

# Yang Style 24 Movements Short Form

NC Taoist 14 Weeks Program, September 2017

## Week 1

1. Commencing (Qǐshì, 起勢), Preparation, Beginning
2. Lift water buckets, slight left turn and back
3. Part the Wild Horse's Mane (Zuoyou Yémǎ Fēnzōng, 左右野马分鬃), LEFT and RIGHT

## Week 2

4. (repeat Part the Wild Horse's Mane (Zuoyou Yémǎ Fēnzōng, 左右野马分鬃), LEFT and RIGHT)
5. Shoulder strike
6. White Crane Spreads Its Wings (Báihè Liàngchì, 白鹤亮翅), Stork/Crane Cools Its Wings
7. Brush Knee and Step Forward (Zuoyou Lōuxī Àobù, 左右搂膝拗步), Brush Knee and Twist Step, LEFT and RIGHT

## Week 3

8. (repeat Brush Knee and Step Forward (Zuoyou Lōuxī Àobù, 左右搂膝拗步), Brush Knee and Twist Step, LEFT and RIGHT)
9. Playing the Lute (Shǒuhūi Pípa, 手挥琵琶), Strum the Lute, Play Guitar
10. Reverse Reeling Forearm (Zuoyou Dào juǎn gōng, 左右倒卷肱), Step Back and Repulse Monkey (Dǎo niǎn hóu 倒撵猴), LEFT and RIGHT

## Week 4

11. (repeat Repulse Monkey)
12. Left Grasp Sparrow's Tail (Zuo Lǎn Què Wěi, 左揽雀尾), Grasp the Bird's Tail
  1. Ward Off (Peng, 棚)
  2. Rollback (Lǚ, 捋)
  3. Press (Jǐ, 挤)
  4. Push (Àn, 按)
13. Right Grasp Sparrow's Tail (You Lǎn què wěi, 右揽雀尾)
14. Single Whip (Dān biān, 单鞭)

## Week 5

15. Wave Hands Like Clouds (Yúnshǒu, 云手), Cloud Hands, Cloud Built Hands, Wave Hands in Clouds

## Week 6

16. Single Whip transition (Danbian, 单鞭)
  1. Press (Jǐ, 挤)
  2. Single Whip (Danbian, 单鞭)
  3. High Pat on Horse (Gāo tàn mǎ, 高探马), Step Up to Examine Horse
  4. Press (Jǐ, 挤)

## Week 7

17. Right Heel Kick (Yòu dēng jiǎo, 右蹬脚), Separate Right Foot, Kick with Right Foot
18. Strike to Ears with Both Fists (Shuāng fēng guàn ěr, 双峰贯耳)
19. Turn Body and Left Heel Kick (Zhuǎnshēn zuǒ dēngjiǎo, 转身左蹬脚)

## Week 8

20. Left Lower Body and Stand on One Leg (Zuo Xià shì dúlì, 左下势独立)
  1. Single Whip (Dān biān, 单鞭)
  2. Squatting Down, Snake Creeps Down, (Left)
  3. Golden Rooster Stands on One Leg, Golden Bird Standing Alone

## Week 9

21. Right Lower Body and Stand on One Leg (You Xià shì dúlì, 右下势独立)
  1. Squatting Down, Snake Creeps Down, (Right)
  2. Golden Rooster Stands on One Leg, Golden Bird Standing Alone
22. Shuttle Back and Forth (Yòuzuǒ yùnnǚ chuānsuō, 右左玉女穿梭), Fair Lady Works with Shuttles, (Walking Wood), Four Corners, RIGHT and LEFT

## Week 10

- 23. Needle at Sea Bottom (Hǎidǐ zhēn, 海底针)
- 24. Fan Through Back (Shǎn tōng bì, 闪通臂), Fan Penetrates Back

## Week 11

- 25. Turn Body, Low Kick, Deflect, Parry, and Punch (Zhuǎnshēn Bānlánchuí, 转身搬拦捶)

## Week 12

- 26. Appears Closed (Rúfēng shìbì, 如封似闭), Withdraw and Push, as if Closing a Door
- 27. Cross Hands (Shízìshǒu, 十字手)
- 28. Closing (Shōushi, 收势)

## Weeks 13 & 14

Repeat full form, focusing on various elements including posture, weight distribution, breathing, drawing and returning energy from the ground, etc.

This outline includes a pretty aggressive learning pace. Progress may change week to week and the last two weeks may also be used in case learning will be slower.



*(\*) While modified from the Wikipedia source, the names of the moves, including the Chinese references, are taken from [https://en.wikipedia.org/wiki/24-form\\_tai\\_chi\\_chuan](https://en.wikipedia.org/wiki/24-form_tai_chi_chuan). Related rights are reserved to Wikipedia in concert with the Wikipedia Creative Commons Deed.*