

STEP 6

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Conceal and strike (Left side)	Yânshôu hóng quán	掩手肱拳(左)

STEP 6 (2 moves)



1. Make a loose fist with left hand, palm up. Fist stays by left hip. Right hand turns to face palm up. Relax shoulders, elbows, wrists, chest and waist. Look to the direction you are going to punch.



2. Turn waist slightly to right as you transfer weight to right leg. At the same time, left fist moves forward and up to shoulder level. Fist turns to face palm down. Right elbow moves back until right hand comes to rest above right hip. Right palm can be face up or facing body.