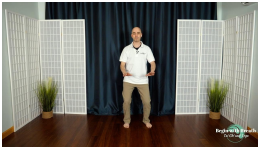
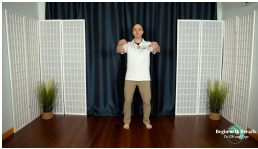
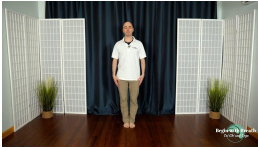


Tai Chi for Health - The 24 Movement Form (Front View)

Movement 1

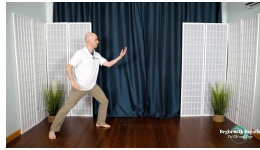
Opening the Door



Movement 2

Parting Horse's Mane

Left



Right

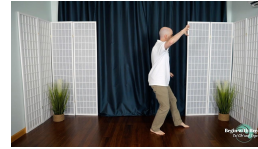


Left



Movement 3

White Crane Spreads Wings



Movement 4

Brush Knee and Push

Right



Left



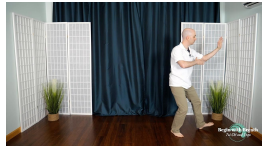
Right



Tai Chi for Health - The 24 Movement Form (Front View)

Movement 5

Playing the Pi'pa



Movement 6

Repulsing the Monkey

Right

Left



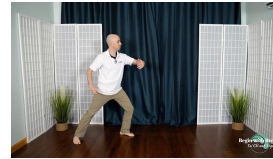
Right

Left



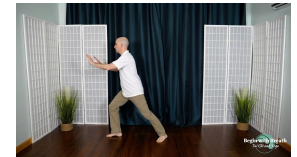
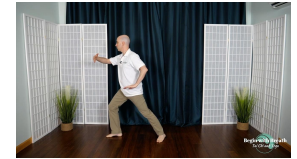
Movement 7

Grasping the Bird's Tail Left



Movement 8

Grasping the Bird's Tail Right



Tai Chi for Health - The 24 Movement Form (Front View)

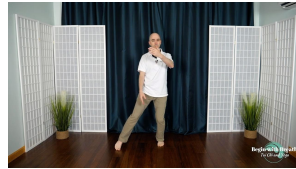
Movement 9

Single Whip



Movement 10

Wave Hands Like Clouds x3



Movement 11

Single Whip



Movement 12

High Pat On Horse



Tai Chi for Health - The 24 Movement Form (Front View)

Movement 13

Step Up and Kick with Heel R



Movement 14

Boxing Both Ears



Movement 15

Step Up and Kick with Heel L



Movement 16

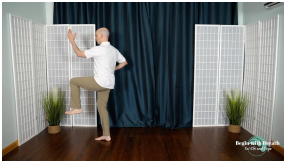
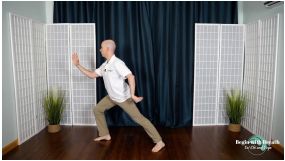
Snake Creeps Through Grass L,
Rooster Stands On One Leg R



Tai Chi for Health - The 24 Movement Form (Front View)

Movement 17

Snake Creeps Through Grass R,
Rooster Stands On One Leg L



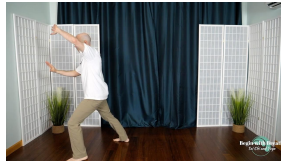
Movement 18

Fair Lady Works at Shuttles

Right



Left



Movement 19

Needle at the Sea Bottom



Movement 20

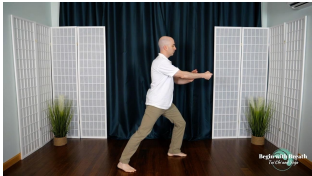
Opening the Arms Like a Fan



Tai Chi for Health - The 24 Movement Form (Front View)

Movement 21

Deflect Downward, Parry,
and Punch



Movement 22

Apparent Close



Movement 23

Cross Hands



Movement 24

Closing the Door

