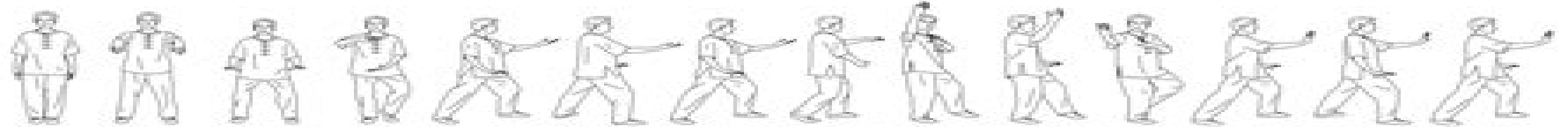


Tai Chi 24-Form



1. Opening stance

2. Part the horse's mane x3

3. White crane spreads its wings

4. Brush knee, twist steps x3



5. Scrum the lute

6. Repulse the monkey x4

7. Grasp the peacock's tail left (ward off, roll back, press, push)

8. Grasp the peacock's tail right (ward off, roll back, press, push)

9. Single whip



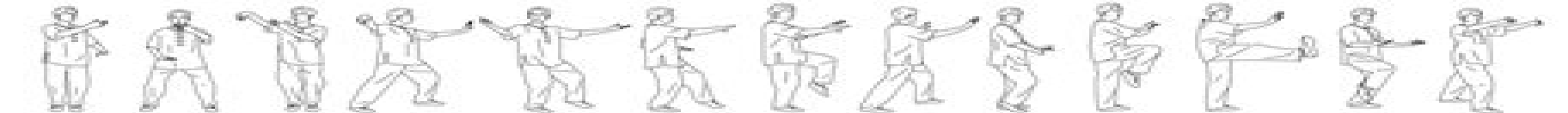
10. Waving hands like clouds

11. Single whip

12. High pat on horse

13. Right heel kick

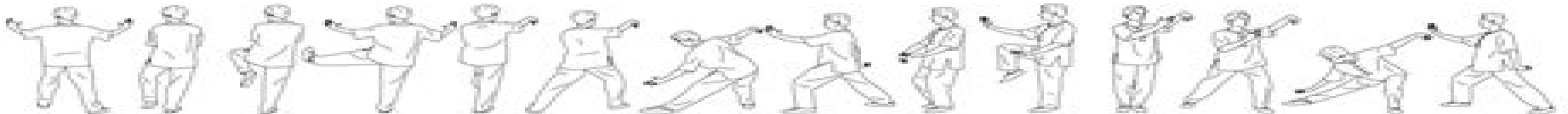
14. Double punch to the Ears



15. Turn round and left heel kick

16. Snake creeps down and golden rooster stands on one leg left

17. Snake creeps down and golden rooster stands on one leg right



19. Needle at the bottom of the sea

20. Fan through back

21. Turn round block, parry and punch

22. Apparent close up

23. Cross hands

24. Close stance



JADE LADY
TAI CHI & QIGONG

jadeladytaichi.com.au
youtube.com/c/suzettehosken
suzette@jadeladytaichi.com.au

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