

24 Simplified Tai Chi Form Sequence

1. Commencement
2. Parting the wild horse's mane (3x)
3. White Crane spreads it's wings
4. Brush knee and push (3x)
5. Play the lute
6. Repulse the Monkey (3x)
7. Left Peng (ward off), Lu (roll back) Gi (press), An (push)
8. Right Peng (ward off), Lu (roll back), Gi (press), An (push)
9. Single whip
10. Wave hands like Clouds (3x each direction)
11. Single whip
12. Stand High to pat the Horse
13. Right heel kick
14. Wind through the ears
15. Turn body, Left heel kick
16. Left Snake creeps down, Cock stands on one leg
17. Right Snake creeps down, Cock stands on one leg
18. Fair lady weaves the shuttle right & left
19. Needle at sea bottom
20. Fan Back
21. Turn body, fist over, deflect parry and punch
22. Release and An (push)
23. Turn Right to Cross hands
24. Close