

STEP 10

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Conceal and strike (right side)	Yânshôu hóng quán	掩手肱拳 (右)

STEP 10 (2 moves)



1. Left foot steps out to a comfortable stance. Right hand makes a fist, palm up. Relax both arms. Relax down your back. Weight is on right leg.



2. Turn your waist to bring weight into left leg as right fist punches forward and left elbow pushes back. Right fist ends up palm down and relaxed. Left hand is in close to your chest, palm facing you.