



Taijiquan 24 Stance Yang Form

- 1) Starting Posture
- 2) Part the Wild Horse's Mane (Left, Right, Left)
- 3) White Crane Spreads Its Wings
- 4) Brush Knee and Step Forward (Left, Right, Left)
- 5) Play Lute
- 6) Step Back, Reeling Forearms (Right, Left, Right, Left)
- 7) Grasp Sparrow's Tail (Left)
- 8) Grasp Sparrow's Tail (Right)
- 9) Single Whip
- 10) Wave Hands Like Clouds (1, 2, 3)
- 11) Single Whip
- 12) Stroke Horses Back
- 13) Cross Hands, Right Heel Kick
- 14) Strike Opponents Ears with Fists
- 15) Turn, Cross Hands, Left Heel Kick
- 16) Single Whip Low and Stand on Left Leg
- 17) Single Whip Low and Stand on Right Leg
- 18) Jade Lady Works Shuttles (Left, Right)
- 19) Needle at Sea Bottom
- 20) Ward Off and Push Away
- 21) Turn, Intercept and Punch
- 22) As If Closing Shut
- 23) Cross Hands
- 24) Concluding Posture