

Yang-style T'ai Chi
The 24-movement Form



1. Beginning of T'ai Chi
2. Parting of wild horse's mane, left
Parting of wild horse's mane, right
Parting of wild horse's mane, left
3. White stork displays its wings
4. Brush knee and twist step, left
Brush knee and twist step, left
Brush knee and twist step, left
5. Play guitar
6. Step back to repulse monkey, right
Step back to repulse monkey, left
Step back to repulse monkey, right
Step back to repulse monkey, left
7. Grasp bird's tail, left
Pull back
Press forward
Push
Turn and grasp bird's tail, right
Pull back
Press forward
Push
8. Single whip
9. Wave hands like clouds (3 times)
10. Single whip
11. High pat on horse
12. Kick with right sole
13. Double wind blows against ears
14. Turn and kick with left sole
15. Snake creeps down
Golden Cock stands on one leg, left
16. Snake creeps down
Golden Cock stands on one leg, right
17. Fair Lady works at shuttles, no.1
Fair Lady works at shuttles, no.2
18. Needle at sea bottom
19. Fan through back
20. Turn around and strike opponent with fist
21. Deflect sideways, parry, step forward and punch
22. Apparent counter and closure
23. Cross hands
24. End of T'ai Chi

T'ai Chi's 24 is a condensed version of T'ai Chi's 82 movements. T'ai Chi's 82 movements are composed of 32 basic forms. T'ai Chi's 24 is composed of 75% of the basic forms.