

# New China

## or

### CHEN SYNTHETIC FORM

Number	Posture	Weight (Front-Back)	Stance	Direction
1	Opening	50-50	Parallel	North
2	Preparation	50-50	Parallel	North
3	White Crane Spreads Wings	10-90	Fishing	North
4	Brush Knee Twist Step Left	70-30	Bow	North
5	Three Point Concentration	70-30	Half Bow	East
6	Single Hand Push	70-30	Half Bow	East
7	Single Whip	70-30	Diagonal	West
8	Play Hands Like Guitar	10-90	T	West
9	Press Right	70-30	Bow	Northwest
10	Press Left	70-30	Bow	Southwest
11	Press Right	70-30	Bow	Northwest
12	Turn And Chop	10-90	T	West
13	Deflect, Parry, Punch	70-30	Bow	West
14	Grasp Sparrow's Tail	70-30	Bow	West
15	Ward Off	70-30	Bow	Southwest
16	Roll Back	30-70	Seated	Southwest
17	Press	70-30	Push	Southwest
18	Push	70-30	Bow	Southwest
19	Cross Hands	50-50	Parallel	North
20	Lean Back	70-30	Parallel	East
21	Fist Under Elbow	10-90	T	West
22	Repulse Monkey Right	10-90	T	West
23	Repulse Monkey Left	10-90	T	West
24	Repulse Monkey Right	10-90	T	West
25	Repulse Monkey Left	10-90	T	West
26	Brush With Willow Leaf	90-10	Live	Southeast
27	Brush With Willow Leaf	90-10	Live	Northwest
28	Brush With Willow Leaf	90-10	Live	Southwest
29	Brush With Willow Leaf	90-10	Live	Northeast
30	Play Hands Like Guitar	10-90	T	East
31	Three Point Concentration	70-30	Half Bow	East
32	Punch Down	70-30	Bow	East
33	White Snake Puts Out Tongue	70-30	Half Bow	West
34	White Snake Puts Out Tongue	70-30	Half Bow	West
35	Cross Palms	70-30	Bow	West
36	Kick Up	100	Hanging	West
37	Hit Tiger Left	70-30	Diagonal	Southeast
38	Kick Up	100	Hanging	Southwest
39	Hit Tiger Right	70-30	Diagonal	Northeast
40	Chop With Fist	10-90	T	West
41	Short Punch	10-90	Fishing	West
42	Snake Creeps Down	30-70	Seated	West
43	Golden Rooster Stands	100	Hanging	West
44	Golden Rooster Stands	100	Hanging	West

Number	Posture	Weight (Front-Back)	Stance	Direction
45	Rollback	30-70	Seated	West
46	Three Point Concentration	70-30	Half Bow	West
47	Single Hand Push	70-30	Half Bow	West
48	Single Whip	70-30	Diagonal	East
49	Cloud Hands (Three Times)	Transits	Parallel	North
50	Parting The Wild Horse's Mane	70-30	Bow	Southeast
51	Parting The Wild Horse's Mane	70-30	Bow	Northeast
52	High Pat On Horse	10-90	Fishing	East
53	Strike With Heel	100	Hanging	Southeast
54	Strike Ears	70-30	Bow	Southeast
55	Strike With Heel	100	Bow	Northeast
56	Cover Hand And Punch	70-30	Live	East
57	Needle At The Sea Bottom	10-90	Fishing	East
58	Fan Through Back	730-30	Diagonal	East
59	Separate Foot Right	100	Hanging	Northwest
60	Separate Foot Left	100	Hanging	Southwest
61	Brush Knee Left	70-30	Bow	West
62	Brush Knee Right	70-30	Bow	West
63	Turn And Chop	30-70	Bow	West
64	Deflect, Parry, Punch	70-30	Bow	West
65	Apparent Closure	70-30	Bow	West
66	Cloud Hands (Three Times)	Transits	Parallel	North
67	Strike With Palm	30-70	Seated	Northwest
68	Deflect Down	70-30	Live	Northwest
69	Fair Lady Works At Shuttles	70-30	Bow	Southwest
70	Fair Lady Works At Shuttles	70-30	Bow	Northwest
71	Step Back Cross Palms	70-30	Bow	West
72	Needle At Sea Bottom	10-90	Fishing	East
73	Stand And Raise Palm	100	Hanging	East
74	Turn Body	Transits	Transits	East
75	Leaning Horse Step	Transits	Parallel	South
76	Snake Creeps Down Left	30-70	Seated	East
77	Step Up To Seven Stars	10-90	Fishing	East
78	Step Back And Ride Tiger	10-90	Fishing	East
79	Turn And Sweep Lotus	100	Hanging	East
80	Bend Bow To Shoot Tiger	70-30	Diagonal	Northeast
81	Deflect, Parry, Punch	70-30	Bow	East
82	Grasp Sparrow's Tail Left	70-30	Bow	East
83	Ward Off	70-30	Bow	Southeast
84	Roll Back	30-70	Seated	Southeast
85	Press	70-30	Bow	Southeast
86	Push	70-30	Bow	Southeast
87	Cross Hands	50-50	Parallel	North
88	Closing	50-50	Parallel	North