24-posture Simplified Form Tai Chi” decomposition diagrams

1. Starting Posture

2. Part the Wild Horse's Mane

3. White Crane Spreads its Wing

4. Green Dragon Shoots Out Pearl

Thankfully referenced from www.docin.com, interpreted by Robert W.
Thankfully referenced from www.docin.com, interpreted by Robert W.
7. Grasp Sparrow's Tail — Left Side

8. Grasp Sparrow's Tail — Right Side

Thankfully referenced from www.docin.com, interpreted by Robert W.
9. Single Whip

10. Cloud Hands

11. Single Whip

12. Stroke horse’s Back

Thankfully referenced from www.docin.com, interpreted by Robert W.
13. Cross Hands, Right Heel Kick

14. Double Bees Buzzing at Ears

15. Turn, Cross Hands, Left Heel Kick

16. Golden Cock Stand on One Leg—Left Side

Thankfully referenced from www.docin.com, interpreted by Robert W.
17. Golden Cock Stand on One Leg—Right Side

18. Jade Lady Works Shuttles

19. Needle at Sea Bottom

20. Ward Off and Push Away

21. Turn, Intercept and Punch

Thankfully referenced from www.docin.com, interpreted by Robert W.
22. As if Closing Shut

23. Cross Hands

24. Closing Posture

Thankfully referenced from www.docin.com, interpreted by Robert W.
“24-posture CHEN Tai Chi” decomposition steps

Step 1. Starting Posture (3)
Step 2. Part the Wild Horse's Mane—Both Sides (3+4+4)
Step 3. White Crane Spreads its Wings (3)
Step 4*. Green Dragon Shoots out Pearl—Both Sides (4+4+4)

Step 5. Play Lute (3)
Step 6. Repulse Monkey—Both Sides (3+3+3+3)
Step 7*. Grasp Sparrow's Tail—Left Side (10)
Step 8*. Grasp Sparrow's Tail—Right Side (10)

Step 9. Single Whip (5)
Step 10*. Wave Hands like Clouds (6)
Step 11. Single Whip (4)
Step 12. Stroke Horse’s Back (3)

Step 13. Cross Hands, Right Heel Kick (4)
Step 14. Double Bees Buzzing at Ears (3)
Step 15. Turn, Cross Hands, Left Heel Kick (3)
Step 16*. Golden Cock Stand on One Leg—Left Side (5)

Step 17*. Golden Cock Stand on One Leg—Right Side (5)
Step 18. Jade Lady Works Shuttles—Both Sides (4+4)
Step 19. Needle at Sea Bottom (3)
Step 20. Ward off and Push Away (3)

Step 21*. Turn, Intercept and Punch (6)
Step 22. As if Closing Shut (3)
Step 23. Cross Hands (4)
Step 24. Closing Posture (3)

Notes: * sign means challenge movement