

Taijiquan 24 Form

Standard Simplified Chinese National Version

T'ai Chi Ch'uan 24 Movement Form, 1956, in the Yang Style

1. Opening Posture of Taijiquan
2. Wild Horse Shakes Its Mane
3. White Crane Spreads Its Wings
4. Brush Knee
5. Playing the Lute
6. Step Back and Repulse Monkey
7. Grasping the Sparrow's Tail Left
8. Grasping the Sparrow's Tail Right
9. Single Whip
10. Waving Hands Like Clouds
11. Single Whip
12. Pat the Horse on the Back
13. Kick with Right Heel
14. Hitting Your Opponent's Ears with Both Fists
15. Kick with Left Heel
16. Snake Creeps Down, Golden Rooster Stands on Left Leg
17. Snake Creeps Down, Golden Rooster Stands on Right Leg
18. Fair Lady Works the Shuttles
19. Pick Up the Needle From the Bottom of the Sea
20. Flashing the Arms Like a Fan
21. Deflect, Parry and Punch
22. Apparent Close and Push
23. Cross Hands
24. Closing Posture of Taijiquan

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Website: <http://www.egreenway.com/taichichuan/short.htm>