

24 Taijiquan prepared by LaoMa Manzou 老馬慢走 , Black Bamboo Pavillion 黑竹亭子

24 forms		Posture Name	Chinese Characters	Pinyin
1	1	Preparation Posture	預備勢	yù bèi shì
	2	Begin Posture	起式太極拳	qǐ shì tài jí quán
2	3	Left, Wild Horse Parts Mane	左野馬分鬃	zuǒ yě mǎ fēn zōng
	4	Right, Wild Horse Parts Mane	右野馬分鬃	yòu yě mǎ fēn zōng
	5	Left, Wild Horse Parts Mane	左野馬分鬃	zuǒ yě mǎ fēn zōng
3	6	White crane Cools Wings	白鶴涼翅	bái hè liàng chì
4	7	Left, Hug Knee	左摟膝	zuǒ lǒu xī
	8	Right, Hug Knee	右摟膝	yòu lǒu xī
	9	Left, Hug Knee	左摟膝	zuǒ lǒu xī
5	10	Hands Hold PiPa	手揮琵琶	shǒu huī pí pá
6	11	Right, Retreat Drive Out Monkey	右倒攆猴	yòu dào niǎn hóu
	12	Left, Retreat Drive out Monkey	左倒攆猴	zuǒ dào niǎn hóu
	13	Right, Retreat Drive Out Monkey	右倒攆猴	yòu dào niǎn hóu
	14	Left, Retreat Drive Out Monkey	左倒攆猴	zuǒ dào niǎn hóu
7	15	Left, Ward Off	左棚	zuǒ péng
	16	Roll Back	履	lǚ
	17	Press	摳	jǐ
	18	Push	按	àn
8	19	Right, Ward Off (turn around)	右棚	yòu péng
	20	Roll Back	履	lǚ
	21	Press	摳	jǐ
	22	Push	按	àn

24 forms		Posture Name	Chinese Characters	Pinyin
9	23	Single Whip (turn around)	單鞭	dān biān
10	24	Left, Cloud Hand	左雲手	zuǒ yún shǒu
	25	Right, Cloud Hand	右雲手	yòu yún shǒu
	26	Left, Cloud Hand	左雲手	zuǒ yún shǒu
	27	Right, Cloud Hand	右雲手	yòu yún shǒu
	28	Left, Cloud Hand	左雲手	zuǒ yún shǒu
11	29	Single Whip	單鞭	dān biān
12	30	Left, High Touch Horse	左高探馬	zuǒ gāo tàn mǎ
13	31	Right, Turn Around Press Foot	轉身右蹬腳	zhuǎn shēn yòu dèng jiǎo
14	32	Double Wind Pass Thru Ears	雙風貫耳	shuāng fēng guàn ěr
15	33	Left, Turn Around Press Foot	轉身左蹬腳	zhuǎn shēn zuǒ dèng jiǎo
16	34	Snake Lowers Body Posture (right leg)	蛇身下勢(右腿)	shé shēn xià shì (yòu tuǐ)
	35	Left, Gold Chicken Stands Only One Leg	左金雞獨立	zuǒ jīn jī dú lì
17	36	Snake Lowers Body Posture (left leg)	蛇身下勢(左腿)	shé shēn xià shì (zuǒ tuǐ)
	37	Right, gold Chicken Stands Only One Leg	右金雞獨立	yòu jīn jī dú lì
18	38	Right, Jade Woman Weaves Shuttle	右玉女穿梭	yòu yù nǚ chuān suō
	39	Left, Jade Woman Weaves Shuttle	左玉女穿梭	zuǒ yù nǚ chuān suō
19	40	Sea Bottom Needle	海底針	hǎi dǐ zhēn
20	41	Fan Through Back	扇通背	shàn tōng bèi
21	42	Turn body, Deflect Parry Punch	轉身搬攔捶	zhuǎn shēn bān lán chuí
22	43	Apparent Close	似閉	sì bì
23	44	Cross Hands	十字手	shí zì shǒu
24	45	Close Taiji	合太極	hé Tàijí