

Tai Chi 24 Form

1. Commencement
2. Part the Mustang's Mane - left, right, left
3. White Crane Flashes it's Wings
4. Brush knee - left, right, left
5. Strum the Lute
6. Drive the Monkey Back - right, left, right, left
7. Ward Off - left, Grasp the Sparrow's Tail
8. Ward Off- right, Grasp the Sparrow's Tail
9. Single Whip - left
10. Wave Hands like Clouds five times
11. Single Whip - left
12. Pat the High Horse - gather low
13. Kick with Right Heel - gather high
14. Strike Ears with both Fists
15. Pivot gathering Chi 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 Bottom of the Sea
20. Flash the Arms
21. Turn, Strike, Parry and Punch
22. Apparent Close Up
23. Cross Hands
24. Closing Form