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**Yang Style Tai chi 24 forms**

1. Commencing Form
2. Part the Horse’s Mane (3 times)
3. The White Crane Spreads Its Wings
4. Brush Knee and Twist Step (3 times)
5. Hand Strums the Lute
6. Step Back and Whirl Arms
7. Grasp the Peacock’s Tail on Both Sides
8. Single Whip
9. Wave Hands Like Clouds
10. Single Whip
11. Pat High on the Horse
12. Kick with Right Heel
13. Kick with Left Heel
14. Push Down Left Side
15. Stand on Left Leg
16. Push Down Right Side
17. Stand on Right Side
18. Work at Shuttles on Both sides
19. Needle at the Bottom of the Sea
20. Flash Arms
21. Turn to Deflect, Parry and Punch
22. Apparent Close-Up
23. Cross Hands
24. Closing Form