

TAI-CHI 24 FORM

Compiled by Robert Yeoh

楊燦輝

robyeoh@bigpond.net.au

users.bigpond.net.au/robyeoh

Latest Revision: 24 October 2002

CONTENTS

| | | |
|----|---|----|
| | HISTORY OF TAI CHI | |
| 1 | OPENING FORM | 3 |
| 2 | PART HORSE'S MANE – LEFT, RIGHT, LEFT | 3 |
| 3 | WHITE CRANE FLASHING WINGS | 4 |
| 4 | BRUSH KNEE – RIGHT, LEFT, RIGHT..... | 4 |
| 5 | PLAYING THE LUTE..... | 5 |
| 6 | REPULSE MONKEY – RIGHT, LEFT, RIGHT, LEFT | 5 |
| 7 | STROKING BIRD'S TAIL – LEFT | 7 |
| 8 | STROKING BIRD'S TAIL – RIGHT..... | 7 |
| 9 | SINGLE WHIP..... | 8 |
| 10 | WAVING HANDS LIKE CLOUDS – THREE TIMES | 8 |
| 11 | SINGLE WHIP..... | 9 |
| 12 | HIGH HORSE..... | 9 |
| 13 | HEEL KICK RIGHT | 9 |
| 14 | PUNCHING EARS WITH BOTH FISTS | 9 |
| 15 | TURN AND HEEL KICK LEFT | 10 |
| 16 | LOWER MOVEMENT & GOLDEN COCK STANDS ON ONE LEG – LEFT | 10 |
| 17 | LOWER MOVEMENT & GOLDEN COCK STANDS ON ONE LEG – RIGHT..... | 10 |
| 18 | WORK AT SHUTTLES – RIGHT, LEFT | 11 |
| 19 | NEEDLE AT SEA BOTTOM..... | 11 |
| 20 | FLASH ARM/ FAN BACK..... | 12 |
| 21 | TURN TO DEFLECT DOWNWARD, PARRY & PUNCH | 12 |
| 22 | APPARENT CLOSE-UP..... | 12 |
| 23 | CROSS HANDS..... | 12 |
| 24 | CLOSING FORM..... | 13 |

Tai Chi 24 Form

HISTORY OF TAI CHI

Tai Chi is a Chinese ancient martial art based on Qigong and “internal” or soft style. There are several styles of Tai Chi – Chen, Yang, Wu, Sun and others. Tai Chi was first created in the 15 Century at the end of Ming Dynasty by Chen Wang Ting. The first Tai Chi style is known as Chen style because it was first practised in a Chen village.

The founder of Yang style Tai Chi was Yang Fu Kui (1799-1872), also known as Yang Lu Chan. Lu Chan was born in Hebei Province. He studied Sholin boxing at an early age but leaned Tai Chi from a practitioner Chen De Hu, an owner of a Chinese medicine shop. Lu Chan witnessed De Hu threw a much bigger recalcitrant customer from the shop onto the street with ease and decided to learn the martial art from the medicine shop owner.

In the olden days, martial arts are only taught within the family or clan. Being a Yang it would be unlikely for Chen De Hu to depart his Tai Chi knowledge to Lu Chan. The determination and sincerity of Yang Lu Chan moved Chen De Hu to break the century tradition and invite Lu Chan to his village in Henan Province. Lu Chan trained in Chen village for a total of 18 years.

When Yang Lu Chan returned to his village he built a new style Tai Chi from the Chen style old frame. This new style of Tai Chi is known as “Yang family Tai Chi Chuan” or Yang style. This style passed through reform and improvement during the first two generations. The Yang style postures became wide and comfortable. Yang style is more suitable for common people with no martial art training. In Yang style Tai Chi, the structure is strict and demanding, the body is upright, and the movements are smooth, light, agile and rooted.

Within a style of Tai Chi there are variations in the number forms or steps. For example, in Yang style there are 48 Forms and 42 Forms, etc. Yang style 24 forms was created in China in 1956. It is a simplified form with the repetition removed, but contains all the essential principles. This shorten form reduces the time required to complete the exercise and thus suitable for people with busy life style.

The author is a student of Tai Chi and is practising the art with “Better Health Tai Chi Chuan” (www.betterhealthtcc.com.au) in Sydney. The purpose of this note is to assist the beginners and to encourage the practice of Tai Chi. Any comments or corrections are welcome. Direct your comments to: robyeoh@optusnet.com.au

NOTE ON TAI CHI POSITION

To help in explaining Tai Chi movement a clock is used to indicate the positions.

The starting position is 12 o'clock. On the right is 3 o'clock; the left is 9 o'clock. Behind is 6 o'clock. The positions in between 12, 3, 6 and 9 o'clock are 1:30, 4:30, 7:30 and 10:30 respectively.

Tai Chi 24 Form

1 OPENING FORM

Stand with feet closed, hands by the side. Head straight assuming a string is attached to the crown of the head and hangs from the ceiling. Drop the shoulders and relax.

Roll the body weight to the right foot and open left foot to the side to one shoulder width. Transfer the weight to both feet.

Raise both arms towards the front until parallel to the shoulder. Arms apart and about one shoulder width.

When rising, imagine that there are balloons tied to the fingers.

Lower both hands until the palms are at the waist height with elbows bent. Imagine you are pushing down balloons when lowering. Bend the knees until the kneecaps are just above the toes. It is important to align the kneecaps above the toes.

2 PART HORSE'S MANE – LEFT, RIGHT, LEFT

Left

Move both palms outward at waist level. With the waist move slightly to the right, move the right palm on top and left palm below as if holding a big ball. Move the left foot closer to the right and with left toes pointing on the floor.

Step the left foot forward to point to 9 o'clock. Move the weight to the left foot by bending the left knee until the kneecap is above the toes. Move the left hand in a curve with the palm up until the left hand is pointing to 9 o'clock and fingertips are at the shoulder level. Elbow bent.

Move the right hand forward with the palm down and guarding the right waist. Push the right heel out so that the right foot is pointing to 10.30.

Right

Shift the weight to the right foot with knee bent. Align the right kneecap above the right toe. On the heel turn the left foot to point to 7:30. Transfer the weight to the left foot with the waist moving slightly to the left. Move the hands around so that the left palm is above the right palm as if holding a big ball. Move the right foot closer to the left with the right toes pointing to the floor.

Step the right foot forward to point to 9 o'clock. Move the weight to the right foot by bending the knee until the kneecap is above the toes. Move the right hand in a curve with the palm up until the right hand is pointing to 9 o'clock and fingertips are at the shoulder level. Elbow bent. Move the left hand forward with the palm down and guarding the left waist.

Left

Shift the weight to the left foot with knee bent. Pivot on the right heel to point the foot to 10.30 with the waist slightly moving to the right. Transfer the weight to the right foot with the knee bent. Move the hands around so that the right palm is above the left palm

Tai Chi 24 Form

as if holding a big ball. Move the right foot closer to the left with the right toes pointing to the floor.

Step left foot forward to point to 9 o'clock. Move the weight to the left foot by bending the left knee until the kneecap is above the toes. Move the left hand in a curve with the palm up until the left hand is pointing to 9 o'clock and fingertips are at the shoulder level. Elbow bent. Move right hand forward with the palm down and guarding the right waist.

3 WHITE CRANE FLASHING WINGS

Move the right foot half step toward the left foot. Weight on the left foot with the right toes pointing to floor. Move both hands around so that the left palm is on top of the right palm holding a big ball, dropping the elbows and with the waist move slightly to the left.

Shifting the weight toward the right foot with the knee bent and the toes pointing to 10:30. Move the waist slightly to the right. Move the right hand around so that the hand is pointing upward with the fingers also pointing up. The tips of the fingers are seen from the corner of the right eye.

Move left hand down to guard the left waist and with the fingers pointing forward. Move the left foot slightly forward and in empty stand (no weight) with the toes pointing down. Move the waist back to the centre.

4 BRUSH KNEE – RIGHT, LEFT, RIGHT

Right hand pushing out

Move the right hand down and across the face, palm facing inward until chest level. Continue moving the right hand down past the belly button then upward with the palm at ear level and pointing slightly behind (1 o'clock).

Move the left hand down and backwards, then up in circular motion passing the face and with the left palm guarding the right elbow. Move the left foot close to the right foot with the left toes pointing to the floor.

Step left foot forward to point to 9 o'clock and in a bow stand, weight on the left foot. Move the left hand down as if it is brushing the left knee. Stop the left hand in front of the knee with the fingers pointing forward. Push the right hand out with the palm right angle and fingers pointing upward.

Left hand pushing out

Shift the weight to the right foot with the right knee bent. On the heel move the left foot to point to 7:30. Lower the left foot on the floor. Move the left hand up with the palm at the ear level, arm stretched and the elbow slightly bent and pointing slightly behind (5 o'clock).

Move the right hand to guard the left elbow. Move the right foot close to the left foot with the right toes pointing to the floor.

Tai Chi 24 Form

Step right foot forward to point to 9 o'clock and in a bow stand, weight on the right foot. Move the right hand down as if it is brushing the right knee. Stop the right hand in front of the knee with the fingers pointing forward. Push the left hand out with the palm at right angle and the fingers pointing upward.

Right hand pushing out

Shift the weight to the left foot with the left knee bent. On the heel move the right foot to point to 10:30. Lower the right foot on the floor. Move the right hand up with the palm at the ear level, arm stretched and the elbow slightly bent and pointing slightly behind (1 o'clock).

Move the left hand to guard the right elbow. Move the left foot close to the right foot and with the left toes pointing to the floor.

Step left foot forward to point to 9 o'clock and in a bow stand, weight on the left foot. Move the left hand down as if it is brushing the left knee. Stop the left hand in front of the knee with the fingers pointing forward. At the same time, push the right hand out with the palm at right angle and the fingers pointing upward.

5 PLAYING THE LUTE

Move the right foot half step forward with the toes pointing to the floor and shift the weight to the left foot. Move the waist slightly to the left, the right arm is pushed forward.

Shift the weight to the right foot with the toes pointing to 10:30. Move the waist slightly to the right. The right hand follows backward and the left hand moves forward. Raise the left heel up with toes on the floor.

Adjust the left foot forward into an empty stand with the heel on the floor. Move the waist to the centre and press the right palm toward the left elbow as if squeezing a ball.

6 REPULSE MONKEY – RIGHT, LEFT, RIGHT, LEFT

Right hand push forward (1)

Move the right hand down (palm facing up) and up in circular motion until the hand is at the shoulder height and pointing at 1:30. Move the left hand out until the hand is at the shoulder height, pointing at 7:30. The right and left palms face one another like microwave discs.

Move the right hand toward the right ear and push the right hand out, at the same time move the left hand back with the right palm sliding over the left palm. Push the right hand forward, ending with the fingers pointing upward.

When moving the right hand toward the ear, raise the left foot and move it backward in a curve, past the right foot. Land the left foot behind with the toes on the floor first and pointing to 7:30. The feet should be one shoulder width apart. Move the weight to the left foot. On the toes adjust the right heel so that the toes is pointing at 9 o'clock. Retract the left hand with the hand guarding the left waist and the palm facing up.

Tai Chi 24 Form

Left hand push forward (2)

Move the left hand back and up in circular motion until the hand is at the shoulder height and pointing at 4:30. At the same time, move the right hand until the hand is at the shoulder height, pointing at 10:30. The right and left palms face one another like microwave discs.

Move the left hand toward the left ear and push the left hand out, at the same time move the right hand back with the left palm sliding over the right palm. Push the left hand forward, ending with the fingers pointing upward.

When moving the left hand toward the ear, raise the right foot and move it backward in a curve, past the left foot. Land the right foot behind with the toes on the floor first and pointing to 7:30. The feet should be one shoulder width apart. Move the weight to the right foot. On the toes adjust the left heel so that the toes is pointing at 9 o'clock. Retract the right hand with the hand guarding the right waist and the palm facing up.

Right hand push forward (3)

Move the right hand back and up in circular motion until the hand is at the shoulder height and pointing at 1:30. At the time, move the left hand out until the hand is at the shoulder height, pointing at 7:30. The right and left palms face one another like microwave discs.

Move the right hand toward the right ear and push the right hand out, at the same time move the left hand back with the right palm sliding over the left palm. Push the right hand forward, ending with the fingers pointing upward.

When moving the right hand toward the ear, raise the left foot and move it backward in a curve, past the right foot. Land the left foot behind with the toes on the floor first and pointing to 7:30. The feet should be one shoulder width apart. Move the weight to the left foot. On the toes adjust the right heel so that the toes is pointing at 9 o'clock. Retract the left hand with the hand guarding the left waist and the palm facing up.

Left hand push forward (4)

Move the left hand back and up in circular motion until the hand is at the shoulder height and pointing at 4:30. At the same time, move the right hand until the hand is at the shoulder height, pointing at 10:30. The right and left palms face one another like microwave discs.

Move the left hand toward the left ear and push the left hand out, at the same time move the right hand back with the left palm sliding over the right palm. Push the left hand forward, ending with the fingers pointing upward.

When moving the left hand toward the ear, raise the right foot and move it backward in a curve, past the left foot. Land the right foot behind with the toes on the floor first and pointing to 12 o'clock. Move the weight to the right foot.

With the waist facing to the right and toward 12 o'clock continue to move the right hand in a circular motion until the right palm is on top with the palm facing down. At the same time move the left palm under the right as if holding a big ball. Move the left foot toward the right with the toes pointing to the floor.

Tai Chi 24 Form

7 STROKING BIRD'S TAIL – LEFT

Step the left foot forward, in a horse stand, pointing to 9 o'clock and at one shoulder width. Push the left arm forward with the arm forming a curve and at the chest height. Push the right hand down with the palm facing down and guarding the right waist.

Swing both hands towards the front, pointing at 7:30 with the left palm facing down and the right palm facing up.

Shift the weight to the right leg with the right knee bent. Swing both hands down and backward, pointing to 1:30 with the right palm facing down and the left palm facing up.

Continue to move the right hand upward and place the right palm close to the left wrist. Push both hands forward and apart to a shoulder width. Shift the weight to the left leg in a horse stand with the knee bent.

Retract both hands close to the chest. Shift the weight to the right leg and raise the left toes from the floor. Push both hands down to the waist level. Push both hands forward and upward until the shoulder level. Place the left foot on the floor.

8 STROKING BIRD'S TAIL – RIGHT

Shift the weight to the right leg with the right knee bent. Turn the left foot with the heel to point to 12 o'clock. Lower the toes onto the floor.

Move the waist toward 12 o'clock and with both hands following. Hands apart, with the right hand moving downward until the right palm is under the left palm, as if holding a big ball.

Move the right leg next to the left with the toes pointing on the floor.

Step the right foot forward 3 o'clock at one shoulder width. Keep in horse stand. Push the right hand forward with the arm forming a curve and at the chest height. Push the left hand down with the palm facing down and guarding the waist.

Swing both hands toward the front, pointing at 4:30 and with the right palm facing down and the left palm facing up.

Shift the weight to the left leg with the left knee bent. Swing both hands down and backward, pointing to 10:30 with the right palm facing down and the left palm facing up.

Continue to move the left hand upward and place the left palm close to the right wrist. Push both hands forward and apart to a shoulder width. Shift the weight to the right leg in a horse stand with the knee bent.

Retract both hands close to the chest. Shift the weight to the left leg and raise the right toes from the floor. Push both hands down to the waist level. Push both hands forward and upward until the shoulder level. Place the right foot on the floor.

Tai Chi 24 Form

9 SINGLE WHIP

Shift the weight to the left foot. Turn on the right heel with the waist turned to face 12 o'clock. Lower the right foot on the floor. Continue to turn the waist until the left hand is pointing to 10:30. Whilst starting to move the waist, lower the right hand and swing across the lower part of the body and upward on the right side of the body. Shift the weight to the right foot and continue to move the right hand across the face to point to 10:30. Form a cup with the right hand with the cup facing down and at the shoulder height and elbow bent. Move the left hand down and then up to guard the right elbow with front of the palm facing you, like looking into a mirror. Move the left foot toward the right foot with the left toes pointing to the floor.

Step the left foot forward at one shoulder width from the right foot. Shift the weight to the left foot with the knee bent. Move the left hand out to point to 9 o'clock with the palm facing out and fingers facing upward and at the shoulder height. The elbow bent.

10 WAVING HANDS LIKE CLOUDS – THREE TIMES

Cloud Hand (1)

Shift the weight to the right foot. Turn the left heel until the left foot is pointing to 12 o'clock. Lower the left foot on the floor. Lower the left hand and move across the lower part of the body with the waist turning to face 1:30.

Open the cup on the right hand. Move the left hand up and right hand down. Shift the weight to the left foot. Move the waist to face 10:30 with the hands following, left hand at the shoulder height with the palm facing you; right hand at the waist level with the palm facing down. At 10:30 move the right foot close to the left, about a half shoulder width.

Turn the left palm out and move the left hand down. Move the right hand up. Turn the waist to face 1:30 with the hands following, right hand at the shoulder height with the palm facing you; left hand at the waist level with the palm facing down. Shift the weight to the right foot.

Cloud Hand (2)

Step the left foot out about two shoulders width with the toes pointing to 12 o'clock. Shift the weight to the left foot. Turn the right palm out and move the right down. Move the left hand up. Move the waist to face 10:30 with the hands following, left hand at the shoulder height with the palm facing you; right hand at the waist level with the palm facing down. At 10:30 move the right foot close to the left, about a half shoulder width.

Turn the left palm out and move the left hand down. Move the right hand up. Turn the waist to face 1:30 with the hands following, right hand at the shoulder height with the palm facing you; left hand at the waist level with the palm facing down. Shift the weight to the right foot.

Cloud Hand (3)

Step the left foot out about two shoulders width with the toes pointing to 12 o'clock. Shift the weight to the left foot. Turn the right palm out and move the right down. Move the left hand up. Move the waist to face 10:30 with the hands following, left hand at the

Tai Chi 24 Form

shoulder height with the palm facing you; right hand at the waist level with the palm facing down. At 10:30 move the right foot close to the left, about a half shoulder width.

Turn the left palm out and move the left hand down. Move the right hand up. Turn the waist to face 1:30 with the hands following, right hand at the shoulder height with the palm facing you; left hand at the waist level with the palm facing down. Shift the weight to the right foot.

11 SINGLE WHIP

Form a cup with the right hand with the cup facing down and the hand pointing at 1:30. The cup should be below the shoulder height and elbow bent. Move the left hand down and then up to guard the right elbow with front of the palm facing you, like looking into a mirror.

Move the left foot toward the right foot with the left toes pointing to the floor.

Step the left foot forward at one shoulder width from the right foot. Shift the weight to the left foot with the knee bent. Move the left hand out to point to 9 o'clock with the palm facing out and fingers facing upward and at the shoulder height. The elbow bent.

12 HIGH HORSE

Move the right foot half way closer to the left foot. Turn both palms facing up. Turn the head to look at the right palm. Sit back by shifting the weight to the right foot; left foot in an empty stand. Move the right hand close to the right ear. Push the right hand out with the palm facing out and fingers pointing up. Elbow bent. Retract the left hand to guard the left waist with the palm facing upwards. Adjust the left foot forward in an empty stand with the toe pointing toward the floor and the heel slightly up.

13 HEEL KICK RIGHT

Adjust the left foot forward and slightly to the left with the heel on the floor pointing to 7:30. Move the hand over the right crossed at the wrists with the left palm inside and the palm facing you. Move the right foot close to the left with the right toes pointing toward the floor.

Separate the hands and move the hands down and upward in circular motions until the hands are crossed at the face height with the left hand inside and both palms facing inside. Bend the left knee to lower the stand slightly.

Raise the stand by straightening the left knee. Raise the right foot until the upper thigh is parallel with the floor. Kick the right foot out toward 10:30. Push the hands outward with the left hand pointing to 6 o'clock and the right hand pointing to 10:30. The tips of the hands are slightly above the shoulder height. Look at the direction of the kick.

14 PUNCHING EARS WITH BOTH FISTS

Turn the waist with the hands slightly to the right. Retract the right foot but with the thigh still parallel to the floor. Curve the hand down toward to the centre with the palms facing upward and the palms above the thigh. Lower the right foot with the heel on the

Tai Chi 24 Form

floor, toes pointing at 10:30. Move the palms down to the side of the body. Continue to move the hands backward. Form fists in both hands and curve forward and upward as if punching your opponent on the ears with your knuckles. The knuckles should be facing one another. Shift the weight to the right foot with the right knee bent.

15 TURN AND HEEL KICK LEFT

Shift the weight to the left foot. Turn the right foot on the heel until the toes point to 7:30 and turn the waist to point to 7:30, both hands and fists follow.

Open the fists. Open the hands and move downward and cross at the front of the body, with the left hand inside. Move the left foot close to the right with the left toes pointing on the floor. Bend the right knee to lower the stand slightly.

Raise the stand by straightening the right knee. Raise the left foot until the upper thigh is parallel with the floor. Kick the left foot out toward 4:30. Push the hands outward with the left hand pointing to 9 o'clock and the right hand pointing to 4:30. The tips of the hands are slightly above the shoulder height. Look at the direction of the kick.

16 LOWER MOVEMENT & GOLDEN COCK STANDS ON ONE LEG – LEFT

Form a cup with the right palm with the cup facing down and pointing to 7:30. Move the left hand to guide the right elbow with the palm facing you, as if looking into the mirror. Bend the right knee as far as possible and stretch the left foot to the side with the toes pointing at 6 o'clock.

Turn the left toes to point to 3 o'clock. Lower the left hand along the body until it is parallel to the left foot. Shift the weight to the left foot. Move the left toes to point to 1:30 and move the left hand up until the fingers are at shoulder height. Elbow bent. Lower right hand behind the body with the cup facing up.

Move the right hand forward and up until the fingers are at shoulder height; fingers pointing up and elbow bent. Raise the right leg up until the thigh is parallel to the floor and the lower leg is at right angle to the thigh. The right hand and the right leg should synchronise as if tied with a string.

Lower the left hand to guide the left waist with the palm facing down.

17 LOWER MOVEMENT & GOLDEN COCK STANDS ON ONE LEG – RIGHT

Lower the right foot next to the left foot. Turn the waist to 12 o'clock.

Form a cup with the left palm with the cup facing down and pointing to 10:30. Move the right hand to guide the left elbow with the palm facing you, as if looking into the mirror. Bend the left knee as far as possible and stretch the right foot to the side with the toes pointing at 12 o'clock.

Turn the right toes to point to 3 o'clock. Lower the right hand along the body until it is parallel to the right foot. Shift the weight to the right foot. Move the right toes to point

Tai Chi 24 Form

to 4:30 and move the right hand up until the fingers are at shoulder height. Elbow bent. Lower left hand behind the body with the cup facing up.

Move the left hand forward and up until the fingers are at shoulder height; fingers pointing up and elbow bent. Raise the left leg up until the thigh is parallel to the floor and the lower leg is at right angle to the thigh. The left hand and the left leg should synchronise as if tied with a string.

Lower the right hand to guide the right waist with the palm facing down.

18 WORK AT SHUTTLES – RIGHT, LEFT

Step forward with the left foot pointing at 1:30 and about one shoulder width apart from the right foot. Move the right foot next to the left with the toes pointing to the floor. Move the hands in circular motions so that the left palm is above the right as if holding a big ball close to the body.

Step the right foot forward and pointing to 4:30. Shift the weight to the right leg with the knee bent. Turn the right hand upward with the arm curved and palm facing out and guarding forehead. Push the left hand forward with the fingers curving upward and just above the waist level.

Shift the weight to the left leg with the left knee bent. Raise the right toes above the floor. Move the hand around so that the right palm is above the left as if holding a big ball. Shift the weight to the right leg and move the left leg next to the right with the left toes pointing on the floor.

Step the left foot forward and pointing to 1:30. Shift the weight to the left leg with the knee bent. Turn the left hand upward with the arm curved and palm facing out and guarding the forehead. Push the left hand forward with the fingers curving upward and just above the waist level.

19 NEEDLE AT SEA BOTTOM

Step the left foot forward and place next to the right with the left toes pointing to the floor. Move the waist slightly to the left.

Lower the left heel and with the waist move to 4:30. Shift the weight to the left foot with the knee bent. Lower the right arm along the right side of the body. Move the arm backwards and upward (*like a train engine*). Push the right palm down with the fingers pointing down (*as if seeking a needle at the sea bottom*). Shift the left foot slightly closer to the right foot with the left toes pointing to the floor, at the same time shift the waist towards 3 o'clock.

Push the left palm down and guarding the left waist with the fingers pointing forward.

Tai Chi 24 Form

20 FLASH ARM/ FAN BACK

Move the right arm up to guard above the forehead and the left arm following with the left palm guarding the right wrist. Palm facing 12 o'clock. Turn the right palm so that the back of the palm is facing the left palm.

Step slightly forward with the left foot with the heel on the floor first. Shift the weight to the left foot with the knee bent in a horse stand. Slide the left palm past the right palm with the left palm slightly away from the right, both guarding the forehead.

21 TURN TO DEFLECT DOWNWARD, PARRY & PUNCH

Shift the weight to the right leg. Turn the waist with the left heel; follow with both hands, as far as possible or until 7:30. Move the right hand down and up in a circular motion. At the same time step the right foot towards 7:30. When the right hand is on the way up, clench into a fist as if punching the opponent's nose with the back of the fist. Move the left hand down with the left palm guarding the waist and the fingers pointing forward.

Shift the weight to the right foot with the knee bent. Turn the right fist round and with the arm extended move around to the right side of the body. Left hand guards the waist.

Step the left foot forward and shift the weight to the left leg with the knee bent. Continue to move the right fist backwards then curve forward to pass the waist and punch forward in a screw motion with the back of the fist pointing up. Move the left hand backwards and forward in a circular motion to the right and guarding the right elbow.

22 APPARENT CLOSE-UP

Move the left palm under the elbow and slide the palm along the right arm. Separate the hands to shoulder with the palms facing upward.

Retract the hands towards the body at chest level. Shift the weight to the right leg with the knee bent. Lift the right toes with the heel on the ground.

Turn the palms down. Push the palms down until waist level. Push the hands forward and upward to shoulder level. Shift the weight to the right leg and lower the toes to the floor.

23 CROSS HANDS

Shift the weight to the right leg. Lift the left toes and turn the toes to face 12 o'clock. Turn the waist until both hands are facing 12 o'clock about 1 ½ shoulder width apart. Turn the right heel so that the toes face 1:30.

Shift the weight to the left leg and move the right leg towards the left until it is one shoulder width apart with the left leg.

Lower both hands down and cross when both hands fully lowered with the right hand inside. Move both hands upward and cross at the waist level with the right hand outside. Continue to raise the hands until chest level with the hands still crossed.

24 CLOSING FORM

Lower the hands to the sides of the body, tracing an inverse V on the way down. Close the left leg towards the right

You have completed the Simplified 24-form Tai Chi.

簡易太極拳(二十四式)拳式

1. 起勢 (2)
2. 左右野馬分鬃 (4x3)
3. 白鶴亮翅 (3)
4. 左右樓膝拗步 (4x3)
5. 手揮琵琶 (3)
6. 左右倒擡猴 (3x4)
7. 左攪雀尾 (11)
8. 右攪雀尾 (10)
9. 單鞭 (6)
10. 雲手 (10)
11. 單鞭 (5)
12. 高探馬 (2-3)
13. 右蹬腳 (5)
14. 雙峰 (12) 貫耳 (2-3)
15. 轉身左蹬腳 (4)
16. 左下勢獨立 (6)
17. 右下勢獨立 (6-7)
18. 左右玉女穿梭 (4+4)
19. 海底針 (3)
20. 扇 (閃) 通臂 (3)
21. 轉身搬攔錘 (6)
22. 如封似閉 (3)
23. 十字手 (3)
24. 收勢 (合太極) (1-2)