Taijiquan
Yang Style
24 Movements
Taijiquan - Yang Style - 24 Movements

1. OPENING FORM

太极起式 Yu Bei
预备

2. PART HORSE’S MANE (LEFT, RIGHT, LEFT)

野马分鬃 (左右右) Ye Ma Fen Zong
野马分鬃

3. WHITE CRANE FLASHING WINGS

白鹤亮翅 Bai E Liang Chi
白鹤亮翅
Colorful clothes and words,  
At the side a sharp sword!  
Dao De Jing (chap 53)

4. BRUSH KNEE (LEFT, RIGHT, LEFT)  
摺膝拗步 (左,右,左) Lou Xi Ao Bu  
左摺膝拗步

5. PLAYING THE LUTE  
手揮琵琶 Shou Hui Pi Pa  
手揮琵琶

6. STEP BACK - REPULSE MONKEY (RIGHT, LEFT, RIGHT, LEFT)  
倒撲 (左,右,左,右) Dao Nian Hou  
倒撲猴
7. STROKING BIRD’S TAIL (LEFT)
左攏雀尾，如封似閉   Lan Que Wei Zou
拦雀尾左
   I.  Ward Off Left (Peng Zuo)
   II. Roll Back (Lu)
   III. Press (Ji)
   IV. Push (An)

8. STROKING BIRD’S TAIL (RIGHT)
右攏雀尾，如封似閉   Lan Que Wei You
拦雀尾右
   I.  Ward Off Right (Peng Yuo)
   II. Roll Back (Lu)
   III. Press (Ji)
   IV. Push (An)
9. SINGLE WHIP

單鞭  Dan Bian

10. WAVING HANDS LIKE CLOUDS (THREE TIMES)

雲手 (三)  Yun Shou

11. SINGLE WHIP

單鞭  Dan Bian
12. HIGH PAT ON HORSE
高探马       Gao Tan Ma
高探马

13. HEEL KICK RIGHT
右分脚       You Deng Jiao
右蹬脚

14. PUNCHING EARS WITH BOTH FISTS
双峰贯耳     Shuang Feng Quan Er
双峰灌耳

15. TURN AND HEEL KICK LEFT
左分脚       Zuo Deng Jiao
左蹬脚
16. **Snake Creeps Low & Golden Cock Stands on One Leg (Left)**

下勢, 左金雞獨立  Xiu Shi, Zuo Jin Ji Du Li

下勢 左金鸡独立

17. **Snake Creeps Low & Golden Cock Stands on One Leg (Right)**

下勢, 右金雞獨立  Xiu Shi, You Jin Ji Du Li

下勢 右金鸡独立
18. WORK AT SHUTTLES (RIGHT, LEFT)

玉女穿梭 (右, 左)  Yu Nu Chuan Suo

19. NEEDLE AT SEA BOTTOM

海底针 Hai Di Zhen

20. FLASH ARM/ FAN BACK

扇通背 Shan Tong Bei

扇通背
21. TURN TO DEFLECT DOWNWARD, PARRY & PUNCH

翻身撤身捶, 上步搬攔捶     Jin Bu Ban Lan Chui

进步搬拦捶
22. APPARENT CLOSING

Ru Feng Si Bi

23. CROSS HANDS

Shi Zi Shou

24. CLOSING FORM

Shou Shi

By focusing on cultivating your Qi,
You can become as soft as a baby.
Dao De Jing (chap10)
Long Tou Shan School of Martial Arts

Master Luo Mei Juan
Has been teaching tai chi to students from around the world for over 15 years. She is certified as an advanced level wushu coach and level 6 master. She has won numerous gold and silver medals in competition.

Master Luo Jia Yu
Has practised Yang and Chen style Tai Chi for 16 years and has also studied Eagle Style Kung Fu with Master Li Keji, from Shaolin. She is a 6th level master accredited and has won numerous gold and silver medals for sword and hand.

Master Tang En Xi
Has ten years experience teaching Tai Chi. She has won several medals in competition, including a gold medal in tai chi sword and a silver medal in Yang style tai ji quan.

Long Tou Shan Martial Arts School
Located in the legendary beauty spot of Yangshuo, in Southern China, it offers ideal conditions to enjoy your practice while improving your health, well-being and martial arts.
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