

## 24-posture Simplified Form Tai Chi" decomposition diagrams

1. Starting Posture



1



2



3



4



5

2. Part the Wild Horse's Mane



6



7



8



9



10



11



12



13



14



15



16



17



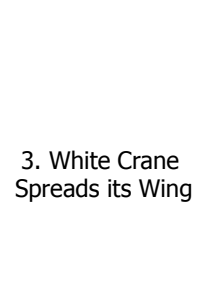
18



19



20



21

3. White Crane Spreads its Wing



4. Green Dragon Shoots Out Pearl

# FEELING TAI CHI

22



23



24



25



26



27



28



29



30



31



32



33



34



35



36



37



38



5. Play Lute

39



40



41



6. Repulse Monkey

42



43



44



45



46



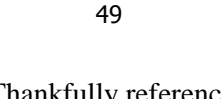
47



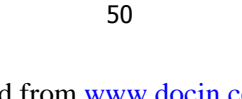
48



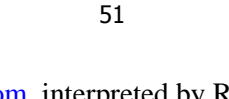
49



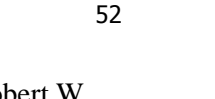
50



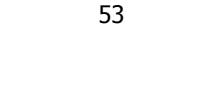
51



52



53



54







# FEELING TAI CHI



109



110

13. Cross Hands, Right Heel Kick



111



112



113



114



115



116

14. Double Bees Buzzing at Ears



117



118



119



120

15. Turn, Cross Hands, Left Heel Kick



121



122



123



124



125



126



127

16. Golden Cock Stand on One Leg—Left Side



128



129



130



131



132

# FEELING TAI CHI



17. Golden Cock Stand on One Leg—Right Side

133



134



135



136



137



138



139



140

18. Jade Lady Works Shuttles



141



142



143



144



145



146



147



148



149



150

19. Needle at Sea Bottom



151



152



153

20. Ward Off and Push Away



154



155



156

21. Turn, Intercept and Punch



157

# FEELING TAI CHI



158



159



160



161



162



163



164



165

22. As if Closing Shut



166



167



168



169



170

23.  
Cross Hands



171



172



173



174



175

24.  
Closing Posture



176



177



178

## “24-posture CHEN Tai Chi” decomposition steps

- Step 1. Starting Posture (3)
- Step 2. Part the Wild Horse's Mane—Both Sides (3+4+4)
- Step 3. White Crane Spreads its Wings (3)
- Step 4\*. Green Dragon Shoots out Pearl—Both Sides (4+4+4)
  
- Step 5. Play Lute (3)
- Step 6. Repulse Monkey—Both Sides (3+3+3+3)
- Step 7\*. Grasp Sparrow's Tail—Left Side (10)
- Step 8\*. Grasp Sparrow's Tail—Right Side (10)
  
- Step 9. Single Whip (5)
- Step 10\*. Wave Hands like Clouds (6)
- Step 11. Single Whip (4)
- Step 12. Stroke Horse's Back (3)
  
- Step 13. Cross Hands, Right Heel Kick (4)
- Step 14. Double Bees Buzzing at Ears (3)
- Step 15. Turn, Cross Hands, Left Heel Kick (3)
- Step 16\*. Golden Cock Stand on One Leg—Left Side (5)
  
- Step 17\*. Golden Cock Stand on One Leg—Right Side (5)
- Step 18. Jade Lady Works Shuttles-Both Sides (4+4)
- Step 19. Needle at Sea Bottom (3)
- Step 20. Ward off and Push Away (3)
  
- Step 21\*. Turn, Intercept and Punch (6)
- Step 22. As if Closing Shut (3)
- Step 23. Cross Hands (4)
- Step 24. Closing Posture (3)

Notes: \* sign means challenge movement