

## Tai Ji 24 postures:

- Preparatory sequence
- Part wild horse's mane (left)
- Part wild horse's mane (right)
- Part wild horse's mane (left)- follow
- White stork spreads its wings
- Brush knee (left)
- Brush knee (right)
- Brush knee (left)- follow
- Play the fiddle
- Repulse monkey (right hand)
- Repulse monkey (left hand)
- Repulse monkey (right hand)
- Repulse monkey (left hand)
- Grasp the bird's tail on the left
  - Pung (ward off)
  - Lu (pull back)
  - Chi (press back)
  - Na (push)
- Grasp the bird's tail on the right
  - Pung
  - Lu
  - Chi
  - Na
- Two fish
- Single whip
- Wave hands like clouds
- Single whip
- High pat on horse
- Kick with right sole
- Strike ears with fist
- Turn round and kick with left sole
- Snake creeps down (left)
- Golden cock stands on one leg (right)
- Snake creeps down (right)
- Golden cock stands on one leg (left)
- Fair lady works at the shuttle:
  - on the right
  - on the left- follow
- Needle at the bottom of the sea
- Fan through back
- Turn body, parry and strike
- Step forward and vertical punch
- Na
- Cross hands
- Final phase: return to starting point