



陳氏太極拳
Chen's Taijiquan

套路視頻
Routine/teaching Videos

陳氏太極拳一段

Chen Style Taijiquan First-Duan

陳式太極拳一段基本形態

The basic form of Chen's Taijiquan First-Duan routine

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陳式太極一段單練套路全套演示

A complete demonstration of Chen's Taijiquan First-Duan SINGLE practice routine

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Chen's Taijiquan First-Duan SINGLE Practice Routine First Section Breakdown and Teaching

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Chen's Taijiquan First-Duan SINGLE Practice Routine Second Section Breakdown and Teaching

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A complete demonstration of Chen's Taijiquan First-Duan PAIR training routine

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陳式太極拳一段套路拆招教學示範

A complete teaching demonstration of Chen's Taijiquan First-Duan DISMANTLING movements

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陳氏太極拳二段

Chen Style Taijiquan Second-Duan

陳式太極拳二段套路基本形態

The basic form of Chen's Taijiquan Second-Duan routine

<https://www.youtube.com/watch?v=8e1bCIQNFZM&list=PLQNSTMRdKJx4t2EslacZpedrztUojF5gc&index=2>

陳式太極拳二段單練套路完整演示

A complete demonstration of Chen's Taijiquan Second-Duan SINGLE practice routine

<https://www.youtube.com/watch?v=gUJIYDGLRwo&list=PLQNSTMRdKJx4t2EslacZpedrztUojF5gc&index=2&t=13s>

陳式太極拳二段單練套路第一小節分解教學

Chen's Taijiquan Second-Duan SINGLE Practice Routine First Section Breakdown and Teaching

<https://www.youtube.com/watch?v=WPCevSwGqrs&list=PLQNSTMRdKJx4t2EslacZpedrztUojF5gc&index=3&t=51s>

陳式太極拳二段單練套路第二小節分解教學

Chen's Taijiquan Second-Duan SINGLE Practice Routine Second Section Breakdown and Teaching

<https://www.youtube.com/watch?v=gefEy0FPCvo&list=PLQNSTMRdKJx4t2EslacZpedrztUojF5gc&index=5>

陳式太極拳二段套路對打套路完整示範

A complete demonstration of Chen's Taijiquan Second-Duan PAIR training routine

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陳式太極拳二段套路對打套路分解教學

The First Section of Chen Taijiquan's Second-Duan PAIR training routine breakdown and teaching

<https://www.youtube.com/watch?v=jb0Plii6bs&list=PLQNSTMRdKJx4t2EslacZpedrztUojF5gc&index=6>

陳式太極拳二段套路拆招教學示範

A complete teaching demonstration of Chen's Taijiquan Second-Duan DISMANTLING movements

<https://www.youtube.com/watch?v=7pdfPuw4DAg&list=PLQNSTMRdKJx4t2EslacZpedrztUojF5gc&index=6>

[edrztUojF5gc&index=7](#)

陳氏太極拳三段

Chen Style Taijiquan Third-Duan

陳氏太極拳三段基本形態

The basic form of Chen's Taijiquan Third-Duan routine

<https://www.youtube.com/watch?v=wDZak6-WFEg&list=PLQNSTMRdKJx42Hm9Ly0bWUuYiwBXnHwZC&index=1>

陳氏太極拳三段單練套路

A complete demonstration of Chen's Taijiquan Third-Duan SINGLE practice routine

<https://www.youtube.com/watch?v=T4WwWBGJvI&list=PLQNSTMRdKJx42Hm9Ly0bWUuYiwBXnHwZC&index=2>

陳氏太極拳三段單練套路第一小節分解教學

Chen's Taijiquan Third-Duan SINGLE Practice Routine First Section Breakdown and Teaching

<https://www.youtube.com/watch?v=fag2NYqriyg&list=PLQNSTMRdKJx42Hm9Ly0bWUuYiwBXnHwZC&index=3>

陳氏太極拳三段單練套路第二小節分解教學

Chen's Taijiquan Third-Duan SINGLE Practice Routine Second Section Breakdown and Teaching

<https://www.youtube.com/watch?v=f15Er7zcirl&list=PLQNSTMRdKJx42Hm9Ly0bWUuYiwBXnHwZC&index=4&t=69s>

陳氏太極拳三段對練套路完整示範

A complete demonstration of Chen's Taijiquan Third-Duan PAIR training routine

https://www.youtube.com/watch?v=cQhhWks_8Co&list=PLQNSTMRdKJx42Hm9Ly0bWUuYiwBXnHwZC&index=5

陳氏太極拳三段對練套路分解教學

The Chen Taijiquan's Third-Duan PAIR training routine breakdown and teaching

<https://www.youtube.com/watch?v=f0mtgYhZIVs&list=PLQNSTMRdKJx42Hm9Ly0bWUuYiwBXnHwZC&index=6>

陳氏太極拳三段對練套拆招教學示範

A complete teaching demonstration of Chen's Taijiquan Third-Duan DISMANTLING movements

<https://www.youtube.com/watch?v=W3QCaB-4pBI&list=PLQNSTMRdKJx42Hm9Ly0>

[bWUuYiwBXnHwZC&index=7](#)

陳氏太極拳四段

Chen Style Taijiquan Fourth-Duan

陳氏太極拳四段套路基本形態

The basic form of Chen's Taijiquan Fourth-Duan routine

<https://www.youtube.com/watch?v=ltMengOtxNE&list=PLQNSTMRdKJx5TxGrNOPvfMly9-waMucC&index=1>

陳氏太極拳四段單練套路完整演示

A complete demonstration of Chen's Taijiquan Fourth-Duan single practice routine

<https://www.youtube.com/watch?v=bsJnLcPp8Lc&list=PLQNSTMRdKJx5TxGrNOPvfMly9-waMucC&index=10>

陳氏太極拳四段單練套路第一小節分解教學

Chen's Taijiquan Fourth-Duan SINGLE Practice Routine First Section Breakdown and Teaching

<https://www.youtube.com/watch?v=BN3OoftRzWg&list=PLQNSTMRdKJx5TxGrNOPvfMly9-waMucC&index=3&t=44s>

陳氏太極拳四段單練套路第二小節分解教學

Chen's Taijiquan Fourth-Duan SINGLE Practice Routine Second Section Breakdown and Teaching

<https://www.youtube.com/watch?v=BN3OoftRzWg&list=PLQNSTMRdKJx5TxGrNOPvfMly9-waMucC&index=3>

陳氏太極拳四段單練套路第三小節分解教學

Chen's Taijiquan Fourth-Duan SINGLE Practice Routine Third Section Breakdown and Teaching

<https://www.youtube.com/watch?v=IFSBQ0dFn84&list=PLQNSTMRdKJx5TxGrNOPvfMly9-waMucC&index=4>

陳氏太極拳四段單練套路第四小節分解教學

Chen's Taijiquan Fourth-Duan SINGLE Practice Routine Fourth Section Breakdown and Teaching

<https://www.youtube.com/watch?v=KAq05xtsKpY&list=PLQNSTMRdKJx5TxGrNOPvfMly9-waMucC&index=5>

陳氏太極拳四段對練套路完整示範

A complete demonstration of Chen's Taijiquan Fourth-Duan PAIR training routine

<https://www.youtube.com/watch?v=Sb-D8qOFUMU&list=PLQNSTMRdKJx5TxGrNO>

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陳氏太極拳四段對練套路第一小節分解教學

The First Section of Chen Taijiquan's Fourth-Duan PAIR training routine breakdown and teaching

<https://www.youtube.com/watch?v=qjJ2t9uvyPw&list=PLQNSTMRdKJx5TxGrNOPvmMly9-waMucC&index=7>

陳氏太極拳四段對練套路第二小節分解教學

The Second Section of Chen Taijiquan's Fourth-Duan PAIR training routine breakdown and teaching

<https://www.youtube.com/watch?v=MEOCpkg4N3A&list=PLQNSTMRdKJx5TxGrNOPvmMly9-waMucC&index=8>

陳式太極拳四段套路拆招教學示範

A complete teaching demonstration of Chen's Taijiquan Fourth-Duan DISMANTLING movements

<https://www.youtube.com/watch?v=RVk9PgEW4pE&list=PLQNSTMRdKJx5TxGrNOPvmMly9-waMucC&index=9>

陳氏太極五段

Chen Style Taijiquan Fifth-Duan

陳氏太極拳五段套路基本形態

The basic form of Chen's Taijiquan Fifth-Duan routine

https://www.youtube.com/watch?v=cYDGqDuMJoE&list=PLQNSTMrdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=1

陳氏太極拳五段單練套路完整示範

A complete demonstration of Chen's Taijiquan Fifth-Duan single practice routine

https://www.youtube.com/watch?v=wh1rpnGxh0o&list=PLQNSTMrdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=2

陳氏太極拳五段單練套路第一小節分解教學

Chen's Taijiquan Fifth-Duan SINGLE Practice Routine First Section Breakdown Teaching

https://www.youtube.com/watch?v=LpM_c7zdwjU&list=PLQNSTMrdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=3

陳氏太極拳五段單練套路第二小節分解教學

Chen's Taijiquan Fifth-Duan SINGLE Practice Routine Second Section Breakdown Teaching

https://www.youtube.com/watch?v=HiOK7bdix2k&list=PLQNSTMrdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=4

陳氏太極拳五段單練套路第三小節分解教學

Chen's Taijiquan Fifth-Duan SINGLE Practice Routine Third Section Breakdown Teaching

https://www.youtube.com/watch?v=c409cDheimw&list=PLQNSTMrdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=5

陳氏太極拳五段單練套路第四小節分解教學

Chen's Taijiquan Fifth-Duan SINGLE Practice Routine Fourth Section Breakdown Teaching

https://www.youtube.com/watch?v=jhgrjrdiLtl&list=PLQNSTMrdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=6

陳氏太極拳五段對練套路完整示範

A complete demonstration of Chen's Taijiquan Fifth-Duan PAIR training routine

https://www.youtube.com/watch?v=KkTERbVYxTw&list=PLQNSTMRdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=7

陳氏太極拳五段對練套路第一小節分解教學

The First Section of Chen Taijiquan's Fifth-Duan PAIR training routine breakdown and teaching

https://www.youtube.com/watch?v=ToQRdlb4x_A&list=PLQNSTMRdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=8

陳氏太極拳五段對練套路第二小節分解教學

The Second Section of Chen Taijiquan's Fifth-Duan PAIR training routine breakdown and teaching

https://www.youtube.com/watch?v=OU5w9Ki3dBQ&list=PLQNSTMRdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=9

陳氏太極拳五段拆招教學示範

A complete teaching demonstration of Chen's Taijiquan Fifth-Duan DISMANTLING movements

https://www.youtube.com/watch?v=McfLgZoAJIs&list=PLQNSTMRdKJx6htOfbAAV_WjAIC6-Ei4Yr&index=10

陳氏太極拳六段

Chen Style Taijiquan Sixth-Duan

陳氏太極拳六段套路基本形態

The basic form of Chen's Taijiquan Sixth-Duan routine

<https://www.youtube.com/watch?v=A-vi8vZdgfs&list=PLQNSTMRdKJx5VDkzeV0rC38CGANeYHNCz&index=1>

陳氏太極拳六段單練套路完整演示

A complete demonstration of Chen's Taijiquan Sixth-Duan SINGLE practice routine

<https://www.youtube.com/watch?v=cqTHzcmBqW8&list=PLQNSTMRdKJx5VDkzeV0rC38CGANeYHNCz&index=2&t=121s>

陳氏太極拳六段單練套路第一小節分解教學

Chen's Taijiquan Sixth-Duan SINGLE Practice Routine First Section Breakdown Teaching

<https://www.youtube.com/watch?v=9RL6wNOKXso&list=PLQNSTMRdKJx5VDkzeV0rC38CGANeYHNCz&index=3&t=88s>

陳氏太極拳六段單練套路第二小節分解教學

Chen's Taijiquan Sixth-Duan SINGLE Practice Routine Second Section Breakdown Teaching

<https://www.youtube.com/watch?v=KOvDdNQeXno&list=PLQNSTMRdKJx5VDkzeV0rC38CGANeYHNCz&index=4&t=43s>

陳氏太極拳六段單練套路第三小節分解教學

Chen's Taijiquan Sixth-Duan SINGLE Practice Routine Third Section Breakdown and Teaching

<https://www.youtube.com/watch?v=hgYBfpc6BLU&list=PLQNSTMRdKJx5VDkzeV0rC38CGANeYHNCz&index=5&t=52s>

陳氏太極拳六段對練套路全套完整演示

A complete demonstration of Chen's Taijiquan Sixth-Duan PAIR training routine

https://www.youtube.com/watch?v=d_IEJsmD29o&list=PLQNSTMRdKJx5VDkzeV0rC38CGANeYHNCz&index=6&t=32s

陳氏太極拳六段對練套路第一小節分解教學

The First Section of Chen Taijiquan's Sixth-Duan PAIR training routine breakdown and teaching

<https://www.youtube.com/watch?v=cjjFbrxyS3c&list=PLQNSTMRdKJx5VDkzeV0rC38CGANeYHNCz&index=7&t=31s>

陳氏太極拳六段對練套路第二小節分解教學

The second section of Chen Taijiquan's Sixth-Duan PAIR training routine is breakdown and teaching

<https://www.youtube.com/watch?v=mDlevvRq0Vc&list=PLQNSTMRdKJx5VDkzeV0rC38CGANeYHNCz&index=8&t=34s>

陳氏太極拳六段拆招完整教學示範

A complete teaching demonstration of Chen's Taijiquan Sixth-Duan DISMANTLING movements

<https://www.youtube.com/watch?v=fbZXosb06c4&list=PLQNSTMRdKJx5VDkzeV0rC38CGANeYHNCz&index=9>