

## 24 Forms Tai Chi

- 1.Beginning
- 2.Part the Wild Horse's Mane \* 3
- 3.White Crane Spreads Its Wings
- 4.Brush Knee and Push Forward \*3
- 5.Playing the Lute
- 6.Step Back and Reeling Arms \* 4
- 7.Grasp the Peacock's Tail- Left
  - Ward Off
  - Rollback
  - Press
  - Push
- 8.Grasp Peacock's Tail -Right
- 9.Single Whip
- 10.Cloud Hands
- 11.Single Whip
- 12.High Pat on Horse
- 13.Right Heel Kick
- 14.Double punch
- 15.Turn Body and Left Heel Kick
- 16.Left Single Whip Squatting Down & Stands on Right Leg
- 17.Right Single Whip Squatting Down & Stands on Left Leg
- 18.Fair Lady work with Shuttles RIGHT and LEFT
- 19.Needle at Sea Bottom
- 20.Fan/Flash Through Back
- 21.Turn to your right- Deflect, Parry, and Punch
- 22.Withdraw and Push
- 23.Cross Hands
- 24.Closing

**"Learn the form, but seek the formless.  
Hear the soundless. Learn it all, then  
forget it all. Learn The Way, then find  
your own way."**

