

# Jing Chi Shen

## The Art of Tai Chi Chuan

www.jingchishen.co.uk

### 24 SHI YANG TAIJIQUAN

#### Standardised routine

	<b>English</b>	<b>Chinese</b>
	Prepare	yu bei shi
Form 1	Commence	qi shi
Form 2	Part the wild horse's mane on both sides	zou you ya ma feng zong
Form 3	White crane spreads its wings	bai he liang chi
Form 4	Brush knee and twist step on both sides	zou you lou xi ao bu
Form 5	Play the lute	shou hui pi pa
Form 6	Curve back arms on both sides (repulse monkey)	zuo you dao juan hong
Form 7	Grasp bird's tail to left	zuo lan que wei
Form 8	Grasp bird's tail to right	you lan que wei
Form 9	Single whip	dan bien
Form 10	Wave hands like clouds	yun shou
Form 11	Single whip	dan bien
Form 12	High pat on horse	gao tan ma
Form 13	Kick with right heel	you deng jiao
Form 14	Strike opponent's ears with fists	shuan feng guan er
Form 15	Turn and kick with left heel	zhuan shen zou deng jiao
Form 16	Snake creeps down and stand on one left leg	zou xia shi du li
Form 17	Snake creeps down and stand on one right leg	you xia shi du li
Form 18	Fair lady works at shuttles to left and right	zou you chuan suo
Form 19	Needle at sea bottom	hai di zhen
Form 20	Fan through the back	shan tong bei
Form 21	Turn deflect, parry and punch	zhaun shen ban lan chui
Form 22	Apparent close up	ru feng si bi
Form 23	Cross hands	shi zi shou
Form 24	Finish	shou shi