**Tai Chi Chuan 24 Short Form**

 ***Laurie-Hope.com***
1. Commencement
2. Part Wild Horse's Mane on both sides
3. White Crane Spreads Its Wings

4. Brush Knee on both sides
5. Play the Pipa
6. Repulse Monkey four times

7. Grasp the Bird's Tail -- Left

 Ward Off (Peng, 掤)

 Rollback (Lǚ, 捋)

 Press (Jǐ, 擠)

 Push (Àn, 按)
 8. Grasp the Bird's Tail -- Right

 Ward Off

 Rollback

 Press

 Push

 9. Single Whip
10. Wave Hands Like Clouds -- Left Style
11. Single Whip

12. High Pat on Horse
13. Kick with Right Heel
14. Strike Opponent's Ears with Both Fists
15. Turn and Kick with Left Heel

16. Push Down and Stand on One Leg -- Left Style
17. Push Down and Stand on One Leg -- Right Style

18. Work at Shuttles on Both Sides
19. Needle at Sea Bottom
20. Fan through the Back

21. Turn to Deflect Downward, Parry and Punch
22. Apparent Close-up
23. Cross Hands
24. Closing Form