

**Äussere Stile**

| <b>System</b>      | <b>Formen</b>                | <b>Video-Referenz</b>   | <b>Klassifizierung (1 Grundstufe, 2 Mittelstufe, 3 Oberstufe)</b> |
|--------------------|------------------------------|---|---|
| <b>Shaolinquan</b> | <b>Faustformen</b>           |   |   |
|                    | Shaolin Xiaohong Quan        | <a href="http://www.youtube.com/watch?v=VsfMLyGkmaE">http://www.youtube.com/watch?v=VsfMLyGkmaE</a> | 2   |
|                    |                              | <a href="http://www.youtube.com/watch?v=wKvJNOEIXnE">http://www.youtube.com/watch?v=wKvJNOEIXnE</a> | 2   |
|                    | Shaolin Da Lao Xiaohong Quan | <a href="http://www.youtube.com/watch?v=3gEop0aFSRY">http://www.youtube.com/watch?v=3gEop0aFSRY</a> | 3   |
|                    | Shaolin Dahong Quan          | <a href="http://www.youtube.com/watch?v=GnC8FVBC29M">http://www.youtube.com/watch?v=GnC8FVBC29M</a> | 1   |
|                    | Shaolin Tongbi Quan          | <a href="http://www.youtube.com/watch?v=wnjpCj9Ehgs">http://www.youtube.com/watch?v=wnjpCj9Ehgs</a> | 2   |
|                    |                              | <a href="http://www.youtube.com/watch?v=Od-vluaMLQE">http://www.youtube.com/watch?v=Od-vluaMLQE</a> | 2   |
|                    | Shaolin Qixing Quan          | <a href="http://www.youtube.com/watch?v=gWKVO_wlf2Y">http://www.youtube.com/watch?v=gWKVO_wlf2Y</a> | 1   |
|                    | Shaolin Pao Quan             | <a href="http://www.youtube.com/watch?v=gpAKNG02_Bc">http://www.youtube.com/watch?v=gpAKNG02_Bc</a> | 1   |
|                    |                              | <a href="http://www.youtube.com/watch?v=O85HqfdCU74">http://www.youtube.com/watch?v=O85HqfdCU74</a> | 1   |
|                    | Shaolin Chaoyang Quan        | <a href="http://www.youtube.com/watch?v=ve3i29ZEhfk">http://www.youtube.com/watch?v=ve3i29ZEhfk</a> | 1   |
|                    | Shaolin Lohan Quan           | <a href="http://www.youtube.com/watch?v=cr3q4vhr58">http://www.youtube.com/watch?v=cr3q4vhr58</a>   | 3   |
|                    |                              | <a href="http://www.youtube.com/watch?v=WDRkqO4Y7U4">http://www.youtube.com/watch?v=WDRkqO4Y7U4</a> | 3   |
|                    | Shaolin Lian Huan Quan       |   | 1   |
|                    | Shaolin Jingang Quan         | <a href="http://www.youtube.com/watch?v=w5SSgSrRGkU">http://www.youtube.com/watch?v=w5SSgSrRGkU</a> | 2   |
|                    | Shaolin Taizu Changquan      | <a href="http://www.youtube.com/watch?v=Bg0AHeYAfWM">http://www.youtube.com/watch?v=Bg0AHeYAfWM</a> | 2   |
|                    | Shaolin Gongfu Quan          |   |   |
|                    | <b>Kurz Waffen</b>           |   |   |
|                    | Shaolin Dan Dao              | <a href="http://www.youtube.com/watch?v=9AxK7C6EDl">http://www.youtube.com/watch?v=9AxK7C6EDl</a>   | 2   |
|                    | Shaolin Jingsai Dao          | <a href="http://www.youtube.com/watch?v=J0KAu81OC88">http://www.youtube.com/watch?v=J0KAu81OC88</a> | 3   |
|                    | Shaolin Mei Hua Dao          | <a href="http://www.youtube.com/watch?v=ICiXSeFZkfU">http://www.youtube.com/watch?v=ICiXSeFZkfU</a> | 2   |
|                    | Shaolin Chuyang Dao          | <a href="http://www.youtube.com/watch?v=JBGskPI1beI">http://www.youtube.com/watch?v=JBGskPI1beI</a> |   |
|                    | Shaolin Dan Jian             |   |   |
|                    | Shaolin Dragon Spring Sword  | <a href="http://www.youtube.com/watch?v=QsycYcSnxYE">http://www.youtube.com/watch?v=QsycYcSnxYE</a> |   |
|                    | Shaolin Damo Jian            |   |   |
|                    | <b>Langwaffen</b>            |   |   |
|                    | Shaolin Yinshou Gun          | <a href="http://www.youtube.com/watch?v=-x1bNiCHOQk">http://www.youtube.com/watch?v=-x1bNiCHOQk</a> | 2   |
|                    | Shaolin Qimei Gun            | <a href="http://www.youtube.com/watch?v=BflyORlvuI4">http://www.youtube.com/watch?v=BflyORlvuI4</a> |   |
|                    | Shaolin Zhenshan Gun         |   |   |
|                    | Shaolin Yang Jia Qiang       | <a href="http://www.youtube.com/watch?v=7mQwyv9UpK0">http://www.youtube.com/watch?v=7mQwyv9UpK0</a> |   |
|                    | Shaolin Shi San Qiang        | <a href="http://www.youtube.com/watch?v=tNtUCU0eT5M">http://www.youtube.com/watch?v=tNtUCU0eT5M</a> |   |
|                    | <b>Hung Kuen/ Hong Quan</b>  | <b>Faustformen</b>  |   |
|                    |                              | Yap Mun Kuen  | 1   |
|                    | Mui Fa Kuen                  | 1   |   |

|                        |   |   |
|------------------------|---|---|
| Dan Gung Fuk Fu Kuen   | <a href="http://www.youtube.com/watch?v=mUNB_S6U1Eg&amp;feature=related">http://www.youtube.com/watch?v=mUNB_S6U1Eg&amp;feature=related</a> | 2 |
| Dan Gung Kuen          |   | 2 |
| Gung Gee Fuk Fu Kuen   | <a href="http://www.youtube.com/watch?v=Mn5TXoZwR1U">http://www.youtube.com/watch?v=Mn5TXoZwR1U</a>   | 2 |
| Fu Hok Sheung Yin Kuen |   | 3 |
| Ng Yin Kuen            |   | 3 |
| Sap Yin Kuen           |   | 3 |
| Tit Sin Kuen           |   |   |

**Kurzwaffen**

|                       |  |   |
|-----------------------|--|---|
| Mui Fa Sheung Long Do |  | 2 |
| Ng Se Sheung Sao Do   |  | 2 |

**Langwaffen**

|                        |   |   |
|------------------------|---|---|
| Bat Kwa Guan           | <a href="http://www.youtube.com/watch?v=hvJFwEt33Is&amp;feature=related">http://www.youtube.com/watch?v=hvJFwEt33Is&amp;feature=related</a> | 3 |
| Bat Kwa Cheung         | <a href="http://www.youtube.com/watch?v=xRfUUKW9jJA&amp;feature=related">http://www.youtube.com/watch?v=xRfUUKW9jJA&amp;feature=related</a> | 3 |
| Sheung Tau Man Fu Guan |   | 3 |

**Innere Stile  
System  
Chen-Stil Taijiquan**

**Formen**

**Faustformen**

|                         |   |   |
|-------------------------|---|---|
| 13er Form Zhu Tiancai   | <a href="http://www.youtube.com/watch?v=ZeJDZ10Vsp4">http://www.youtube.com/watch?v=ZeJDZ10Vsp4</a>   | 1 |
| 18er Form Chen Zhenglei | <a href="http://www.youtube.com/watch?v=U5tIEPaMHZM">http://www.youtube.com/watch?v=U5tIEPaMHZM</a>   | 1 |
| 19er Form Chen Xiaowang | <a href="http://www.youtube.com/watch?v=5qNPs8kMhgw">http://www.youtube.com/watch?v=5qNPs8kMhgw</a>   | 1 |
| 38er Form Chen Xiaowang | <a href="http://www.youtube.com/watch?v=RBCLzWUtlIU">http://www.youtube.com/watch?v=RBCLzWUtlIU</a>   | 2 |
| Lao Jia Yi Lu           | <a href="http://www.youtube.com/user/nommbe#p/u/9/y9s42tTImY0">http://www.youtube.com/user/nommbe#p/u/9/y9s42tTImY0</a>                     | 3 |
|                         | <a href="http://www.youtube.com/user/nommbe#p/u/8/zPYd7WS1v8c">http://www.youtube.com/user/nommbe#p/u/8/zPYd7WS1v8c</a>                     |   |
|                         | <a href="http://www.youtube.com/user/nommbe#p/u/7/lr7YNOQUQIU">http://www.youtube.com/user/nommbe#p/u/7/lr7YNOQUQIU</a>                     |   |
|                         | <a href="http://www.youtube.com/user/nommbe#p/u/6/flhDvaH_Azg">http://www.youtube.com/user/nommbe#p/u/6/flhDvaH_Azg</a>                     |   |
|                         | <a href="http://www.youtube.com/user/nommbe#p/u/18/BgPCzfHg85M">http://www.youtube.com/user/nommbe#p/u/18/BgPCzfHg85M</a>                   |   |
| Lao Jia Er Lu           | <a href="http://www.youtube.com/user/nommbe#p/u/10/ZBVzUnF9eXU">http://www.youtube.com/user/nommbe#p/u/10/ZBVzUnF9eXU</a>                   | 3 |
| Xin Jia Yi Lu           | <a href="http://www.youtube.com/user/suppafoxe#p/a/u/1/oRAv85s3OZk">http://www.youtube.com/user/suppafoxe#p/a/u/1/oRAv85s3OZk</a>           | 3 |
|                         | <a href="http://www.youtube.com/user/suppafoxe#p/a/u/0/iKzclAISEQI">http://www.youtube.com/user/suppafoxe#p/a/u/0/iKzclAISEQI</a>           |   |
|                         | <a href="http://www.youtube.com/watch?v=WoMMkdiRNFM">http://www.youtube.com/watch?v=WoMMkdiRNFM</a>   |   |
|                         | <a href="http://www.youtube.com/watch?v=r-DaiYdsxvc&amp;feature=related">http://www.youtube.com/watch?v=r-DaiYdsxvc&amp;feature=related</a> |   |
| Xin Jia Er Lu           | <a href="http://www.youtube.com/watch?v=J4w_62WX9Rk&amp;feature=related">http://www.youtube.com/watch?v=J4w_62WX9Rk&amp;feature=related</a> | 3 |
|                         | <a href="http://www.youtube.com/watch?v=Pc7Z3WQKYag">http://www.youtube.com/watch?v=Pc7Z3WQKYag</a>   |   |
| Xiao Jia Yi Lu          | <a href="http://www.youtube.com/watch?v=PCEwEjE2hS0">http://www.youtube.com/watch?v=PCEwEjE2hS0</a>   | 3 |
| Xiao Jia Er Lu          | <a href="http://www.youtube.com/watch?v=gfvM3vFneYM">http://www.youtube.com/watch?v=gfvM3vFneYM</a>   | 3 |

**Kurzwaffen**

**Video-Referenz**

**Klassifizierung (1 Grundstufe, 2 Mittelstufe, 3 Oberstufe)**

|                  |                             |  |   |
|------------------|-----------------------------|--|---|
|                  | Taiji Dao                   | <a href="http://www.youtube.com/watch?v=iibeHPY6yt0">http://www.youtube.com/watch?v=iibeHPY6yt0</a>  | 2 |
|                  | Taiji Jian                  | <a href="http://www.youtube.com/watch?v=zdjbPBSWJm4">http://www.youtube.com/watch?v=zdjbPBSWJm4</a>  | 3 |
|                  | Taiji Shuang Dao            |  | 3 |
|                  | Taiji Shuang Jian           |  | 3 |
|                  | <b>Langwaffen</b>           |  |   |
|                  | Taiji Qiang                 |  | 2 |
|                  | Taiji Qun Jiu Da Dao        |  | 3 |
|                  | <b>Moderne Formen</b>       |  |   |
|                  | 36er Chen-Stil              | <a href="http://www.youtube.com/watch?v=H5iI-jDFEPk">http://www.youtube.com/watch?v=H5iI-jDFEPk</a>  | 2 |
|                  | 56er Chen-Stil              | <a href="http://www.youtube.com/user/nomme#p/u/20/H06sIRyXfYo">http://www.youtube.com/user/nomme#p/u/20/H06sIRyXfYo</a>  | 3 |
| <b>Yang Stil</b> | <b>Faustformen</b>          |  |   |
|                  | Cheng Manching-Kurzform     | <a href="http://www.youtube.com/watch?v=USJPmCZ6Efc">http://www.youtube.com/watch?v=USJPmCZ6Efc</a><br><a href="http://www.youtube.com/watch?v=zlPkw6AnKYw">http://www.youtube.com/watch?v=zlPkw6AnKYw</a> | 2 |
|                  | 85er Form nach Yang Chengfu | <a href="http://www.youtube.com/watch?v=e-tLF_hZAE&amp;feature=related">http://www.youtube.com/watch?v=e-tLF_hZAE&amp;feature=related</a>  | 3 |
|                  | <b>Kurzwaffen</b>           |  |   |
|                  | 56er Taiji Jian             | <a href="http://www.youtube.com/watch?v=k8rgiOI8LN0&amp;feature=related">http://www.youtube.com/watch?v=k8rgiOI8LN0&amp;feature=related</a>  | 3 |
|                  | 67er Taiji Jian             | <a href="http://www.youtube.com/watch?v=FR1exD3Rzcs">http://www.youtube.com/watch?v=FR1exD3Rzcs</a>  | 3 |
|                  | 13er Taiji Dao              | <a href="http://www.youtube.com/watch?v=-J9551OwZ_o">http://www.youtube.com/watch?v=-J9551OwZ_o</a>  | 2 |
|                  | <b>Langwaffen</b>           |  |   |
|                  | Taiji Gun                   |  |   |
|                  | <b>Moderne Formen</b>       |  |   |
|                  | 8er (10er) Form             | <a href="http://www.youtube.com/watch?v=P4Z4sQNQtJM">http://www.youtube.com/watch?v=P4Z4sQNQtJM</a>  | 1 |
|                  | 16er Form                   | <a href="http://www.youtube.com/watch?v=4zKx7qJ8-Ts">http://www.youtube.com/watch?v=4zKx7qJ8-Ts</a>  | 1 |
|                  | 24er Form                   | <a href="http://www.youtube.com/watch?v=TBvF6r6DOvc">http://www.youtube.com/watch?v=TBvF6r6DOvc</a>  | 2 |
|                  | 40er Form                   | <a href="http://www.youtube.com/watch?v=yklIhjdDecs">http://www.youtube.com/watch?v=yklIhjdDecs</a>  | 3 |
|                  | 88er Form                   |  | 3 |
|                  | 16er Schwertform            | <a href="http://www.youtube.com/watch?v=kXmkfERjPMA">http://www.youtube.com/watch?v=kXmkfERjPMA</a>  | 2 |
|                  | 32er Schwertform            | <a href="http://www.youtube.com/watch?v=0ovau47v2KO">http://www.youtube.com/watch?v=0ovau47v2KO</a>  | 2 |