

First Form (Simplified Form has 2 sections)
简式太极/JianShiTaiJi : 董氏太极拳一路/DongShiTaiJiYiLun
Simplified Taiji Form / Dong Style Tai Chi First Routine

(First section)

1. 无极势/WuJiShi - **Wuji Posture**
2. 太极起式/TaiJiQiShi - **Beginning Tai Chi**
3. 揽雀尾/LanQueWei (左) - **Grasp Bird's Tail (Left)**
 - 棚 - Ward Off (Peng)
 - 捋 - Roll Back (Lu)
 - 挤 - Press (Zi)
 - 按 - Push (An)
4. 揽雀尾/LanQueWei (右) - **Grasp Bird's Tail (Right)**
 - 棚 - Ward Off (Peng)
 - 捋 - Roll Back (Lu)
 - 挤 - Press (Zi)
 - 按 - Push (An)
5. 单鞭/DanBian (左) - **Single Whip (Left)**
6. 提手上式/TiShouShangShi - **Lift Hands** Upwards Posture
7. 白鹤亮翅/BaiHeLiangChi - **White Crane Spreads Its Wings**
8. 搂膝拗步/LouQiYaoBu (左) - **Brush Left Knee And Push (Left)**
9. 手挥琵琶/ShoHuiPiPa (左) - **Holding the Pipa (Left side)**
10. 搂膝拗步/LouQiYaoBu (左) - **Brush Left Knee And Push (Left)**
11. 搂膝拗步/LouQiYaoBu (右) - **Brush Knee And Push (Right)**
12. 手挥琵琶/ShoHuiPiPa (右) - **Holding Pipa (Right)**
13. 搂膝拗步/LouQiYaoBu (右) - **Brush Knee And Push (Right)**
14. 进步搬拦捶/JinBuBanLanChui - **Step Forward Deflect, Block And Punch**
15. 如封似闭/RuFengSiBi - **Retreat And Seal**
16. 十字手/ShiZhiShou - **Cross Hands**

(第一部分结束-End 1st Section)

(Second section)

17. 揽雀尾/LanQueWei (左) - **Grasp Bird's Tail (Left)**
棚 - Ward Off (Peng)
捋 - Roll Back (Lu)
挤 - Press (Zi)
按 - Push (An)
18. 倒撵猴/DaoNianHou (左) - **Step Back And Repulse The Monkey (Left)**
19. 倒撵猴/DaoNianHou (右) - **Step Back And Repulse The Monkey (Right)**
20. 倒撵猴/DaoNianHou (左) - **Step Back And Repulse The Monkey (Left)**
21. 斜飞式/XieFeiShi (右) - **Slant Flying (Right)**
22. 斜飞式/XieFeiShi (左) - **Slant Flying (Left)**
23. 揽雀尾/LanQueWei (右) - **Grasp Bird's Tail (Right)**
棚 - Ward Off (Peng)
捋 - Roll Back (Lu)
挤 - Press (Zi)
按 - Push (An)
24. 单鞭/DanBian (左) - **Single Whip (Right)**
25. 云手/YunShou - **Cloud Hands**
26. 转身云手/ZhuanShenYunShou - **Turn Around And Cloud Hands**
27. 单边/DanBian (右) - **Single Whip (left side)**
28. 高探马/GaoTanMa (左) - **High Pat On Horse (left)**
29. 高探马/GaoTanMa (右) - **High Pat On Horse (right)**
30. 刺掌CiZhang - **Thrust Through Palm**
31. 十字手/ShiZhiShou - **Cross Hands**
32. 回无极/HuiWuJi - **Return to Wuji**
33. 站桩/ZhanZhuang - **Standing Meditation**