



Tai Chi 24 Form

Mary Cruise, Tai Chi and Qigong Instructor

First Group

1. Commencing Form
2. Part the Wild Horse's Mane - Left, Right, Left
3. White Crane Spreads Its Wings

Second Group

4. Brush Knee - Left, Right, Left
5. Strum the Lute
6. Repulse the Monkey - Right, Left, Right, Left

Third Group

7. Grasp the Sparrow's Tail - Left
8. Grasp the Sparrow's Tail - Right

Fourth Group

9. Single Whip
10. Cloud Hands (four)
11. Single Whip

Fifth Group

12. High Pat on the Horse's Mane
13. Kick with Right Heel
14. Twin Peaks to the Temples
15. Turn and Kick with Left Heel

Sixth Group

16. Snake Creeps Down and Golden Cock Stands on Left Leg
17. Snake Creeps Down and Golden Cock Stands on Right Leg

Seventh Group

18. Fair Maiden Works the Shuttle Right, Left
19. Needle at the Sea Bottom
20. Fan Through the Back

Eighth Group

21. Turn to Deflect Downward, Parry & Punch
22. Apparent Closure
23. Cross Hands
24. Closing Form