














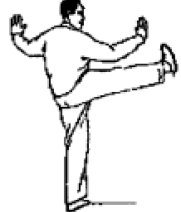








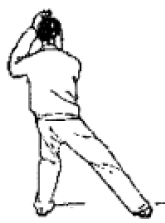






Yang Style Tai Chi Chuan - 24 Form

1. Open
2. Partition the Wild Horse's Mane (3 times)
3. White Stork Spreads Its Wings
4. Brush Knee (3 times)
5. Play the Fiddle
6. Repulse the Monkey (4 times)
7. Grasp the Bird's Tail, Left
8. Turn to the right 180° into Grasp the Bird's Tail, Right
9. Single Whip
10. Wave Hands like Clouds to Left (3 times)
11. Single Whip
12. High Pat on the Horse
13. Right Heel Kick
14. Double Fist Strike to Ears
15. Turn Left - Left Toe Kick
16. Snake Creeps Down
17. Golden Rooster Stands on One Leg (Left)
18. Snake Creeps Down
19. Golden Rooster Stands on One Leg (Right)
20. Fair Lady Plays the Shuttle (Right)
21. Fair Lady Plays the Shuttle (Left)
22. Step back to Needle at Sea Bottom, Fan Through the Back
23. Parry and Punch
24. Cross Hands and Close



24 Form (Yang Short Form) simplified diagram

| | | | | | | |
|---|---|--|--|--|---|---|
|  Opening |  Partition the Wild Horse's Mane (3 times) |  White Stork Spreads its Wings |  Brush Knee (3 times) |  Play the Fiddle |  Repulse Monkey (4 times) |  Scoop Under & Ward Off |
|  Grasp the Bird's Tail |  Slantedly Upwards & Roll Back |  Cross Hand Push |  Single Whip |  Wave Hands Like Clouds (3 times) |  Single Whip & High Pat on the Horse |  Right Heel Kick |
| <i>(repeat Grasp the Bird's Tail, Slantedly Upwards and Cross Hand Push on other side)</i> | | | | | | |
|  Double Fist Strike to Ears |  Turn |  Left Heel Kick |  Snake Creeps Down |  Golden Rooster Stands on One Leg |  Fair Lady Works the Shuttles (both corners) |  Needle at the Sea Bottom |
| | | | <i>(repeat Snake & Golden Rooster on other side)</i> | | | |
|  Fan Through The Back |  Turn |  Parry & Punch |  Apparent Close-Up |  Cross-Hands |  Close | |