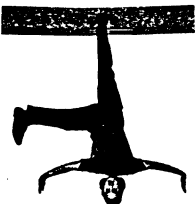


24 TaiChi Posture Pattern



15. Kick with left foot



16. Push down & stand on left leg



17. Push down & stand on right leg



20. Push down & stand on right leg



21. Kick with right foot



23. High pat on horse



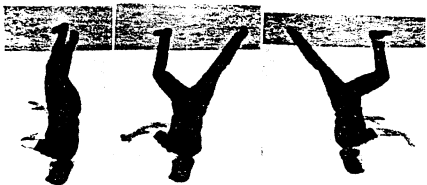
24. Cross hands



25. Turn left



26. Fists strike



27. Transition: holding a ball posture



28. Grasp the Bird's Tail (Left)



29. Roll arms back



30. Press & push



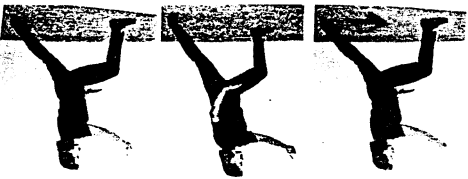
31. Play Lute



32. Brush Knee & Step Forward (Tree steps-L, R, L)



33. White Crane Flashes its Wings



34. Part horse's mane (Tree steps-L, R, L)

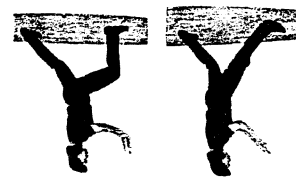


35. Turn left

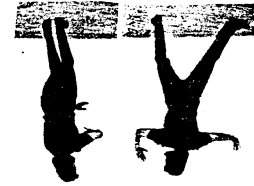


36. Beginning Form

draw arms
back
Push hands
forward



Transition



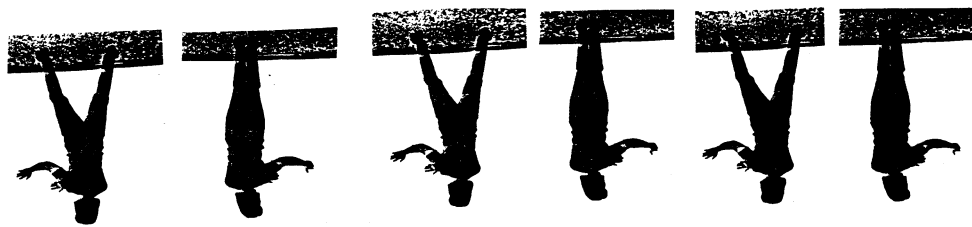
8. Grasp Bird's Tail
(Right)



11. Single whip



10. Wave hands like clouds (Tree steps to the left)



9. Single whip



18. Work at shuttles (on right, then left)



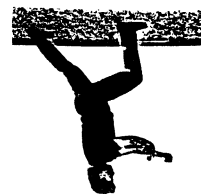
19. Needle at
Sea bottom



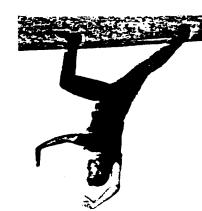
22. Close-up



Punch



20. Flash arms



21. Turn right
Parry

