

## 24 Part Form, or Simplified Tai Chi

**Video** <http://www.youtube.com/watch?v=TBvF6r6DOvc&sns=em>

1. **Preparation Form** 预备 : Yu Bei : Quiet Standing Meditation: Zhan Zhuang, Wu Ji
  2. **Part the Wild Horse's Mane 3x** (Yema Fenzong) [Liang & Wu] Left (左 : Zou)
  3. **White Crane Spreads Its Wings** (Baihe Liangchi)
  4. **Brush Knee and Zig Zag Step 3x** [Zhang Fuxing] 左搂膝拗步 : Lou Xi Ao Bu :
  5. **Play Guitar** 手挥琵琶 : Shou Hui Pi Pa : Playing the Pipa,
  6. **Step Back and Repulse Monkey 4x** 倒撵猴 : Dao Nian Hou
  7. **Grasp Sparrow's Tail on the Left and right** [Zhang Fuxing] 拦雀尾左 Single Whip 单鞭
  10. **Waving Hands Like Clouds 3x** 云手 : Yun Shou
  11. **Single Whip** 单鞭 : Dan Bian
  12. **High Pat on Horse** 高探马 : Gao Tan Ma :
  13. **Kick with Right Heel** 右蹬脚 : You Deng Jiao :
  14. **Box Ears with Both Fists** 双峰灌耳 : Shuang Feng Quan Er
  15. **Kick with Left Heel** 左蹬脚 : Zuo Deng Jiao :
  16. **Snake Creeps Down, Golden Rooster Stands on Left Leg** 下势 : Xia Shi :
  17. **Snake Creeps Down, Golden Rooster Stands on Right Leg** 下势 : Xia Shi :
  18. **Fair Lady Works with Shuttles** 玉女穿梭 : Yu Nu Chuan Suo :
  19. **Pick Up Needle at Sea Bottom** 海底针 : Hai Di Zhen
  20. **Fan Through the Back** 扇通背 : Shan Tong Bei
  21. **Deflect, Intercept and Punch** 进步搬拦捶 : Jin Bu Ban Lan Chui
  22. **Apparent Close and Push Withdraw and Push** (Closing a Door) 如封似闭 Ru Feng Si Bi
  23. **Cross Hands** 十字手 : Shi Zi Shou :
  24. **Closing Posture of Taijiquan** 收式 : Shou Shi :
- 还原 : Huan Yuan : **Return to Normal**