

24-Form Tai Chi

1. Commencement



2. Part the wild horse's mane (Left)



2. Part the wild horse's mane (Right)



2. Part the wild horse's mane (Left)



3. White crane spread its wings



4. Brush Knee and Twist Steps (Left)



4. Brush Knee and Twist Steps (Right)



4. Brush Knee and Twist Steps (Left)



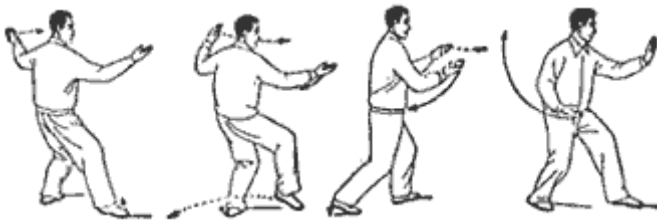
5. Play the Pipa



6. Repulse the monkey (Right)



6. Repulse the monkey (Left)



6. Repulse the monkey (Right)



6. Repulse the monkey (Left)



7. Grasping sparrow's tail (Left - Ward Off)



7. Grasping sparrow's tail (Left - Roll Back and Repulse)



7. Grasping sparrow's tail (Left - Push)



8. Grasping sparrow's tail (Right - Ward Off)



8. Grasping sparrow's tail (Right - Roll Back and Repulse)



8. Grasping sparrow's tail (Right - Push)



9. Single Whip



10. Cloud hands (1)



10. Cloud hands (2)



10. Cloud hands (3)



11. Single Whip



12. High pat on horse



13. Kick with right foot



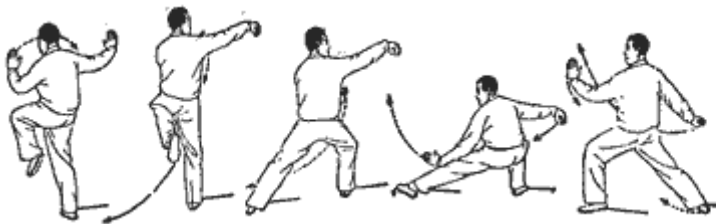
14. Strike ears with both fists



15. Turn and kick with left foot



16. Snake creeps down (Left)



16. Stand on one leg (Left)



17. Snake creeps down (Right)



17. Stand on one leg (Right)



18. Fair lady works the shuttle (Left)



18. Fair lady works the shuttle (Right)



19. Needle at the bottom of the sea



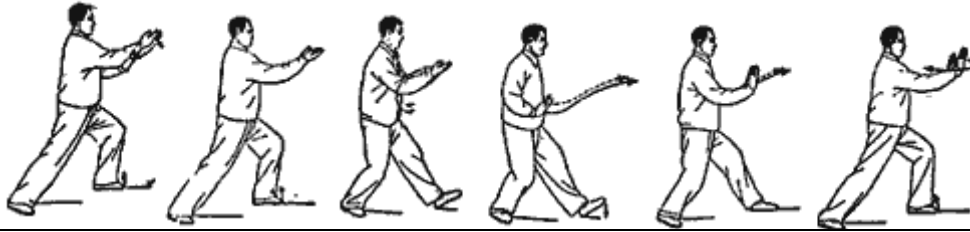
20. Fan through back



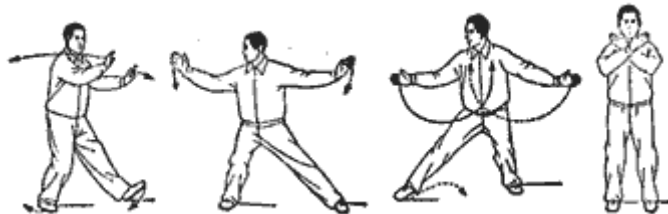
21. Turn body, deflect, parry and punch



22. Apparent close up



23 Cross hands



24. Conclusion

