

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
9. Single Whip

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

