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24-Step Simplified Tai Chi

24 movements · A4 reference sheet · free

The sequence in order, with the points to check on each movement. This is a sheet to keep beside you i
confirm what comes next, and to remind yourself what to watch for. It is a reference, not a lesson; the r
themselves need a teacher or a demonstration.

THE SEQUENCE

00 预备势
01 起势
02 左右野马分鬃
03 白鹤亮翅
04 左右搂膝拗步
05 手挥琵琶
06 左右倒卷肱
07 左揽雀尾
08 右揽雀尾
09 单鞭
10 云手
11 单鞭
12 高探马
13 右蹬脚
14 双峰贯耳
15 转身左蹬脚
16 左下势独立
17 右下势独立
18 左右穿梭
19 海底针
20 闪通臂
21 转身搬拦捶
22 如封似闭
23 十字手
24 收势

00 预备势
Preparation Posture

Stand with the feet together, body upright and arms hanging at the sides, the whole body relaxed.
The crown is lightly suspended, the chin slightly tucked, and the breathing natural.

01 起势
Starting Posture

Step the left foot out level with shoulder width; keep the weight steady without swaying.

02 左右野马分鬃
Part the Wild Horse's Mane on Both Sides

Complete the "hold the ball" gesture in front of the body as you draw the foot in.
Step forward landing on the heel first, then settle gradually into a bow stance.

03 白鹤亮翅
White Crane Spreads its Wings

After the follow step, shift the weight back while keeping the torso centered.
When spreading the wing, lift the crown lightly toward the upper front.

04 左右搂膝拗步
Brush Knee and Twist Step on Both Sides

The knee-brushing palm arcs lightly in front of the knee.
Send the push-palm forward from beside the ear, force reaching the palm root.

05 手挥琵琶
Hold the Lute

Shift weight back into a half-sitting step, with clear empty/full distinction.
Embrace both arms in front of the chest as if holding a lute.

06 左右倒卷肱
Step Back and Reverse Forearm Roll on Both Sides

Step back landing on the ball of the foot first, then settle down slowly.
When rolling the arm, draw it back in an arc close to the body.

07 左揽雀尾
Grasp the Bird's Tail — Left Side

08 右揽雀尾
Grasp the Bird's Tail — Right Side

09 单鞭
Single Whip

10 云手
Cloud Hands

Let the waist lead the arms in smooth, continuous side-to-side motion.
When shifting sideways, lift the heel first; rise and settle gently.

11 单鞭
Single Whip

12 **高探马**

High Pat on Horse

Shift weight back into an empty step, the front toes lightly touching.
Probe the palm forward from beside the ear, no higher than the eyes.

13 **右蹬脚**

Kick with Right Heel

14 **双峰贯耳**

Twin Peaks

Drive both fists diagonally upward from the sides, thumbs facing each other.

15 **转身左蹬脚**

Turn and Kick with Left Heel

16 **左下势独立**

Push Down and Stand on One Leg — Left Style

17 **右下势独立**

Push Down and Stand on One Leg — Right Style

18 **左右穿梭**

Work at Shuttles on Both Sides

After stepping, form a diagonal bow stance facing forward-diagonal.
Raise the framing palm above the head side; push the other forward.

19 **海底针**

Needle at Sea Bottom

Stand firm in the empty step, torso tipping slightly forward.
Thrust the fingers obliquely down-forward, force reaching the fingertips.

20 **闪通臂**

Flash the Arms

Push the front palm and brace the rear palm, opening both arms at once.
The bow-stance front foot points the same way as the push.

21 **转身搬拦捶**

Turning Body, Pulling, Blocking and Pounding

Turn with the waist leading the body; keep the weight from floating.
Link the ward-off fist, blocking palm, and strike into one compact sequence.

22 **如封似闭**

Apparent Close Up

Cross and draw both palms back, then press them forward.
Press the palms to chest height, force reaching the palm roots.

23 **十字手**

Cross Hands

Cross both arms in front of the chest, embracing in a rounded arc.
Slowly shift the weight to between both legs and stand steady.

24 收势

Closing Posture

Separate the hands to the sides and let them sink slowly; relax the whole body.
Lengthen the exhalation appropriately; the breath naturally sinks to the dantian.