



Tai Chi in 24 Forms

This routine consists of eight groups (twenty-four forms in total including commencing and closing forms); practitioners can choose to practice the whole routine, a single form or a group of forms based on the availability of time and space

GROUP ONE

1. Commencing form
2. Wild horse parts its mane (3)
3. White crane spreads its wings

GROUP TWO

4. Brush knee and twist step (3)
5. Strum the lute
6. Step back > whirl arms on both side (4)

GROUP THREE

7. Grasp sparrow's tail - left
(ward-off / pull-back / press / push)
8. Grasp sparrow's tail - right
(ward-off / pull-back / press / push)

GROUP FOUR

9. Single whip
10. Waving hands like clouds (3)
11. Single whip

GROUP FIVE

12. High pat on horse
13. Kick with right heel
14. Box opponent's ears
15. Turn round > kick with left heel

GROUP SIX

16. Push down > stand on one leg (L)
17. Push down > stand on one leg (R)

GROUP SEVEN

18. Fair lady works at shuttles (2)
19. Needle at the bottom of sea
20. Open the fan

GROUP EIGHT

21. Deflect > intercept > punch
22. Withdraw and push
23. Cross hands
24. Closing form