



Yang Style Taijiquan - 24 Step

1. Beginning Position
2. Part the Wild Horses Mane (left, right and left)
3. White Crane Spreads its Wings
4. Brush Knee, Push (left, right and left)
5. Play Guitar
6. Repulse Monkey (x 4)
7. Grasp Sparrows Tail - left
8. Grasp Sparrows Tail - right
9. Single Whip
10. Wave Hands at the Clouds (x 3)
11. Single Whip
12. High Pat on Horse
13. Right Heel Kick
14. Strike the Tigers Ears
15. Turn and Left Heel Kick
16. Creep down, stand on left leg, Golden Rooster
17. Creep down, stand on right leg, Golden Rooster
18. Move the Shuttle left and right
19. Needle at Sea Bottom
20. Send a flash through the arms
21. Turn the Body deflect, parry and punch
22. Pull back then push
23. Cross hands
24. Closing Position