Simplified Tai-Chi Quan (24 forms)

Form 1: Beginning Form.
Form 2: Parting the Wild Horse’s Mane on Both Sides.
Form 3: The White Crane Spreads Its Wings.
Form 4: Brush Knee and Twist Step on Both Sides.
Form 5: Hand Strums the Lute.
Form 6: Step Back and Whirl Arms on Both Sides.
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 Up on One Leg - Left Style.
Form 17: Push Down and Stand Up on One Leg - Right Style.
Form 18: Work at Shuttles on Both Sides.
Form 19: Needle at the Bottom of the Sea.
Form 20: Flash the Arm.
Form 21: Turn, Deflect Downward, Parry and Punch.
Form 23: Cross Hands.
Form 24: Closing Form.