**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