

24 Movement Taiji Form

	Name*	Pinyin, simplified characters
1	Beginning	Qǐshì, 起势
2	Part Wild Horse's Mane (Left, right, left)	Zuǒyòu Yémǎ Fēnzōng, 左右野马分鬃
3	White Crane Spreads Wings	Báihè Liàngchì, 白鹤亮翅
4	Brush Knee and Twist Step ((Left, right, left)	Zuǒyòu Lōuxī Àobù, 左右搂膝拗步
5	Strum Lute	Shǒuhūi Píqín, 手挥琵琶
6	Repulse Monkey (Right, left, right, left)	Dǎo niǎn hóu 倒撵猴
7	Grasp Sparrow's Tail (going to left) <ul style="list-style-type: none"> • Ward Off • Roll Back • Press • Push 	Zuǒ Lǎn Què Wěi, 左揽雀尾 <ul style="list-style-type: none"> • Bīng, 棚 • Lǚ, 捋 • Jǐ, 挤 • Àn, 按
8	Grasp Sparrow's Tail (going to right)	Yòu Lǎn què wěi, 右揽雀尾
9	Single Whip	Dān biān, 单鞭
10	Cloud Hands (3 movements to left)	Yúnshǒu, 云手
11	Single Whip	Dān biān, 单鞭
12	High Pat Horse	Gāo tàn mǎ, 高探马
13	Right Heel Kick	Yòu dēng jiǎo, 右蹬脚
14	Double Winds to Ears	Shuāng fēng guàn ěr, 双峰贯耳
15	Turn Body and Left Heel Kick	Zhuǎnshēn zuǒ dēngjiǎo, 转身左蹬脚
16	Left Snake Creeps Down (aka Squatting Single Whip) and Golden Pheasant Stands on One Leg (right)	Zuǒ Xià shì dúlì, 左下势独立
17	Right Snake Creeps Down (aka Squatting Single Whip) and Golden Pheasant Stands on One Leg (left)	Yòu Xià shì dúlì, 右下势独立
18	Fair Lady Works Shuttles (right, left)	Yòuzuǒ yùnnǚ chuānsuō, 右左玉女穿梭
19	Needle at Sea Bottom	Hǎidǐ zhēn, 海底针
20	Fan Through Back	Shǎn tōng bì, 闪通臂
21	Turn Body, Deflect, Parry, and Punch	Zhuǎnshēn Bānlánchuí, 转身搬拦捶
22	Apparent Closing (aka Action of Closing Doors)	Rúfēng shìbì, 如封似闭
23	Cross Hands	Shízìshǒu, 十字手
24	Closing	Shōushì, 收势

*Preferred names are provided here; other names and translations also exist