

Tai Chi Yang Style

24 FORM

Section One

- Commence form
- Parting wild horse's mane (3)
- White crane spreads its wings
- Brush knee and press (3)
- Play the lute

Section Two

- Repulse Monkey Left / Right (4)
- Grasp Sparrow's Tail Left
- Grasp Sparrow's Tail Right
- Left Single Whip

Section Three

- Wave Hands Like Clouds (3)
- Left Single Whip
- High Pat on Horse
- Right Heel Kick
- Strike to the Ears with Both Fists
- Left Heel Kick

Section Four

- Snake creeps down
- Golden rooster standing on left leg
- Snake creeps down
- Golden rooster standing on right leg
- Fair lady works the shuttles (right and left)
- Needles at sea bottom

Section Five

- Fan Through the Back
- Turn Body, Deflect, Parry, and Punch
- Withdraw and push
- Cross Hands
- Closing Form