

24-form tai chi chuan

- 1 Commencing (Qǐshì, 起势), Preparation, Beginning
- 2 Part the Wild Horse's Mane (Zuoyou Yémǎ Fēnzōng, 左右野马分鬃), LEFT and RIGHT and LEFT
- 3 White Crane Spreads Its Wings (Báihè Liangchì, 白鹤亮翅), Stork/Crane Cools Its Wings
- 4 Brush Knee and Step Forward (Zuoyou Lōuxī Àobù, 左右搂膝拗步), Brush Knee and Twist Step, LEFT and RIGHT and LEFT
- 5 Playing the Lute (Shǒuhūi Pípā, 手挥琵琶), Strum the Lute, Play Guitar
- 6 Reverse Reeling Forearm (Zuoyou Dào juǎn gōng, 左右倒卷肱), Step Back and Drive Monkey Away, LEFT and RIGHT
- 7 Left Grasp Sparrow's Tail (Zuo Lǎn Què Wěi, 左揽雀尾), Grasp the Bird's Tail
 - 1 Ward Off (Peng, 棚)
 - 2 Rollback (Lǚ, 捋)
 - 3 Press (Jǐ, 挤)
 - 4 Push (Àn, 按)
- 8 Right Grasp Sparrow's Tail (You Lǎn què wěi, 右揽雀尾)
- 9 Single Whip (Dān biān, 单鞭)
- 10 Wave Hands Like Clouds (Yúnshǒu, 云手), Cloud Hands, Cloud Built Hands, Wave Hands in Clouds
- 11 Single Whip (Danbian, 单鞭)
- 12 High Pat on Horse (Gāo tàn mǎ, 高探马), Step Up to Examine Horse
- 13 Right Heel Kick (Yòu dēng jiǎo, 右蹬脚), Separate Right Foot, Kick with Right Foot
- 14 Strike to Ears with Both Fists (Shuāng fēng guàn ěr, 双峰贯耳)
- 15 Turn Body and Left Heel Kick (Zhuǎnshēn zuǒ dēngjiǎo, 转身左蹬脚)
- 16 Left Lower Body and Stand on One Leg (Zuo Xià shì dúlì, 左下势独立)
 - 1 Single Whip Squatting Down, Snake Creeps Down,
 - 2 Golden Rooster Stands on One Leg, Golden Bird Standing Alone
- 17 Right Lower Body and Bird Stand on One Leg (You Xià shì dúlì, 右下势独立)
- 18 Shuttle Back and Forth (Yòuzuǒ yùnnǚ chuānsuō, 右左玉女穿梭), Fair Lady Works with Shuttles, (Walking Wood), Four Corners, RIGHT and LEFT
- 19 Needle at Sea Bottom (Hǎidǐ zhēn, 海底针)
- 20 Fan Through Back (Shǎn tōng bì, 闪通臂), Fan Penetrates Back
- 21 Turn Body, Deflect, Parry, and Punch (Zhuǎnshēn Bānlánchuí, 转身搬拦捶)
- 22 Appears Closed (Rúfēng shìbì, 如封似闭), Withdraw and Push, as if Closing a Door
- 23 Cross Hands (Shízìshǒu, 十字手)
- 24 Closing (Shōushì, 收势)



Starting



Parting The Wild Horse's Mane.
3 times.



White Crane Spreads It's Wings.



Brush Knee, Push.
3 times.



Playing The Guitar/Lute/Pipa.



Repulse Monkey.
4 times.



Hold The Ball,
Ward Off.



Grasp The Bird's Tail.



Press,
Sit Back.



Open up and Push.
Repeat the last 4 moves, going right.



Single Whip.



Cloud Hands,
going left.



Single Whip again,
High Pat on Horse.



Right Heel Kick.



Carry The Tiger Over The Mountain.



Turn.



Left Heel Kick.



Snake Creeps Through The Grass.



Stand on one leg.
Repeat on Right side.



Shuttle Back And Forth.



Needle At Bottom Of The Sea.



Fan Through The Back.



Turn.



Right Back Fist.



Parry and Punch.



Apparent Closing.



Cross Hands.



Close.