

YANG STYLE: 24-FORM

*Remember the Principles: Suspend from Above, Root through the Feet
& Breath to your Center.*

1. **Commence Tai Chi.** *Step Left. Hands Float Up, then Down.
Transition: Hold the Ball.*
2. **Part the Wild Horse's Mane (3 times).** *Hold the Ball, then Hands go Diagonal.*
3. **White Crane Spreads Wing.** *Hold a Little Ball, Shift Back & Separate Hands.
Transition: Right Hand Clears Left, then Left Hand Clears Right.*
4. **Brush Knee & Push (3 times).** *Turn Waist as you Shift Weight Forward.*
5. **Play the Lute.** *Half Step In. Hands & Feet are on the Centerline.*
6. **Step Back to Repulse the Monkey (3 times).** *Open Arms, then Finger Strike.
Transition: Hold the Ball.*
7. **Grasp the Sparrow's Tail (to the left).** *Ward-off, Rollback, Press & Push.
Transition: Hold the Ball.*
8. **Grasp the Sparrow's Tail (to the right).** *Ward-off, Rollback, Press, & Push.*
9. **Single Whip.** *Right Hand: Crane's Beak. Left Palm Face Inward, Turns Out at End.*
10. **Cloud Hands (3 times).** *Both Palms Face Inward.*
11. **Single Whip.** *Right hand: crane's beak. Left Palm Face Inward, Turns Out at End.*
12. **High Pat on Horse.** *Half Step In. Open Arms, then Finger Strike.*
13. **Circle Arms & Kick with Right Heel.** *Right Hand Aligns with Right Leg.
Transition: Chop Neck & Circle Hands Down.*
14. **Strike Ears with Both Fists.** *Back of Fists Face Inwards. Right Foot Forward.
Transition: Shift Back & Turn Left.*
15. **Circle Arms & Kick with Left Heel.** *Left Hand Aligns with Left Leg.*
16. **Snake Creeps Down & Pheasant Stands on Left Leg.** *Crane's Beak on Right. Turn Right Heel Out, Crane's Beak Points Up. Right Side Comes Up Together.*
17. **Snake Creeps Down & Pheasant Stands on Right Leg.** *Crane's Beak on Left. Turn Left Heel Out, Crane's Beak Points Up. Left Side Comes Up Together.
Transition: Hold the Ball.*
18. **Fair Lady Works the Shuttle (2 times).** *Right, then left.*
19. **Needle at the Bottom of the Sea.** *Weight on Right, Right Fingers Point Down.*
20. **Fan Through the Back.** *Left Hand on Centerline; Right Hand Above Temple.
Transition: Raise Hands to the Right.*
21. **Turn to Deflect Downward, Parry & Punch.** *Cross Stance Before Step.*
22. **Apparent Close Up & Push.** *Release Fist; Left Hands Clears from Underneath.*
23. **Gather the Earth's Energy.** *Turn right toes out to follow right arm.*
24. **End Tai Chi.** *Palms Turn Over & Float Down.*