

Chen Style Old Form, Canon Fist

1. Open form
2. Ward Off Left & Right
3. Pounding Mortar
4. Lazy Tying Coat
5. Six Sealing Four Closing
6. Single Whip
7. Chop Right And Left
8. Fist Protecting Heart
9. Chop Right
10. Diagonal Whip
11. Low Strike Right
12. High Sweep
13. Pounding Mortar
14. Turn Left
15. Pull Right & Left
16. Present Elbow
17. Fists Both Sides
18. Step, Turn, Drop
19. Turning Jump
20. Cover Fist And Punch
21. Left Turn & Elbow
22. Cloud Hands Three Times Right
23. Cloud Hands Three Times Left
24. Turn And Draw In

25. Three Steps
26. Turn And Three Steps
27. Elbow And Turn
28. Cover Fist And Punch
29. Turn And Throw out Fists
30. Step And Throw Out Fists
31. Turn And Throw Out Fists
32. Step And Throw Out Fists
33. Strike With Wrists
34. Turn And Throw
35. Step And Throw
36. Turning Jump
37. Cover Fist And Punch
38. DragonFly Lands
39. Turn And Right Palm
40. Single Handed Cloud Hands Right
41. Turn And Chop
42. Single Handed Cloud Hands Left
43. Left Heel Kick
44. Right Heel Kick
45. Cover Fist And Punch
46. Low Forward Sweep
47. Low Backward Sweep
48. Cover Fist And Punch
49. Step In And Throw Left
- 50 . Step In and Throw Right

51. Cover Fist And Punch
52. Turn And Sweep Right
53. Right Forearm Strike
54. Left Downward Strike
55. Right Punch
56. Triple Punch
57. Step Back Right, Turn And Throw
58. Step Back Left, Turn And Throw
59. Forward Right Elbow
60. Elbow To Heart
61. Elbow To Throat
62. Stepping Dragon Emerges
63. Turn and Strike With Elbows
64. Pounding Mortar
65. Closing Form