



## **Tai Chi for Health - The 24 Movement Form**

### **Section 1**

- 1) Opening the Door
- 2) Parting Wild Horse's Mane (x3)
- 3) Crane Spreads Wings
- 4) Brush Knee and Push (x3)
- 5) Playing the Pi'pa

### **Section 2**

- 6) Repulsing the Monkey (x4)
- 7) Grasping the Bird's Tail (Left)
- 8) Grasping the Bird's Tail (Right)
- 9) Single Whip

### **Section 3**

- 10) Wave Hands Like Clouds
- 11) Single Whip
- 12) High Pat On Horse

### **Section 4**

- 13) Step Up and Kick with Heel (Right)
- 14) Boxing Both Ears
- 15) Step Up and Kick with Heel (Left)

### **Section 5**

- 16) Snake Creeps Through the Grass, Rooster Stands on One Leg
- 17) Snake Creeps Through the Grass, Rooster Stands on One Leg

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*Tai Chi and Yoga*

18) Fair Lady Works at Shuttles (x2)

## **Section 6**

19) Needle at the Sea Bottom

20) Opening the Arms Like a Fan (Fan Through the Back)

21) Deflect Downward, Parry, Block, and Punch

22) Apparent Close

23) Cross Hands

24) Closing the Door