

Combined 24 Posture Tai Chi Chuan Form

1. **Rising Position**
 - (Chi Se)
2. **Wild Horse Parts It's Mane**
 - (Yu Ye Ma Fen Si)
3. **White Crane Flips It's Wings**
 - (Pai Hao Liang Tse)
4. **Brush The Knee And Press**
 - (Yu Lou Chi Au Pu)
5. **Playing Guitar**
 - (Shou Hui Pi Pa)
6. **Reverse flip The Elbow**
 - (Yu Tao Chien Kung)
7. **Grasp The Sparrows Tail**
 - (Yu lan Chi Wei)
8. **Traipse Across The Ocean**
9. **Single Whip**
 - (Tan Pien)
10. **Cloud Hands /Waving Hands In Clouds**
 - (Yin Shou)
11. **On A High Plain, Search For The Horses**
 - (Kao Tanh Ma)
12. **Separating The Foot**
 - (Feng Chiao)
13. **Striking The Twin Peaks / Boxing The Ears**
 - (Suang Fung Kwan Ai)
14. **Turn The Body Sequence**
 - (Chuan Sen Chuo Ten Chiao)
15. **Snake Creeps Down The Vine**
 - (Tan Pien Hsia Se)
16. **Golden Chicken Stands On One Leg**
 - (Chin Chi Tu Li)
17. **Fair Maiden Works The Shuttles**
 - (Chuo Yu Yi Nie Chuan Hsiao)
18. **Brush The Knee**
 - (Lou Chi Yao Pu)
19. **Pluck The Needle From The Sea**
 - (Hai Ti Chen)
20. **Lighting Hands**
 - (San Tung Pi)
21. **Under The Sleeve Plant The Hammer**
 - (Chuan Sen Pan Lan Chue)
22. **As If To Be Sealed**
 - (Chu fung Se Pei)
23. **Embrace The Tiger, Return To The Mountain**
 - (Pao Hu Kuei Shan)
24. **Closing Position**
 - (Sou Se)