

Tai Chi Chuan: Beijing Short Form

Simplified Version, 24 Movements, Yang Style

1. Opening Movements
2. Wild Horse Shakes Its Mane (Left, Right, Left)
3. White Crane Spreads Its Wings
4. Brush Knee (Left, Right, Left)
5. Play the Pipa (Lute)

6. Repulse Monkey (Right, Left, Right, Left)
7. Grasping the Sparrow's Tail - Left Side
Ward off (Peng), Roll Back (Lu), Press (Ji), Push (An)
8. Grasping the Sparrow's Tail - Right Side
9. Single Whip

10. Wave Hands Like Clouds (3 times)
11. Single Whip
12. Stroke the Horse's Back
13. Kick with Right Heel
14. Box Opponent's Ears, Turn
15. Kick with Left Heel

16. Snake Creeps Down – Right Leg Squat
17. Golden Cock Stands on Left Leg
18. Snake Creeps Down – Left Leg Squat
Golden Cock Stands on Right Leg
19. Fair Lady Works the Shuttles
Right Side: Right Arm Blocks, Left Palm Strikes
Left Side: Left Arm Blocks, Right Palm Strikes
20. Picking Up the Needle from the Bottom of the Ocean

21. Unfolding Arms Like a Fan
22. Turn, Shoulder Strike, Back Fist, Parry and Punch
23. Cross Block and Push
24. Turn, Cross Hands and Close

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Cloud Hands Tai Chi Chuan Website: <http://www.egreenway.com/taichichuan/index.htm>