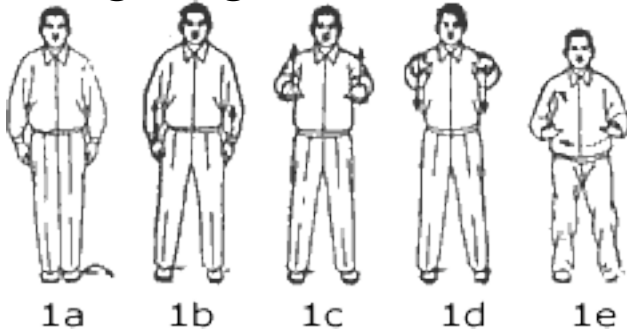
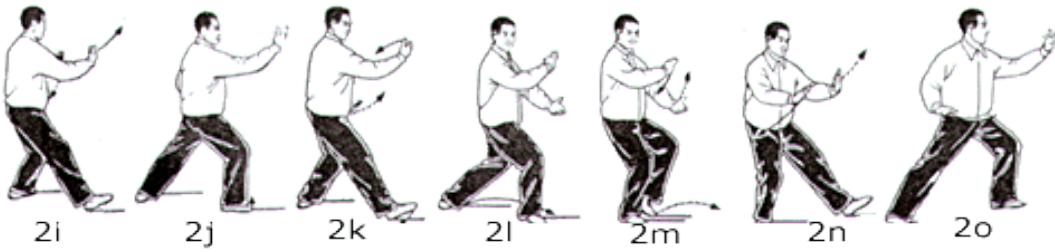
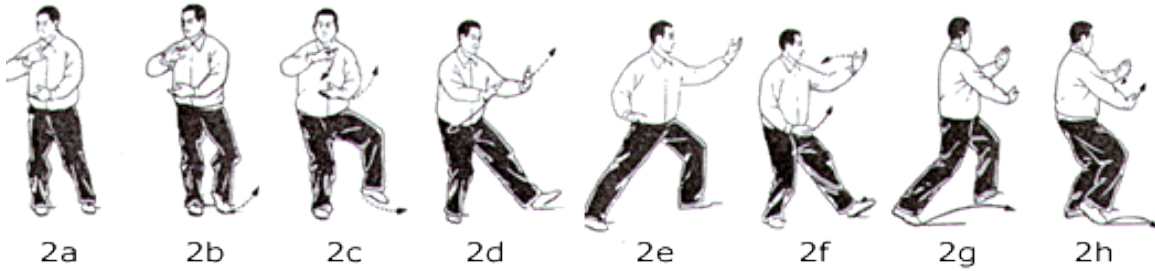


# The Standard 24 form\*

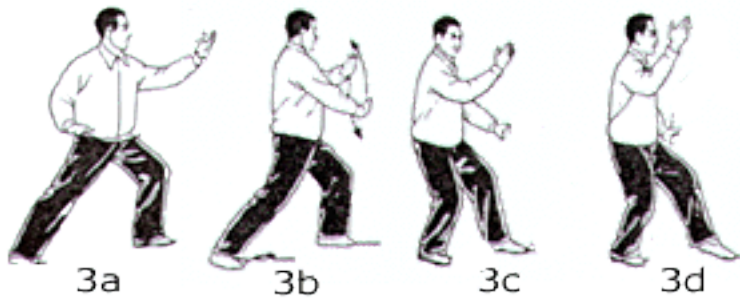
## 1. Beginning Form



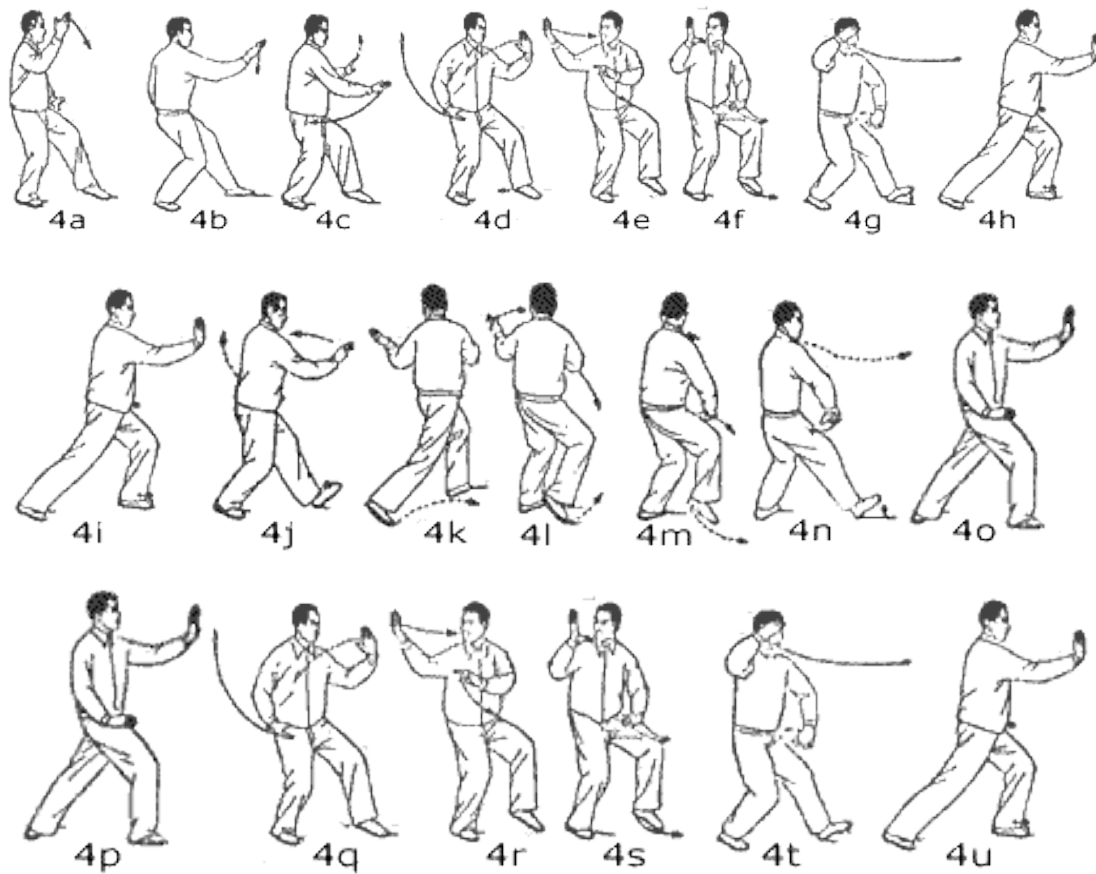
## 2. Part Wild Horse's Mane, LRL (To your left, to N)



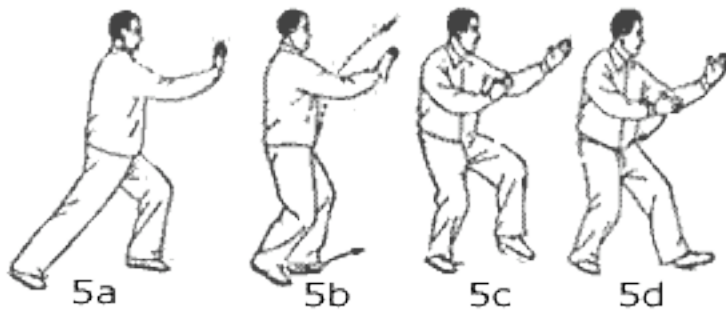
## 3. White Crane Flashes Wing



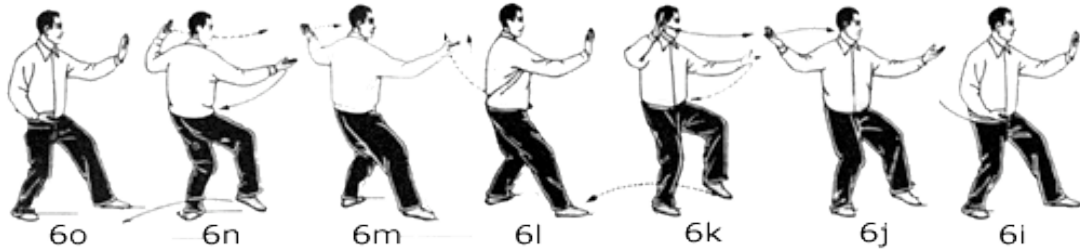
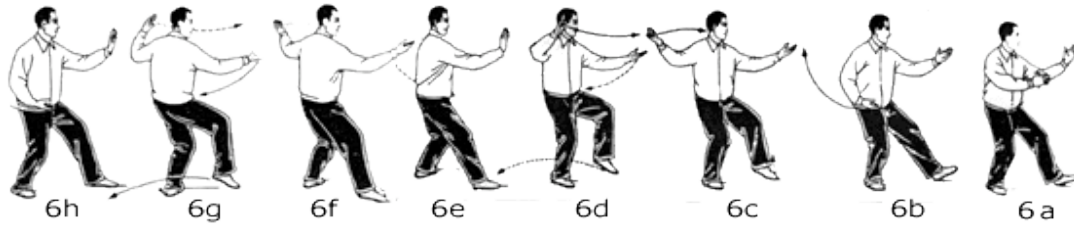
#### 4. Brush Knee LRL



#### 5. Play the Lute

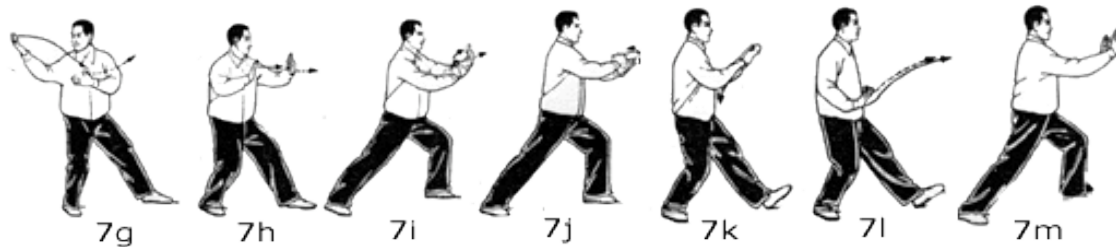
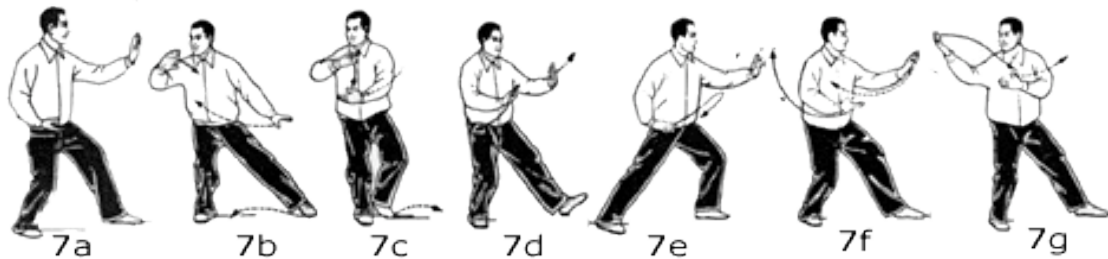


**6. Repulse Monkey LRLR (lead foot remains flat, yet somewhat empty)**

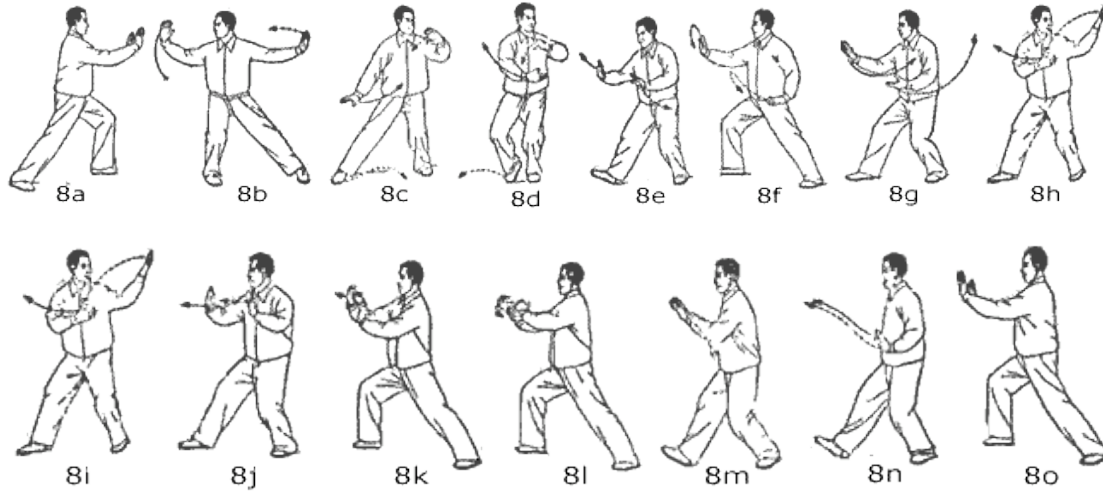


**7. Grasp the Bird's Tail (turn R, then execute 45deg. L, to NE)**

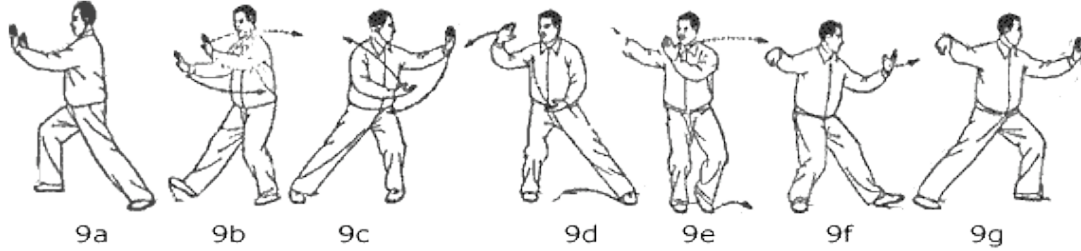
- Left Ward Off (Peng)
- Rollback (Lui)
- Press (Ji)
- Push (An)



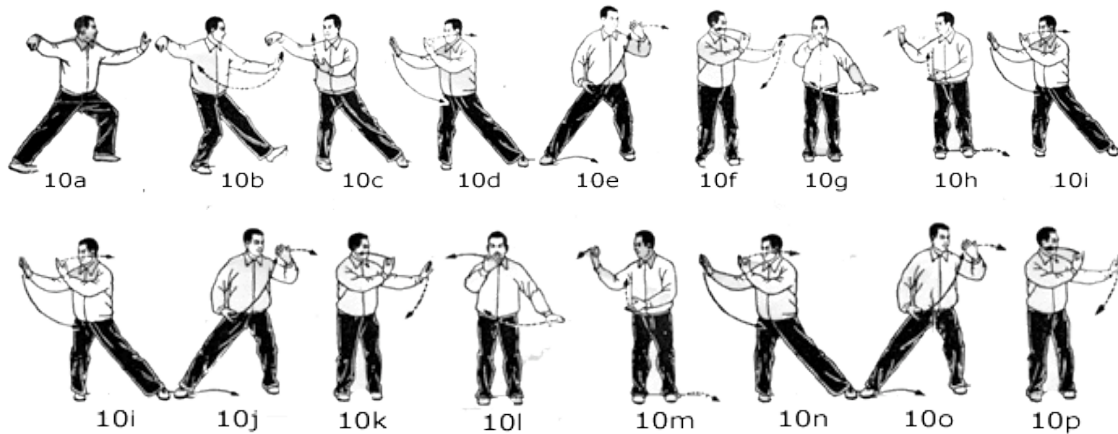
## 8. Grasp the Bird's Tail (turn 90deg. R, to SE)



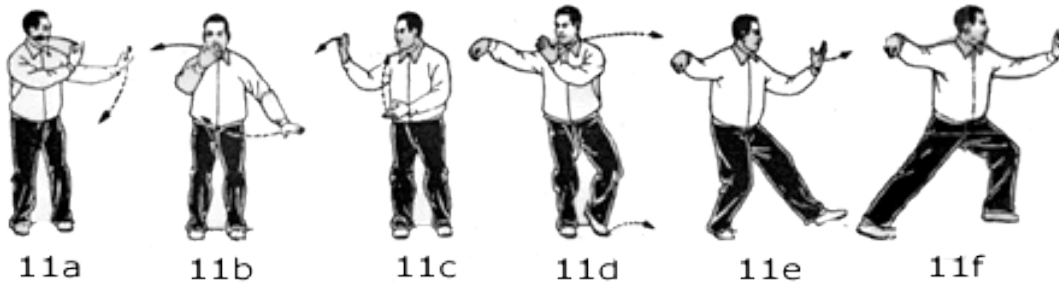
## 9. Single Whip L, to N



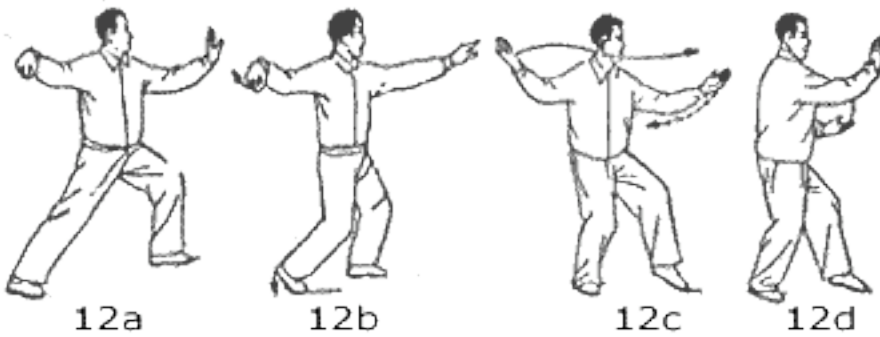
## 10. Wave Hands Like Clouds L, to N (3 L steps)



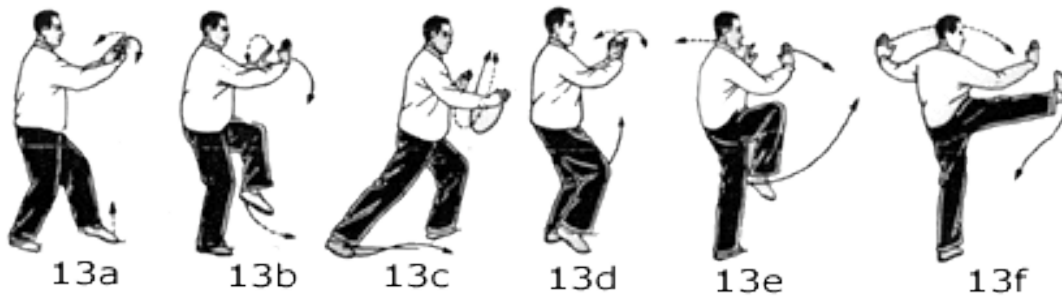
### 11. Single Whip L, to N



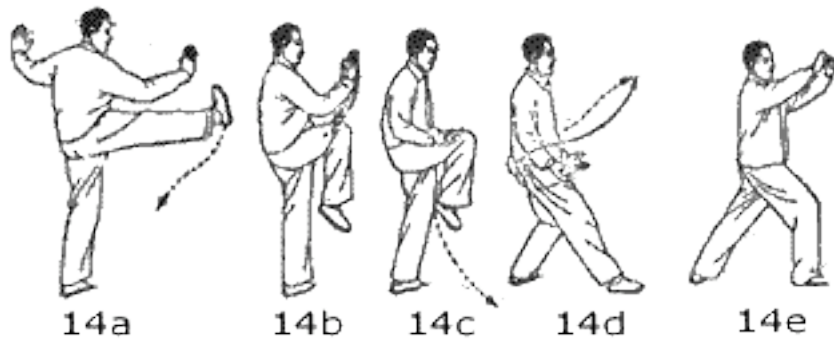
### 12. High Pat on Horse L, to N



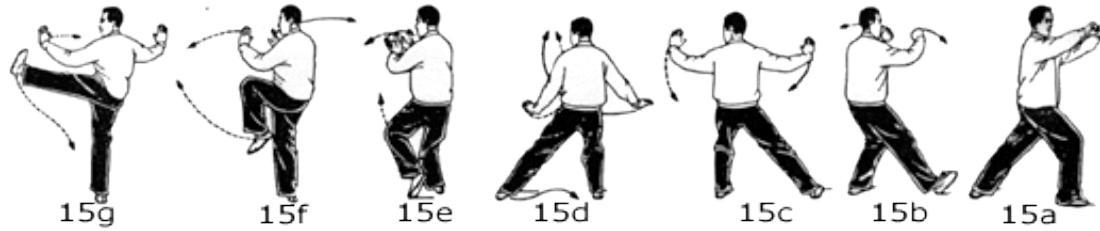
### 13. Right Heel Kick 45deg. R, to NE



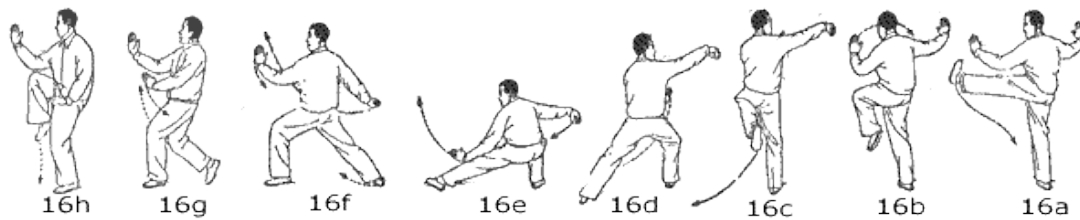
### 14. Strike with Both Fists, in same direction



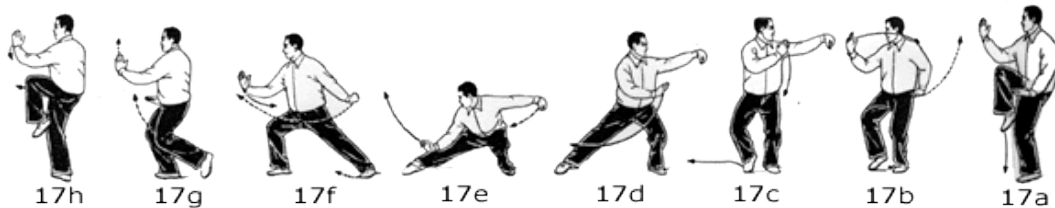
### 15. Turn L, to SW, and Left Heel Kick



### 16. Lower Body and Stand on One Leg (L), to S Single Whip Down Low, Snake Creeps Down, Stands on One Leg



### 17. Lower Body and Stands on One Leg (R), to S



### 18. Fair Lady Works at Shuttles (to S; R bow stance, R hand high, then L bow stance, L hand high)

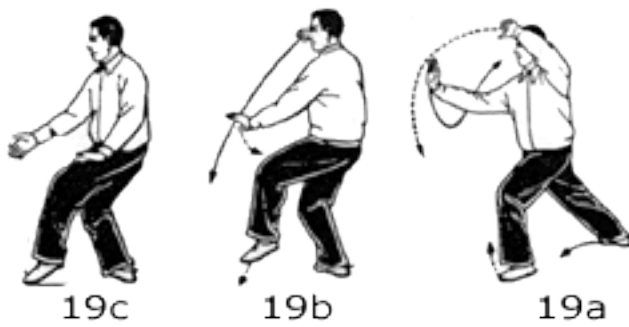


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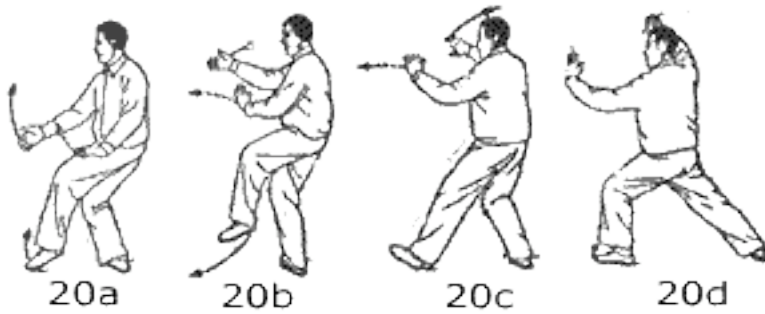
(Fair Lady Works at Shuttles, continued)



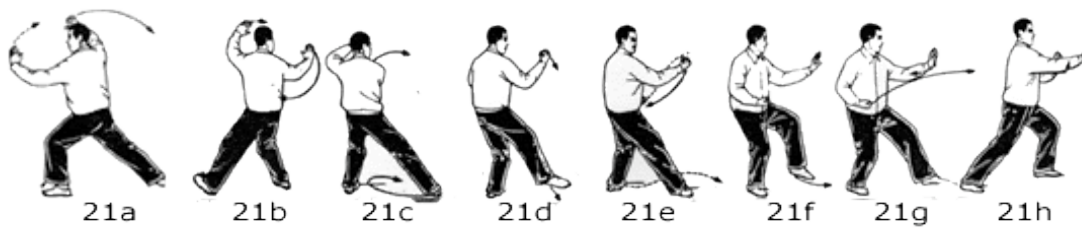
**19. Needle at Sea Bottom (to S)**



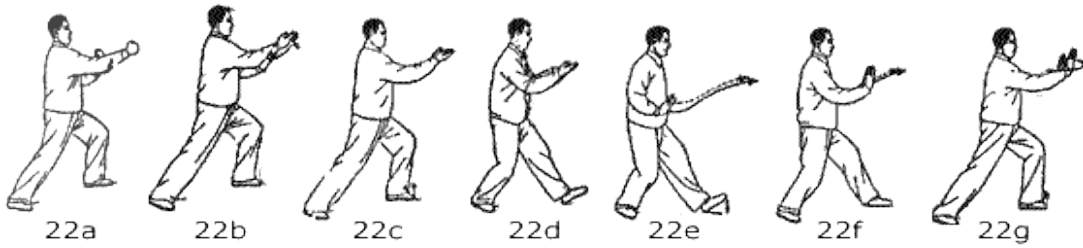
**20. Fan Through Back (to S)**



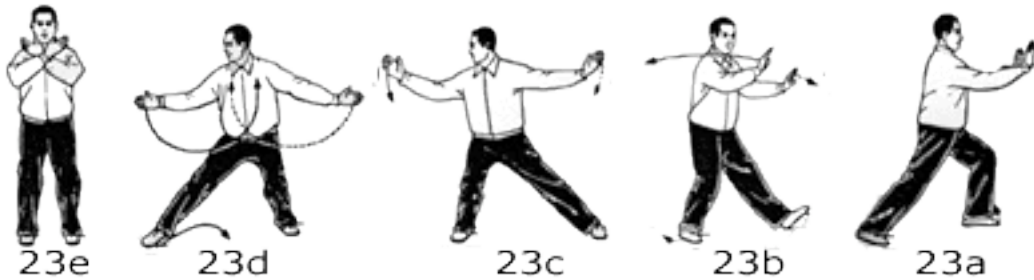
**21. Turn R, Deflect Downward, turn R to Parry, and R Punch (to N)**



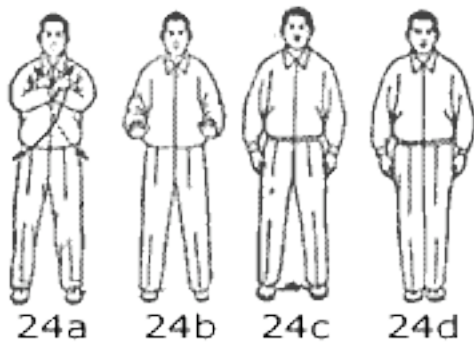
## 22. Push Hands Forward, Seal Tightly posture



## 23. Cross Hands



## 24. Closing Form



\*All figures were digitally copied from Mike Garofalo's excellent web page. See his many contributions to tai chi at <http://www.egreenway.com/taichichuan/short.htm>.