

Movements of Yang or Beijing Style 24 Form Taijiquan

1. Commencement Form
2. Part the Wild Horse's Mane – Left, Right, Left
3. White Crane Spreads Wings
4. Brush Knee Push – Left, Right, Left
5. Hand Strums the Lute
6. Step Back and Repulse Monkey – Right, Left, Right, Left
7. Grasp the Bird's Tail – Left
8. Grasp the Bird's Tail – Right
9. Single Whip
10. Wave Hands Like Clouds – Three Times
11. Single Whip
12. High Pat on Horse
13. Kick Right Heel
14. Box Opponent's Ears with Both Fists
15. Turn and Kick Left Heel
16. Snake Creeps Down and Golden Rooster Stands On One Leg – Left
17. Snake Creeps Down and Golden Rooster Stands On One Leg – Right
18. Fair Maiden Works at Shuttles – Right, Left
19. Needle at Sea Bottom
20. Fan Through the Back
21. Turn to Deflect Downward, Parry and Punch
22. Apparent Close up
23. Cross Hands
24. Closing Form