

Taijiquan

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Yang Style 24 Movement Simplified Form



1. Preparation
2. Wild Horse Parts Mane, 3x
3. White Crane Cools Wings
4. Brush Knee and Push, 3x
5. Play the Harp
6. Repulse the Monkey, 4x
7. Grasp Birds Tail (Left and Right Sides)
8. Single Whip
9. Wave Hands Like Clouds, 3x,
10. Single Whip
11. High Pat on Horses Head
12. Kick With Right Heel
13. Golden Wind Fills the Ears
14. Turn and Kick With Left Heel
15. Snake Creeps Down Left Side
16. Golden Rooster Stands on Left Leg
17. Snake Creeps Down Right Side
18. Golden Rooster Stands on Right leg
19. Fair Lady Works the Shuttles, 2x
20. Needle Beneath the Sea
21. Fan Back
22. Block, Perry, Punch Wipe-Off, Apparent Close-Up
23. Carry the Tiger, Return to Mountain
24. Closing form