

TAI CHI IN 24 FORMS

(Reference only - for use with A1 Wall Chart)

Form-1:	Commencing form	Fig. 001 - 006
Form-2:	Wild horse parts its mane (1)	Fig. 007 - 013
	Wild horse parts its mane (2)	Fig. 014 - 019
	Wild horse parts its mane (3)	Fig. 020 - 025
Form-3:	White crane spreads its wings	Fig. 026 - 029
Form-4:	Brush knee and twist step (1)	Fig. 030 - 035
	Brush knee and twist step (2)	Fig. 036 - 041
	Brush knee and twist step (3)	Fig. 042 - 047
Form-5:	Strum the lute	Fig. 048 - 051
Form-6:	Step back and whirl arms on both sides (1)	Fig. 052 - 058
	Step back and whirl arms on both sides (2)	Fig. 059 - 064
	Step back and whirl arms on both sides (3)	Fig. 065 - 070
	Step back and whirl arms on both sides (4)	Fig. 071 - 076
Form-7:	Grasp sparrow's tail (left)	Fig. 077 - 089
	Ward off = 077-080 / Pull back = 081-083 / Press = 084-085 / Push = 086-089	
Form-8:	Gasp sparrow's tail (right)	Fig. 090 - 106
	Ward off = 090-097 / Pull back = 098-100 / Press = 101-102 / Push = 103-106	
Form-9:	Single whip	Fig. 107 - 112
Form-10:	Wave hands like clouds (1)	Fig. 113 - 118
	Wave hands like clouds (2)	Fig. 119 - 124
	Wave hands like clouds (3)	Fig. 125 - 130
Form-11:	Single whip	Fig. 131 - 134
Form-12:	High pat on horse	Fig. 135 - 137
Form-13:	Kick with right heel	Fig. 138 - 144
Form-14:	Box opponent's ears	Fig. 145 - 148
Form-15:	Turn round and kick with left heel	Fig. 149 - 155
Form-16:	Push down and stand on one leg (left)	Fig. 156 - 162
Form-17:	Push down and stand on one leg (right)	Fig. 163 - 169
Form-18:	Jade lady works at shuttles (1)	Fig. 170 - 174
	Jade lady works at shuttles (2)	Fig. 175 - 178
Form-19:	Needle at the bottom of sea	Fig. 179 - 184
Form-20:	Open the fan	Fig. 185 - 188
Form-21:	Turn round > deflect > intercept > punch	Fig. 189 - 200
Form-22:	Withdraw and push	Fig. 201 - 204
Form-23:	Cross hands	Fig. 205 - 208
Form-24:	Closing form	Fig. 209 - 212