



Simplified Tai-Chi Quan (24 forms)

Form 1: Beginning Form.

Form 2: Path the Wild Horse's Mane on Both Side.

Form 3: The White Crane Spreads Its Wings.

Form 4: Brush Knee and Twist step on Both Side.

Form 5: Hand Strums the Lute.

Form 6: Step Back and Whirl Arms on Both Side.

Form 7: Grasp the Bird's Tail - Left Side.

Form 8: Grasp the Bird's Tail - Right Side.

Form 9: Single Whip.

Form 10: Wave Hands Like Clouds.

Form 11: Single Whip.

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.

Form 16: Push Down and Stand on One Leg - Left Style.

Form 17: Push Down and Stand on One Leg - Right Style.

Form 18: Work at Shuttles on Both Side.

Form 19: Needle at the Bottom of the Sea.

Form 20: Flash the Arm.

Form 21: Turn Deflect Down Ward, Parry and Punch.

Form 22: Apparent Close Up.

Form 23: Cross Hands.

Form 24: Closing Form.