



STEM of Tai Chi Forms in 24-Form Yang Form

1. Commencing
2. Part the Wild Horse's Mane (3x)
 - Hold the Moon left
 - Hold the Moon right
 - Hold the Moon Half step (Guitar - transition)
3. White Crane Spreads Its Wings and Cools Its Wings (3x)
 - Brush Knee and Step Forward
 - Brush Knee and Twist Step, LEFT and RIGHT
4. Playing the Lute
5. Reverse Reeling - Repulse Monkey LEFT and RIGHT (4x)
6. Left Grasp Sparrow's Tail
 - Ward Off
 - Apparent Close Up
 - Press arm
 - Push arm
 - Rotate
7. Right Grasp Sparrow's Tail
 - Ward Off
 - Apparent Close Up
 - Press arm
 - Push arm
 - Double Pulling
8. Single Whip/Set the Trap
9. Wave Hands Like Clouds (4x)
10. Single Whip/Set the Trap
11. High Pat on Horse
 - Right Heel Kick
 - Strike to Ears with Both Fists
 - Turn Body and Left Heel Kick
12. Left Golden Rooster Stands on One Leg
13. Single Whip Squatting Down, Snake Creeps Down,
14. Golden Rooster Stands on One Leg, Golden Bird Standing Alone
15. Right Lower Body and Stand on One Leg
16. Shuttle Back and Forth RIGHT and LEFT
17. Needle at Sea Bottom Searching for needle at the Bottom of the sea
18. Fan Through Back
19. Deflect/Block
20. Punch
21. Parry
22. Appears Closed/Surrender
23. Carries Tiger to the Mountain
24. Closing