

TWENTY FOUR STYLE TAIJING QUAN (TAI CHI CHUAN)

SECTION I

- FORM 1** Commencing Form (Beginning Form)
- FORM 2** Part Wild Horse's Mane on Both Sides
- FORM 3** White Crane Flashes Its Wings

SECTION II

- FORM 4** Brush Knee on Both Sides
- FORM 5** Play the Lute
- FORM 6** Curve Back Arms on Both Sides

SECTION III

- FORM 7** Grasp the Bird's Tail-Left Style
- FORM 8** Grasp the Bird's Tail-Right Style

SECTION IV

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

SECTION V

- FORM 12** High Pat on Horse
- FORM 13** Kick With Right Heel
- FORM 14** Strike Opponent's Ears With Both Fists
- FORM 15** Turn and Kick With Left Heel

SECTION VI

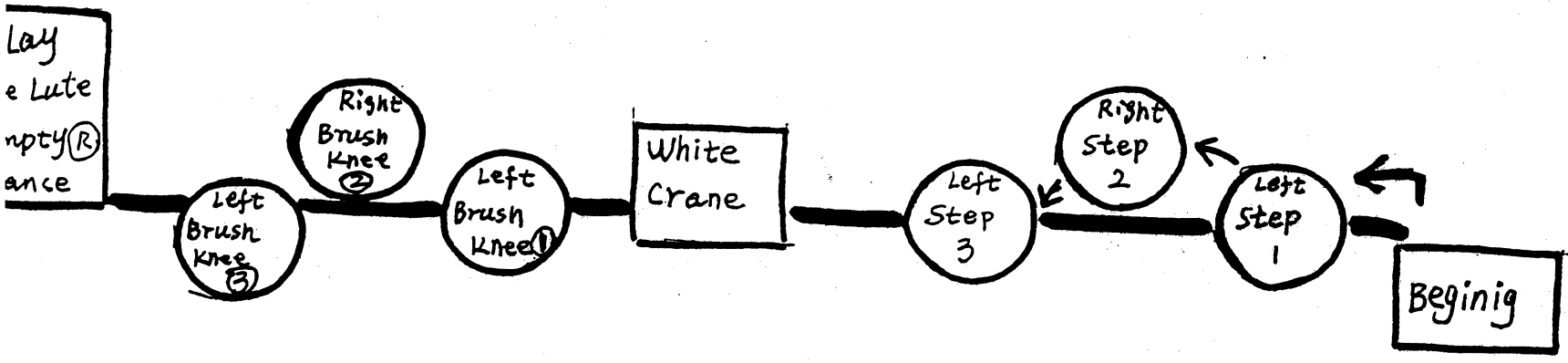
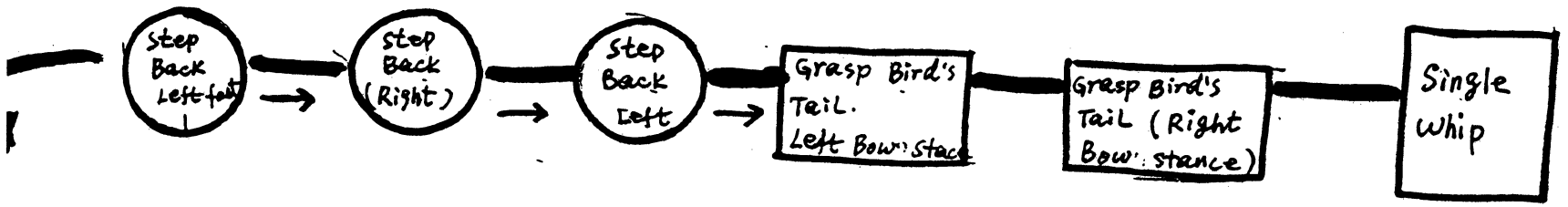
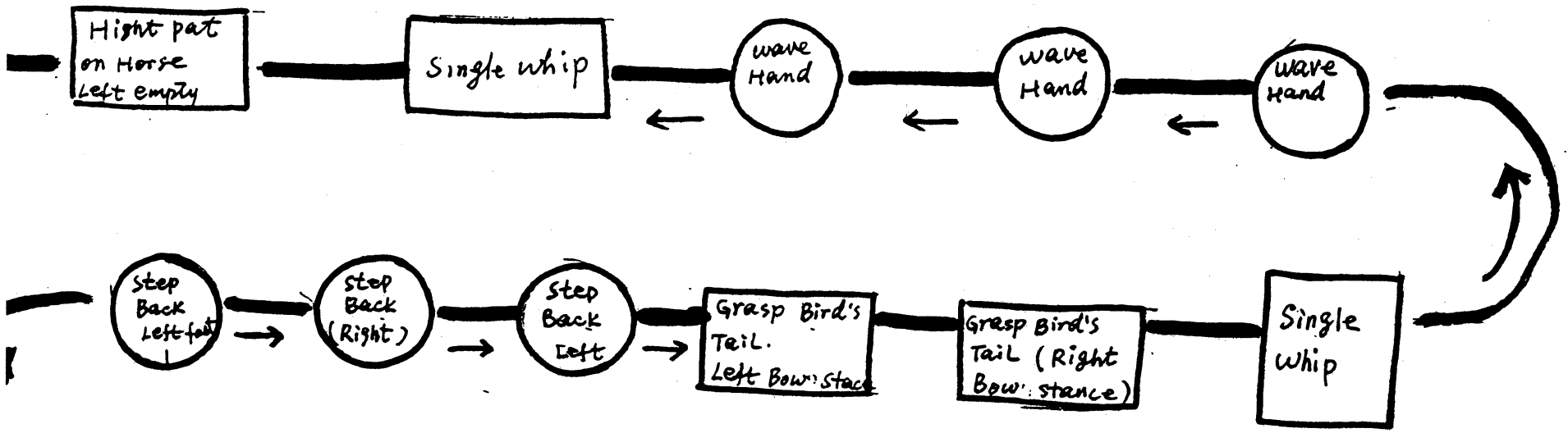
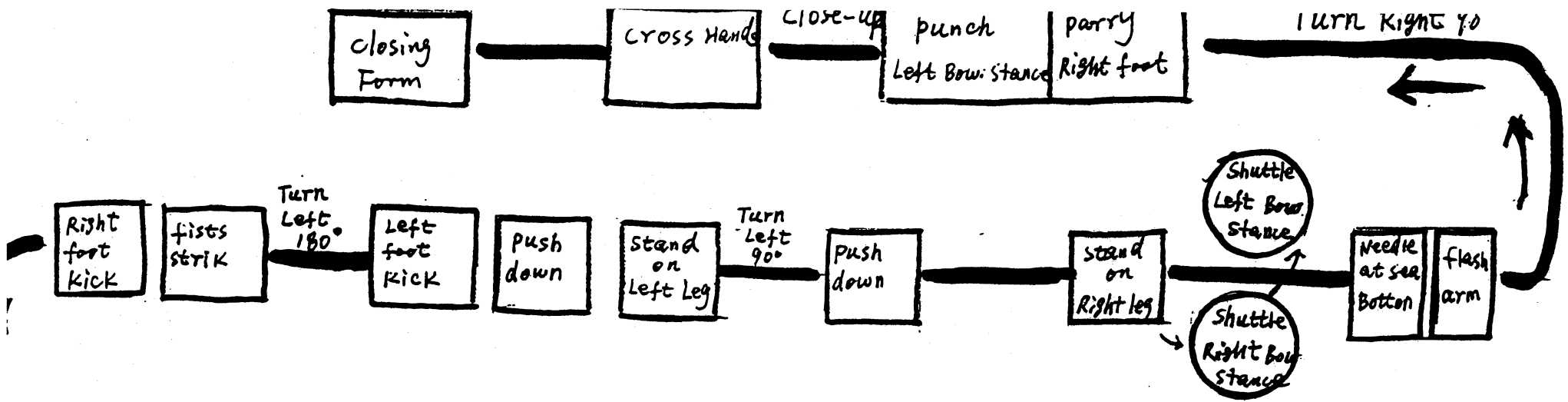
- FORM 16** Push Down and Stand on One Leg-Left Style
- FORM 17** Push Down and Stand on One Leg-Right Style

SECTION VII

- FORM 18** Work at Shuttles in Both Sides
- FORM 19** Needle at Sea Bottom
- FORM 20** Flash Arm

SECTION VIII

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



24 styl.
Tai chi q