







24-Form Simplified Tai Chi 二十四史 èr shí sì shǐ (twenty-four form) 简化 jiǎn huà (simplified form) 太极拳 tàijiquán (supreme ultimate fist/boxing)








#	Chinese (logogram)	Chinese (pinyin transcription - translation)	Illustration	English
0	预备	yù bèi yù - in advance, beforehand; bèi - prepare; get ready		Preparation Form
1	起式	qǐ shì qǐ - starting, shì - posture)		Commencing Form
2	(左右) 野马分鬃	(zuǒ* yòu**) yě mǎ fēn zōng yě - wild; mǎ - horse; fēn - part; zōng - mane		Part the Wild Horse's Mane
3	白鹤亮翅	bái hè liàng chì bái - white; hè - crane; liàng - show; chì - wing		White Crane Spreads Its Wing
4	(左右) 搂膝拗步	(zuǒ yòu) lǒu xī ǎo bù lǒu - embracing, hugging, pulling; xī - knee; ǎo - pulling; twisting; breaking; bù - pace - step		Brush Knee and Twist Step
5	手挥琵琶	shǒu huī pí pá shǒu - hand; huī - strum; pí pá - Chinese lute		Play the Lute

左 * zuǒ - on the left side 右 ** yòu - on the right side

一 yī - one 二 èr - two 三 sān - three 四 sì - four

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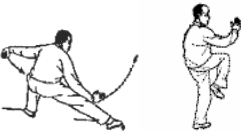


6	(左右) 倒卷肱	(zuǒ yòu) dào juǎn gōng dào – move backwards; juǎn – reel/roll; gōng - arm		Step Back and Swirl Arms (Repulse the Monkey)
7	(左) 览雀尾 (棚, 掇, 挤, 按)	(zuǒ) lǎn què wěi lǎn - examine, look at; què – sparrow; wěi - tail (péng, lǚ, jǐ, àn); péng - ward off; lǚ - roll back; jǐ – press; àn – press, push down		Grasp the Sparrow's Tail (Left)
8	(右) 览雀尾 (棚, 掇, 挤, 按)	(yòu) lǎn què wěi lǎn - examine, look at; què – sparrow; wěi - tail (péng, lǚ, jǐ, àn); péng - ward off; lǚ - roll back; jǐ – press; àn – press, push down		Grasp the Sparrow's Tail (Right)
9	单鞭	dān biān dān - single, biān - whip		Single Whip
10	云手	yùn shǒu yùn – cloud; shǒu – hand		Wave Hands Like Clouds
11	单鞭	dān biān dān - single, biān - whip		Single Whip
12	高探马	gāo tàn mǎ gāo – high; tàn - search out; mǎ – horse		High Pat on Horse

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13	(右) 蹬脚	(yòu) dēng jiǎo dēng - press down with the foot; jiǎo - foot		Right Heel Kick
14	双风贯耳	shuāng fēng guān ěr shuāng - both; fēng - wind; guān - pass through, pierce; ěr - ear/both sides		Strike Ears with Both Fists
15	转身左 蹬脚	zhuǎnshēn zuǒ dēng jiǎo zuǒ - on the left side; zhuǎnshēn - turn around, face about, spin; dēng - press down with the foot; jiǎo - foot		Turn Body and Left Heel Kick
16	(左) 下势 独立	(zuǒ) xià shì dú lì xià - down, downward; shì - posture; dú lì - stand alone		Squat Down and Stand on Left Leg (Snake Creeps Down, Golden Rooster Stands on One Leg)
17	(右) 下势独立	(yòu) xià shì dú lì xià - down, downward; shì - posture; dú lì - stand alone		Squat Down and Stand on Right Leg (Snake Creeps Down, Golden Rooster Stands on One Leg)
18	(左右) 穿梭	(zuǒ yòu) chuānsuō chuān - to thread; chuānsuō - shuttle back and forth, weave		Work the shuttle
19	海底针	hǎi dǐ zhēn hǎi dǐ - sea floor; zhēn - needle		Needle at the Bottom of the Sea

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20	扇通背	shān tōng bèi shān - fanning, opening and closing; tōng - opening, clearing out; bèi - back, behind		Unfold Arms Like a Fan
21	转 搬 搬 爛 捶	zhuǎnshēn bān lán chuí zhuǎnshēn - turn around, spin; bān - (re)moving, transporting; lán - hindering, blocking; chuí - beat/hit (with a stick or fist), thump, pound		Turn Around, Ward Off, and Punch
22	如封似閉	rú fēng sì bì rú - as if; fēng - seal; sì - seem, appear; bì - shut, close		Apparent Closing
23	十字手	shì zì shǒu shì - crossing; zì - posture; shǒu - hand		Cross Hands
24	收勢	shōu shì shōu - bring to an end; stop, shì - posture		Conclusion

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