

## Taichi 24 Form Terms

1. Commencing Form
2. Part the Wild Horse's Mane (3X)
3. White Crane Spreads its Wings
4. Brush Knee and Step Forward (3X)
5. Strum the Lute
6. Repulse the Monkey (4X)
7. Grasp the Bird's Tail (left)
8. Grasp the Bird's Tail (right)
9. Single Whip
10. Wave Hands Like Clouds (3X)
11. Single Whip
12. High Pat on Horse
13. Kick with Right Heel
14. Strike Opponent's Ears
15. Kick with Left Heel
16. Left Snake Creeps Down and Golden Rooster
17. Right Snake Creeps Down and Golden Rooster
18. Fair Lady Works the Shuttles (R&L)
19. Needle at the Sea Bottom
20. Flash Arms
21. Deflect, Parry, Punch
22. Apparent Close-up
23. Cross Hands
24. Closing Form