

二十四式简化太极拳

Èr Shí Sì Shì Jiǎnhuà Tàijíquán

Twenty-four Style Simplified Tai Chi

List of Movements:

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| 1. 起势 | Qǐshì | |
| 2. 野马分鬃 | Yé mǎ fēn zōng | Part the Wild Horse's Mane |
| 3. 白鹤亮翅 | Bái hè liang chì | White Crane Spreads Wings |
| 4. 搂膝拗步 | Lōu xī ào bù | Brush Knee Push |
| 5. 手挥琵琶 | Shǒu huī pí pā | Play the Pipa |
| 6. 倒卷肱 | Dào juǎn gōng | Go Back Whirling Arms |
| 7. 左揽雀尾 | Zuǒ lǎn què wěi | Left Grasp the Bird's Tail |
| 8. 右揽雀尾 | Yòu lǎn què wěi | Right Grasp the Bird's Tail |
| 9. 单鞭 | Dān biān | Single Whip |
| 10. 云手 | Yún shǒu | Cloud Hands |
| 11. 单鞭 | Dān biān | Single Whip |
| 12. 高探马 | Gāo tàn mǎ | High Pat on Horse |
| 13. 右蹬脚 | Yòu dēng jiǎo | Right Heel Kick |
| 14. 双峰贯耳 | Shuāng fēng guàn ěr | Double Punch to the Ears |
| 15. 转身左蹬脚 | Zhuǎn shēn zuǒ dēng jiǎo | Turn Body Left Heel Kick |
| 16. 下势独立 | Zuǒ xià shì dú lì | Left Low Form to Stand on One Leg |
| 17. 下势独立 | Yòu xià shì dú lì | Right Low Form to Stand on One Leg |
| 18. 玉女穿梭 | Yù nǚ chuān suō | Fair Lady Works the Shuttle |
| 19. 海底针 | Hǎi dǐ zhēn | Needle at Sea Bottom |
| 20. 闪通臂 | Shǎn tōng bì | Flash the Arms |
| 21. 转身搬拦捶 | Zhuǎn shēn bān lán chuí | Turn Body Deflect Block Punch |
| 22. 如封似闭 | Rú fēng sì bì | Apparent Closing |
| 23. 十字手 | Shízì shǒu | Cross Hands |
| 24. 收势 | Shōu shì | Close Form |