

Tai Chi 24 Form Summary

1. Heaven and Earth (Commencement)
2. Part the Wild Horse's (Mustang's) Mane – left, right, left
3. White Crane Flashes Wings (or White Stork Cools it's Wings)
4. Brush Knee and Twist Step – left, right, left
5. Strum the Lute
6. Repulse the Monkey (or Drive the Monkey Back)
7. Grasp the Sparrow's (Bird's) Tail – left
8. Grasp the Sparrow's (Bird's) Tail – right
9. Single Whip – left
10. Wave Hands Like Clouds
11. Single Whip – left
12. High Pat on Horse
13. Kick with Right Heel
14. Strike Ears with Fists (or Twin Dragon Searches for the Pearl)
15. Turn and Kick with Left Heel
16. Snake Creeps Down to Golden Rooster Stands on One Leg, left side
17. Snake Creeps Down to Golden Rooster Stands on One Leg, right side
18. (Jade Lady) Works the Shuttles to Both Sides
19. Needle at the Sea Bottom
20. Flash the Arms
21. Turn, Deflect, Parry, and Punch
22. Apparent Close Up
23. Cross Hands
24. Closing Form