

TAI CHI IN 24 FORMS

(Reference only - for use with A1 Wall Chart)

Form-1:	Commencing Form	Fig. 001 - 006
Form-2:	Wild horse parts its mane: 1/3	Fig. 007 - 013
	2/3	Fig. 014 - 019
	3/3	Fig. 020 - 025
Form-3:	White crane spreads its wings	Fig. 026 - 029
Form-4:	Brush knee and push: 1/3	Fig. 030 - 035
	2/3	Fig. 036 - 041
	3/3	Fig. 042 - 047
Form-5:	Strum the lute	Fig. 048 - 051
Form-6:	Step back and whirl arms on both sides: 1/4	Fig. 052 - 058
	2/4	Fig. 059 - 064
	3/4	Fig. 065 - 070
	4/4	Fig. 071 - 076
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	pull back	Fig. 081 - 083
	press	Fig. 084 - 085
	push	Fig. 086 - 089
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	push	Fig. 103 - 106
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	2/3	Fig. 119 - 124
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