

TAI CHI 24 FORM – FORM SHEET

1. HEAVEN AND EARTH
2. PART THE WILD HORSE'S MANE
3. WHITE CRANE SPREADS WINGS
4. BRUSH KNEE
5. PLAY THE PIPA
6. REPULSE THE MONKEY
7. STROKE THE BIRD'S TAIL – LEFT
8. STROKE THE BIRD'S TAIL – RIGHT
9. SINGLE WHIP
10. WAVE HANDS LIKE CLOUDS
11. SINGLE WHIP
12. HIGH PAT ON HORSE
13. KICK WITH RIGHT HEEL
14. BOX EARS
15. TURN AND KICK WITH LEFT HEEL
16. SNAKE – STAND ON LEFT LEG
17. SNAKE – STAND ON RIGHT LEG
18. JADE LADY
19. NEEDLE AT SEA BOTTOM
20. FAN TO THE LEFT AND RIGHT
21. DOWNWARD DEFLECT PARRY AND PUNCH
22. CLOSE THE TEMPLE DOOR
23. CROSS HANDS
24. CLOSE OFF