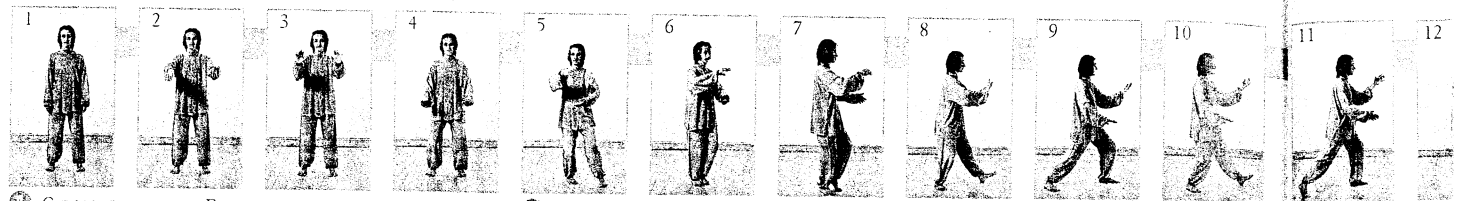


Twenty Four Form Tai Chi Chuan, Yang Style

1. Opening form
2. Parting the horse's main, 3x
3. White crane spreads its wings
4. Brushes knee, 3 x
5. Play the lute
6. Repel the monkey (roll elbows back), 2 left 2 right
7. Grasp the bird's tail, left side
8. Grasp the bird's tail right side
9. Single whip
10. Wave hands like clouds (step left 3 times)
11. Single whip
12. High pat on horse
13. Heal kick right foot
14. Strike opponent with both fists
15. Heal Kick with left foot
16. Snake creeps down left leg forward
17. Stand on one leg (left leg on floor)
18. Snake creeps down right leg forward
19. Stand on one leg (right leg on floor)
20. Works at shuttles, right and left sides
21. Find needle at sea bottom
22. Flashes arms
23. Parry and punch
24. Closing form (Carry tiger to the mountain)

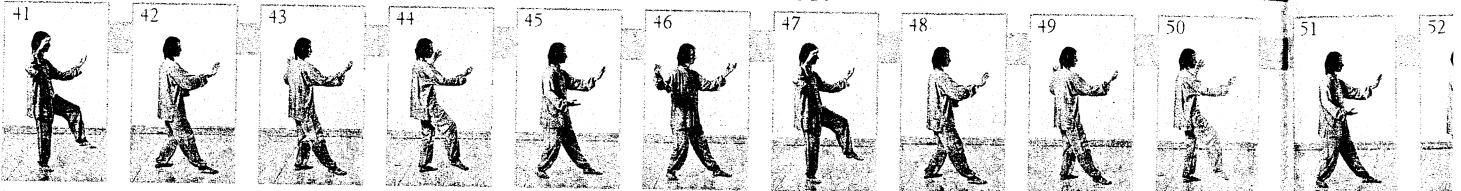
Twenty-Four Step Tai Chi Chuan – The Complete Sequen



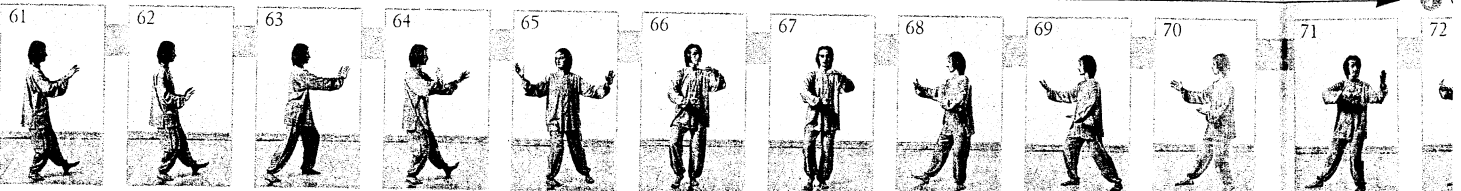
1 COMMENCING FORM → 2 PART WILD HORSE MANE ON BOTH SIDES



SPREADS ITS WINGS → 3 BRUSH KNEE AND TWIST STEP ON BOTH SIDES



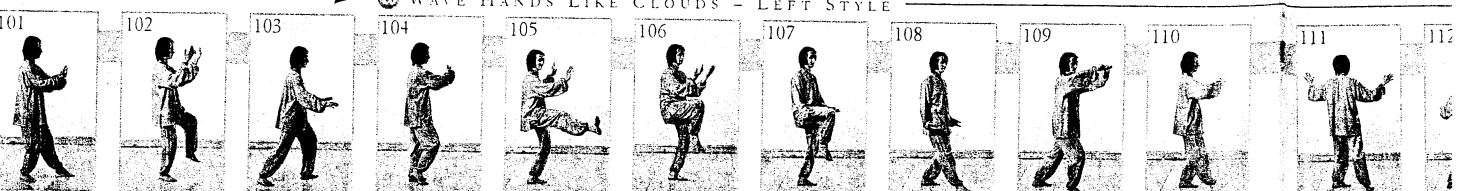
MONKEY AWAY →



4 GRASP THE BIRD'S TAIL - RIGHT STYLE



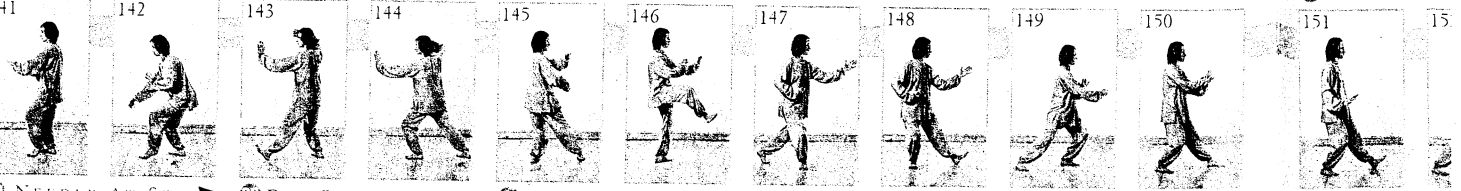
5 WAVE HANDS LIKE CLOUDS - LEFT STYLE



6 KICK WITH RIGHT HEEL → 7 STRIKE WITH BOTH FISTS → 8 TURN AND KICK WI



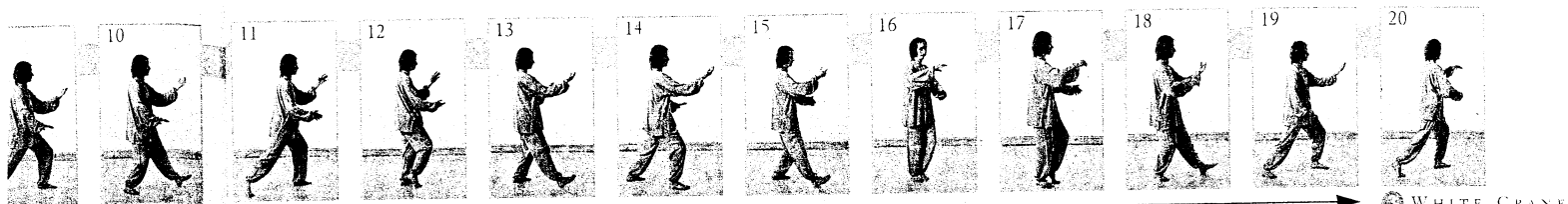
9 SQUAT DOWN AND STAND ON ONE LEG - RIGHT STYLE



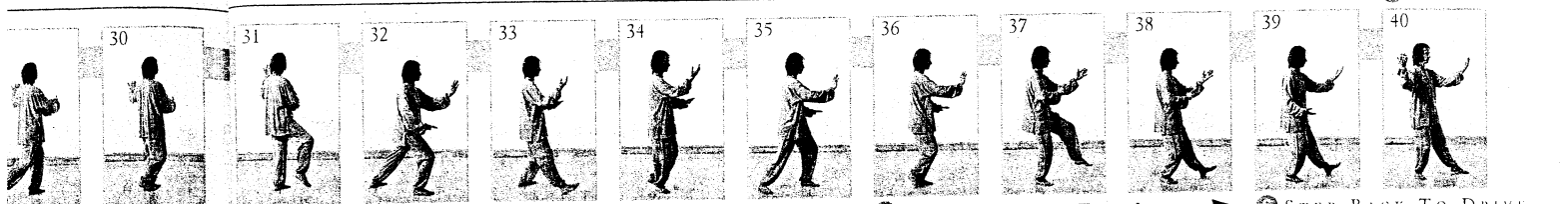
10 FAIR LADY

11 NEEDLE AT SEA → 12 FAN PENETRATES → 13 TURN, DELECT DOWNWARD, PARRY AND PUNCH → 14 WITH → 15 DRAW AND PU

Complete Sequence



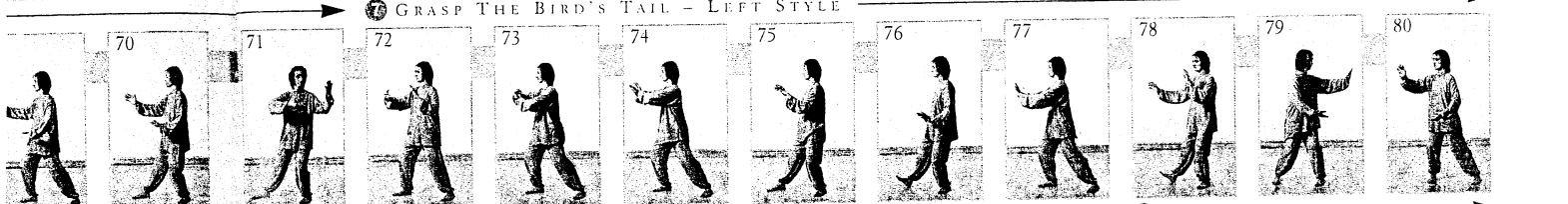
10 WHITE CRANE



30 HAND STRUMS THE LUTE → 35 STEP BACK TO DRIVE



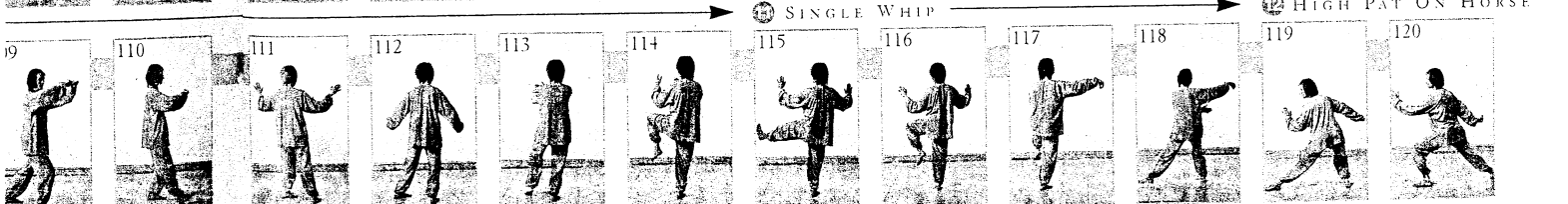
50 GRASP THE BIRD'S TAIL - LEFT STYLE



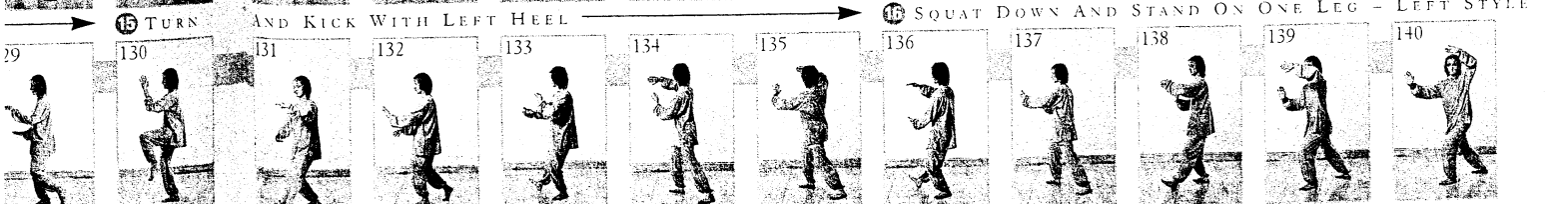
70 SINGLE WHIP



90 SINGLE WHIP → 95 HIGH PAT ON HORSE



110 TURN AND KICK WITH LEFT HEEL → 115 SQUAT DOWN AND STAND ON ONE LEG - LEFT STYLE



130 FAIR LADY WORKS SHUTTLES



150 UNCH WITH → 155 DRAW AND PUSH → 158 CROSS HANDS → 159 CLOSING FORM