

Yang Style 24 Form

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|---|---------|
| 1. Commencing | N |
| 2. Parting Wild Horses Mane (3) | W |
| 3. Stork Cools Wings | W |
| 4. Brush Knee and Twist Step (3) | W |
| 5. Play the Lute | W |
| 6. Step Back and Repulse the Monkey (4) | W |
| 7. Grasp Sparrows Tail, Ward Off Right, Roll Back, Press and Push | W |
| 8. Grasp Sparrows Tail, Ward Off Left, Roll Back, Press and Push | E |
| 9. Single Whip | W |
| 10. Wave Hands Like Clouds (3) | N |
| Single Whip | W |
| 11. High Pat on Horse | NW |
| 12. Separate Right Foot | NW |
| 13. Box Opponents Ears | NW |
| 14. Separate Left Foot | SE |
| 15. Snake Creeps Down | E |
| 16. Golden Rooster Stands on Left Leg | E |
| 17. Snake Creeps Down | E |
| 18. Golden Rooster Stands on Right Leg | E |
| 19. Fair Lady Works the Shuttles (2) | SE & NE |
| 20. Needle at Sea Bottom | E |
| 21. Fan through Back | SE |
| 22. Step Up, Parry, Block and Punch | W |
| 23. Apparent Closure (withdraw and push) | W |
| 24. Cross Hands and Close | N |

Tai Chi 8 Movement for Balance

All done left and right

Open

1. Hold the Ball
2. Parting Wild Horses Mane
3. Single Whip
4. Wave Hands Like Clouds (3 X)
5. Step Back Repulse Monkey'
6. Brush Knee and Push
7. Fair Lady Works the Shuttles
8. Grasp Sparrows Tail (Ward Off, Roll Back, Press, Push)

Close