |
| 10 | zha qing long xian zhua | The spear of the pear blossom in combination with the stick of the white monkey |
| 11 | shang buzhuo yi qiang | Step forward and stab with the spear |
| 12 | cao di ci bian lan qiang | The spear of the pear blossom in combination with the stick of the white monkey |

Teil 2.

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|----|-------------------------------|---|
| 13 | wang qian da liang qiang | Advance with the spear and strike twice |
| 14 | huang long dian gan | The yellow dragon punctures with the rod |
| 15 | lian zha yi qiang | Sweep with the spear |
| 16 | bang e wu hua | Half turn (Flower Dance) |
| 17 | yao qun lan qiang | Stop the crowd at waist level with the spear |
| 18 | hui tou bang e wu hua | Turn your head and perform a half turn |
| 19 | shou an di she qiang | Press a snake to the ground with the spear |
| 20 | tiao yi qiang | Lifting the spear |
| 21 | zha yi qiang | Performing a stitch with the spear |
| 22 | yan liang qiang | Attack twice undercover |
| 23 | zuo qi yi sao chao tian qiang | Waving the flag and holding it to the sky - left |
| 24 | you yao qiyisao tie niu geng | Waving the flag and ploughing the earth (as with an iron ox) - right |
| 25 | xia di shui qiang | Turn your head and perform a half turn |
| 26 | yan liang qiang | The spear of the pear blossom in combination with the stick of the white monkey |
| 27 | yan liang qiang | Attack twice undercover |

Teil 3.

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|----|---------------------------------|---|
| 28 | shang qi long qiang | Mount and ride the dragon with the spear |
| 29 | wang qian jin bo cao xun she | Move forward, poke in the grass and search for the snake |
| 30 | wang hou tui bai yuan tuo qiang | The white ape retreats and draws the spear after him |
| 31 | hui tou ci wu long ru dong | Turn and sting - the black dragon goes into the cave |
| 32 | dian hui tui shou pipa shi | Jump backwards over the leg and take the Pipa back |
| 33 | wang qian da liang qiang | Advance with the spear and strike twice |
| 34 | yao qi sao di tai shanya luan | Waving the flag and sweeping the ground - the Taishan crushes the egg |





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|----|---------------------------|---|
| 35 | ban ge wu hua | Half turn (Flower Dance) |
| 36 | ling mao pu shu | The nimble cat catches the mouse |
| 37 | zuo pu yi qiang | Fall with the spear onto something - left |
| 38 | you pu yi qiang | Fall on something with the spear - right |
| 39 | fan shen hui tou ci qiang | Turning and stabbing with body and head |
| 40 | ti yi gen zi | Strike once with the heel |
| 41 | dan shou chu qiang | thrust out with the spear with one hand |

Teil 4.

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|----|-----------------------------------|---|
| 42 | quan wu hua | Complete rotation (flower dance) |
| 43 | er lang dan shan sao yi qiang | Erlang carries the mountain on his shoulder bar |
| 44 | ban ge wu hua | Half turn (Flower Dance) |
| 45 | xia liu feng qiang | Knock down six tenths |
| 46 | hui tou ban ge wu hua | Turn around and perform a half turn (flower dance) |
| 47 | yao zi pu an qun | The sparrowhawk pounces on the quail |
| 48 | tiao yi gen zi | lift stick and heel |
| 49 | zha yi qiang | Stabbing with the spear |
| 50 | quan wu hua | Complete rotation (flower dance) |
| 51 | er lang dan shan sao yi qiang | Erlang carries the mountain on his shoulder bar |
| 52 | ban ge wu hua | Half turn (Flower Dance) |
| 53 | mei nu ren zhen (yu nu chuan suo) | The beautiful woman leads the thread through the needle (The Jade Woman throws) |
| 54 | ci chuang hong men qiang | Prick like an assassin |

Teil 5.

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|----|----------------------------|---|
| 55 | hui tou sao yi qiang | Turn around and sweep with the spear |
| 56 | quan wu hua | Complete rotation (flower dance) |
| 57 | hu xi qiang | Protect the knee with the spear |
| 58 | yan liang qiang | Attack twice undercover |
| 59 | cang long bai wie | The dark green dragon wags its tail |
| 60 | wang qian sao yi qiang | Advance and block with the spear |
| 61 | wang qian zai sao yi qiang | Advance and block again with the spear |
| 62 | wang zuo sao yi qiang | Fight off to the left with the spear |
| 63 | wang you sao yi qiang | Fight off to the right with the spear |
| 64 | ban ge wu hua | Half turn (Flower Dance) |
| 65 | tai gong diao yu | Taigong while fishing |
| 66 | hui ma qiang | Turn around and perform a counterattack |
| 67 | shou shi | Closing position |

