

二十四式简化太极拳
24-Posture Simplified Tai Chi

Also known as:

24 Yang Standardized

- | | |
|-----------|--|
| 1. 起始 | Commencing |
| 2. 野马分鬃 | Part the Wild Horse's Mane |
| 3. 白鹤亮翅 | White Crane Spreads Its Wings |
| 4. 搂膝拗步 | Brush Knee and Step Forward |
| 5. 手挥琵琶 | Play the Lute |
| 6. 倒卷肱 | Step Back and Repulse the Monkey |
| 7. 左揽雀尾 | Left-Grasp the Sparrow's Tail |
| 8. 右揽雀尾 | Right-Grasp the Sparrow's Tail |
| 9. 单鞭 | Single Whip |
| 10. 雲手 | Wave Hands Like Clouds |
| 11. 单鞭 | Single Whip |
| 12. 高探馬 | High Pat on Horse |
| 13. 右蹬脚 | Right Heel Kick |
| 14. 雙峰貫耳 | Strike to Ears with Both Fists |
| 15. 轉身左蹬脚 | Turn Body and Left Heel Kick |
| 16. 左下勢獨立 | Left Lower Body Then Stand on One Leg |
| 17. 右下勢獨立 | Right Lower Body Then Stand on One Leg |
| 18. 穿梭 | Fair Lady Works at Shuttles |
| 19. 海底针 | Needle at Sea Bottom |
| 20. 扇通背 | Fan Through Back |
| 21. 轉身搬攔捶 | Turn Body, Deflect, Parry, and Punch |
| 22. 如封似閉 | Appears Closed |
| 23. 十字手 | Cross Hands |
| 24. 收勢 | Closing |