

5 Section 24 Taijiquan 五段二十四太極拳

5 section 24 solo bare-hand form—yang-style (beginner/intermediate)

Section I

1. Commencing Form
2. Part the Wild Horse's Mane (3x)
3. White Crane Spreads Wings
4. Brush Knee, Twist Step (3x)
5. Hand Strums the Lute

Section II

6. Step-back, Whirl Arms
7. Grasp Bird's Tail (*left*)
Ward-off, Roll-back, Press, Push
8. Grasp Bird's Tail (*right*)
Ward-off, Roll-back, Press, Push

Section III

10. Wave Hands Like Clouds (4x)
11. Single Whip
12. High Pat on Horse
13. Kick with Heel (*right*)
14. Strike Ears with Both Fists
15. Kick with Heel (*left*)

Section IV

16. Snake Creeps Down (*left*)
17. Snake Creeps Down (*right*)
18. Fair Maiden Weaves at Shuttles (r & l)
19. Needle at Sea Bottom
20. Fan Through Back

Section V

21. Twist-step, Deflect Down, Parry & Punch
22. Apparent Close-up
23. Cross Hands
24. Closing Form

