



History of the 24 Forms Simplified Tai Chi Routine

The 24 Forms Simplified Tai Chi Routine was developed in 1956 by the National Physical Culture and Sports Commission of the People's Republic of China. A standard form was needed for the Tai Chi competitions.

The 24 Forms Simplified Tai Chi Routine was based on the Yang Family style of Tai Chi Chuan. The Yang Style of Tai Chi was developed by Yang Lu Chan (1799-1872). Yang Lu Chan learned the Chen Style T'ai Chi Ch'uan from Chen Chang Xing (1771-1853).

Eventually the grandson of Yang Lu Chan, Yang Cheng Fu (1883-1936) modified and popularized the Yang Style Tai Chi (1883-1936)

Movements of 24 Forms Simplified Tai Chi Routine

The complete 24 Forms Simplified Tai Chi Routine should be performed within 4 to 8 minutes.

The 24 Forms Simplified Tai Chi Routine eliminated some of the movements that are found in the Yang Style Tai Chi 108 long form such as the Sweeping Lotus Kick, Step Up to Seven Stars, Snake Darts out its Tongue, or Carry the Tiger to the Mountain.

The 24 Forms Simplified Tai Chi Routine also greatly reduced the number of times that some movements are repeated in the Yang Style 108 long form such as Grasping the Sparrow's Tail, Waving Hands Like Clouds, Left Ward Off, or Single Whip. The traditional Yang Style Tai Chi long form has 108 movements (postures or parts).

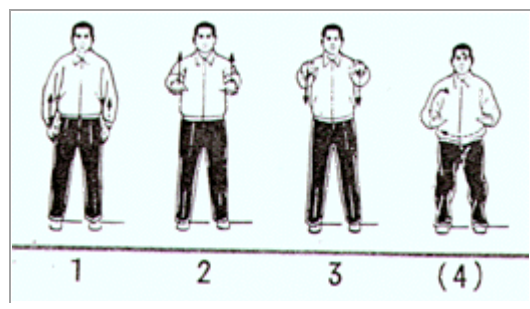
The 24 Forms Simplified Tai Chi Routine, short form, could be taught fairly quickly to students of various ages in physical education programs. The brevity of the form appealed to students of all ages. The short form could be done by large groups of people in rows since the movement choreography is in straight lines.

The short form provided a standard form for use in some competitions. The new short form was less physically demanding than longer forms and other Tai Chi styles, and appealed to older beginners. It provided a good introduction to the basic elements of the Yang Family Tai Chi long form. When done properly, the short form can exemplify grace, beauty, and many fundamentals of the art. For these reasons, the 24 Forms Simplified Tai Chi Routine has become quite popular and is now taught, practiced and played all over the world.

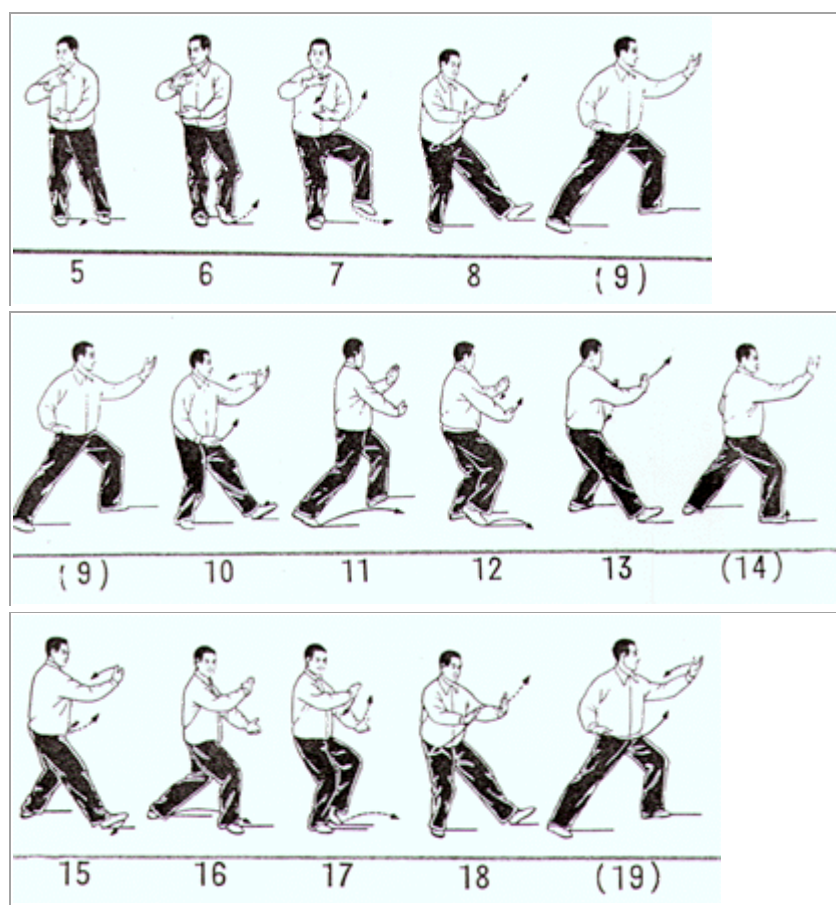
24 Forms Simplified Tai Chi Routine

	Movement Name	Direction	Chinese Name
Form 1	<u>Commencing form</u>	South	起势
Form 2	<u>Part the wild horse's mane (3)</u>	East	野马分鬃
Form 3	<u>The white crane spreads its wings</u>	East	白鹤亮翅
Form 4	<u>Brush knee and twist step on both sides (3)</u>	East	搂膝拗步
Form 5	<u>Hand strums the lute</u>	East	手挥琵琶
Form 6	<u>Step back and whirl arms on both sides (4)</u>	East	倒卷肱
Form 7	<u>Grasp the bird's tail-left side</u>	East	揽雀尾
Form 8	<u>Grasp the bird's tail-right side</u>	West	揽雀尾
Form 9	<u>Single whip</u>	East	单鞭
Form 10	<u>Wave hands like clouds-left side</u>	South	云手
Form 11	<u>Single whip</u>	East	单鞭
Form 12	<u>High pat on the horse</u>	East	高探马
Form 13	<u>Kick with right heel (east by south 30 degrees)</u>	East	右蹬脚
Form 14	<u>Strike opponent's ears with both fists</u>	East	双峰贯耳
Form 15	<u>Turn and kick with left heel (west by north 30 degrees)</u>	West	转身左蹬脚
Form 16	<u>Push down and stand on one leg-left side</u>	West	下势独立
Form 17	<u>Push down and stand on one leg-right side</u>	West	下势独立
Form 18	<u>Work at shuttles on both sides</u>	45 Degrees	左右穿梭
Form 19	<u>Needle at sea bottom</u>	West	海底针
Form 20	<u>Flash the arm</u>	West	闪通背
Form 21	<u>Turn, deflect downward, parry and punch</u>	East	转身搬拦捶
Form 22	<u>Apparent close up</u>	East	如封似闭
Form 23	<u>Cross hands</u>	South	十字手
Form 24	<u>Closing form</u>	South	收势

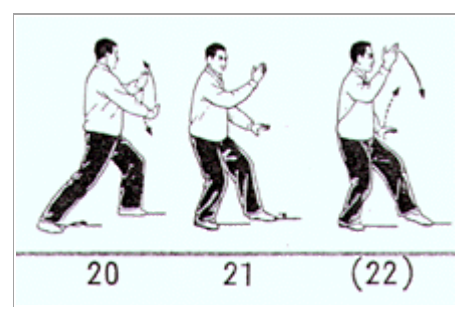
Form 1: Commencing form



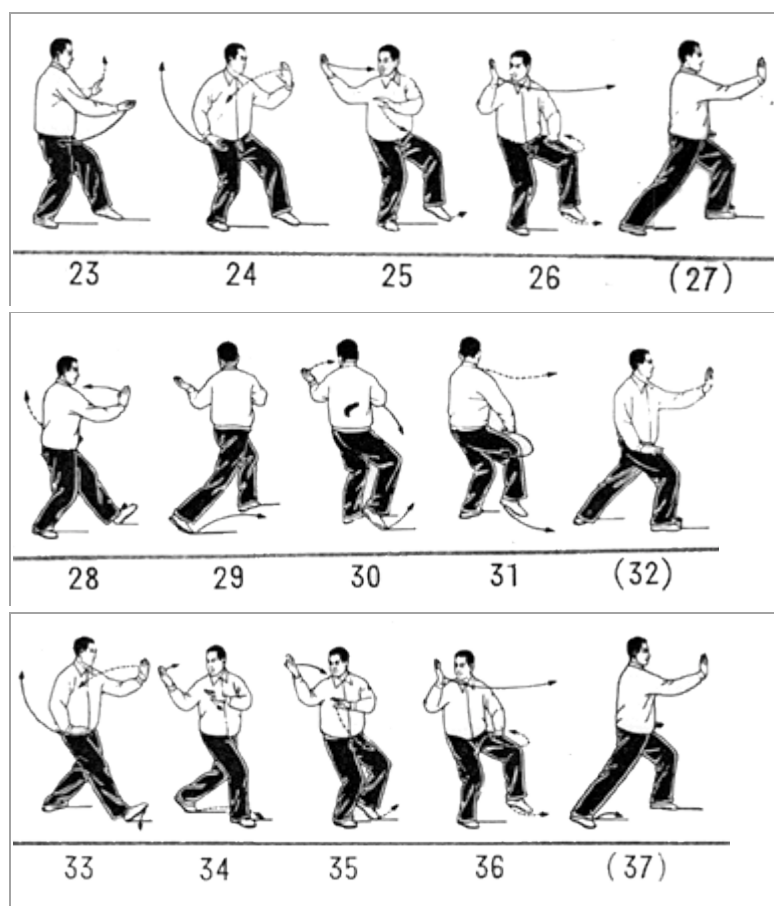
Form 2: Part the wild horse's mane (three times)



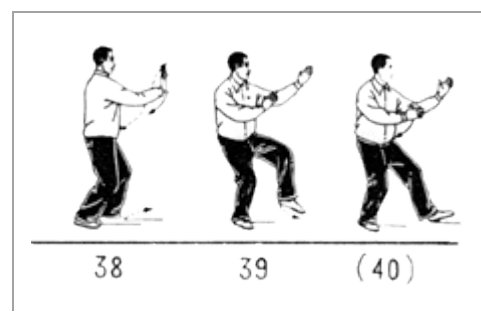
Form 3: The white crane spreads its wings



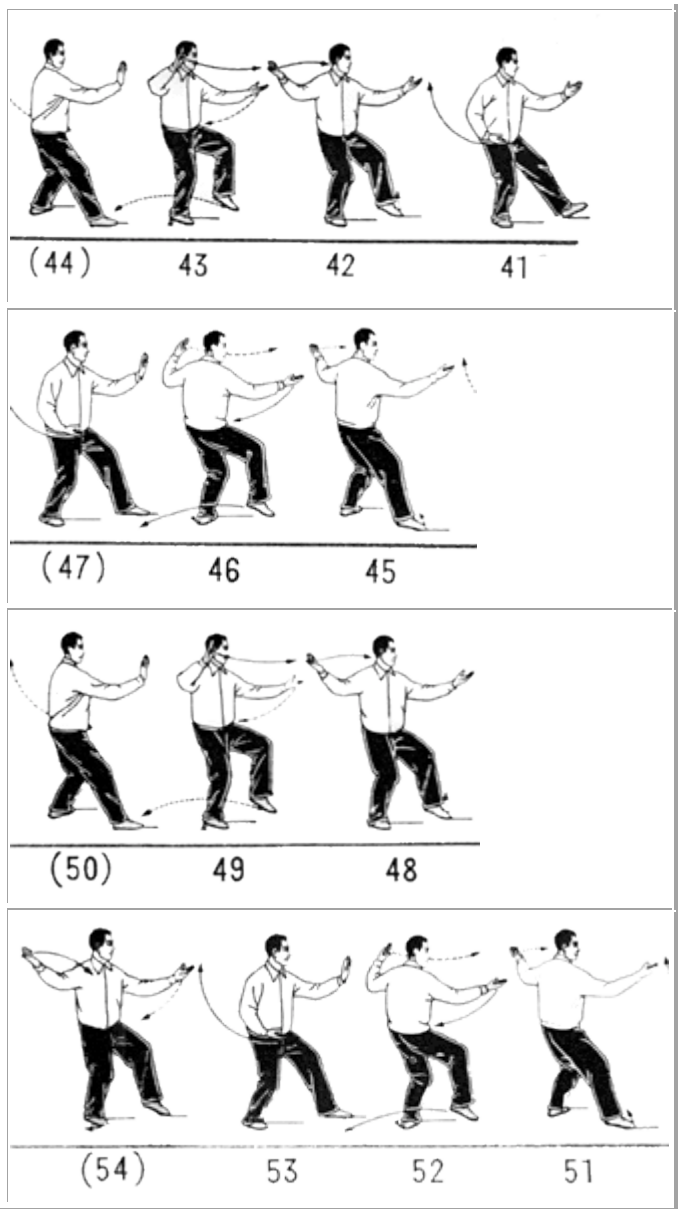
Form 4: Brush knee and twist step on both sides (three times)



Form 5: Hand strums the lute

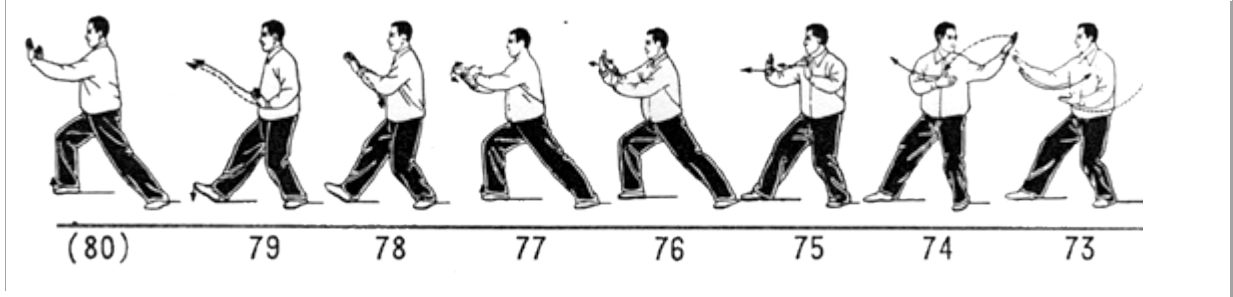
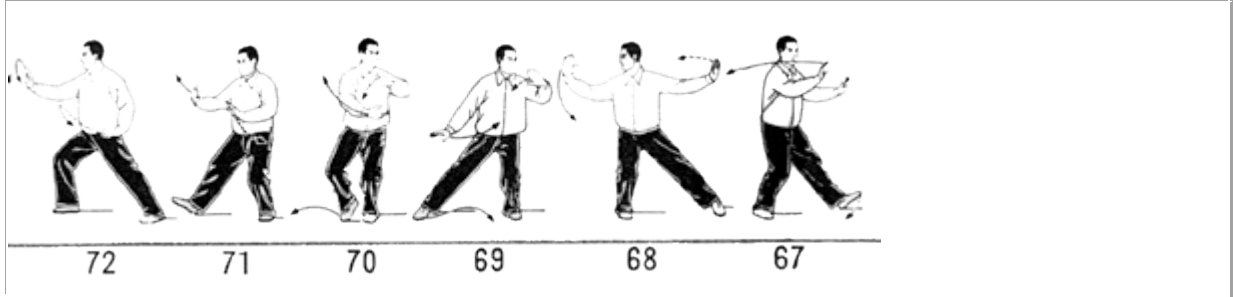
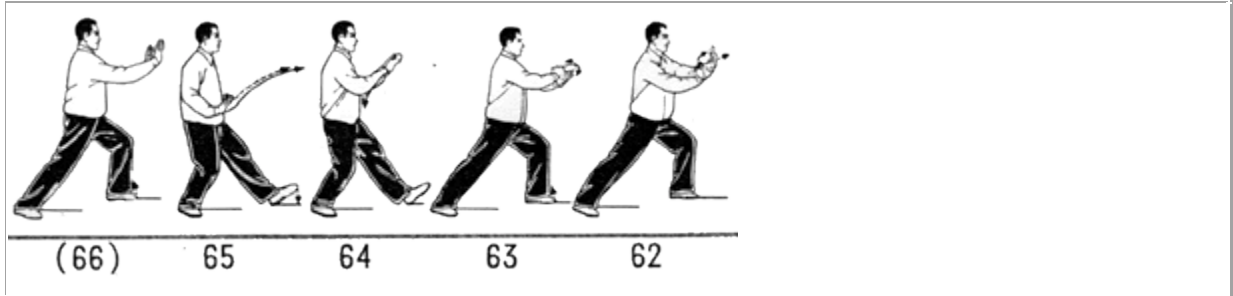
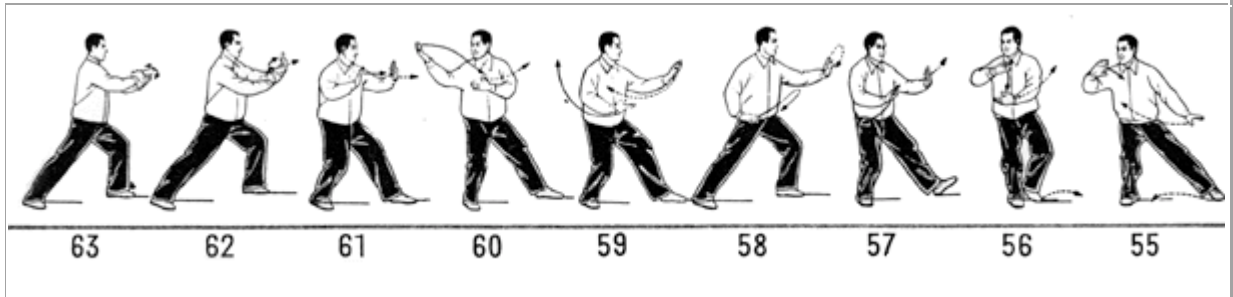


Form 6: Repulse the Monkey-Step back and whirl arms on both sides (four times)

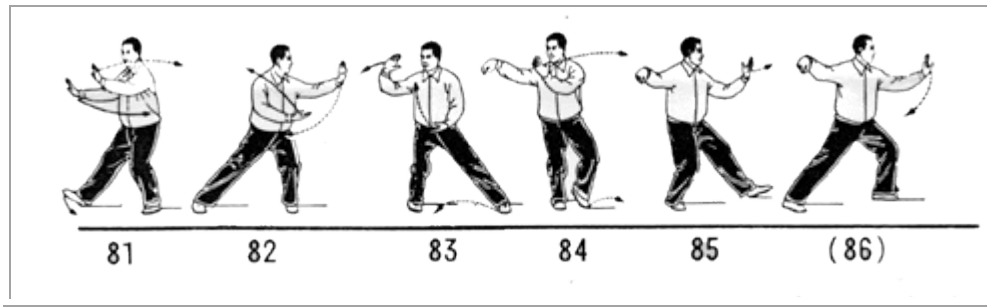


Form 7: Grasp the bird's tail - left side

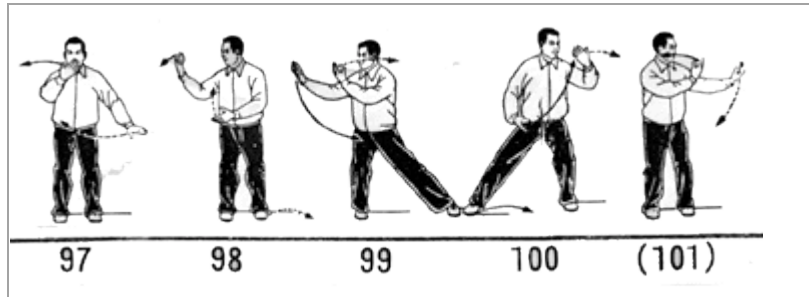
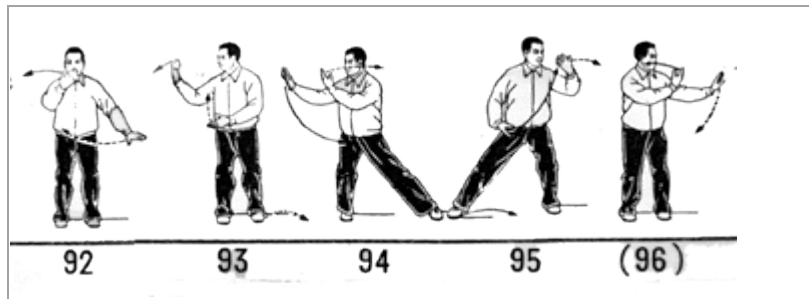
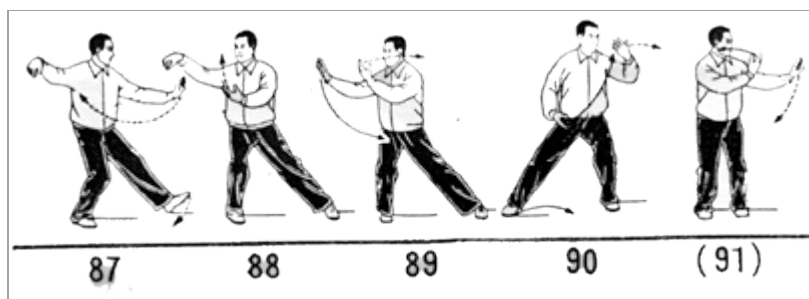
Form 8: Grasp the bird's tail - right side



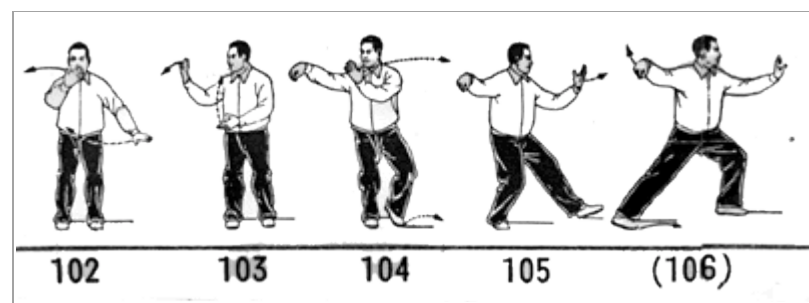
Form 9: Single whip (for the first time)



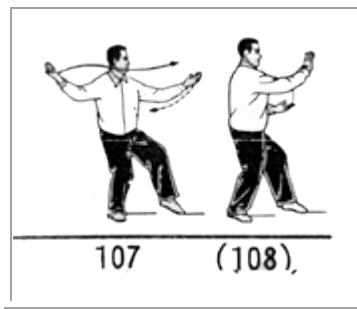
Form 10: Wave hands like clouds-left side (three times)



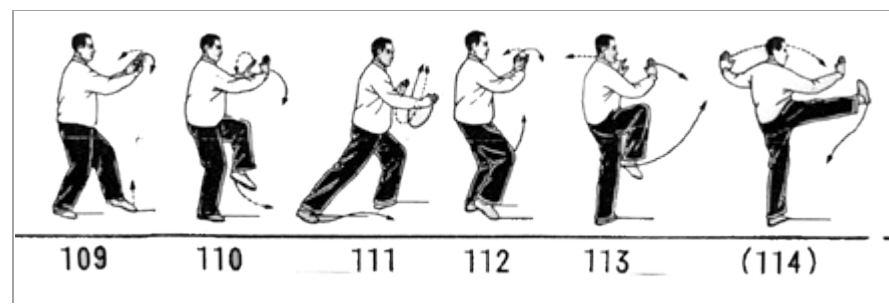
Form 11: Single whip (for the second time)



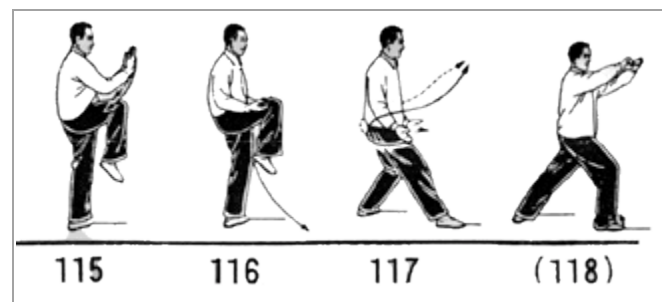
Form 12: High pat on the horse



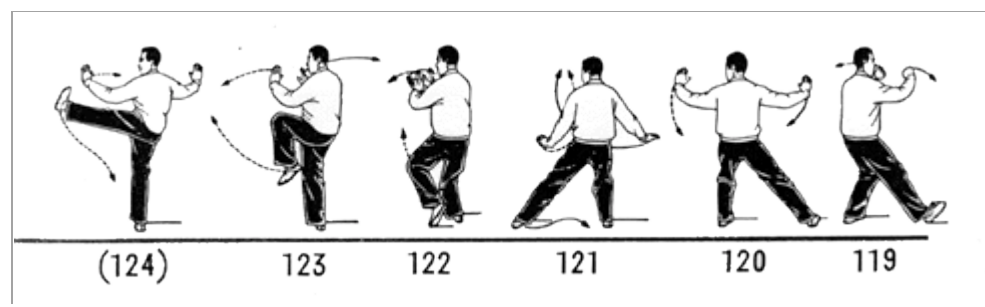
Form 13: Kick with right heel (east by south 30 degrees)



Form 14: Strike opponent's ears with both fists

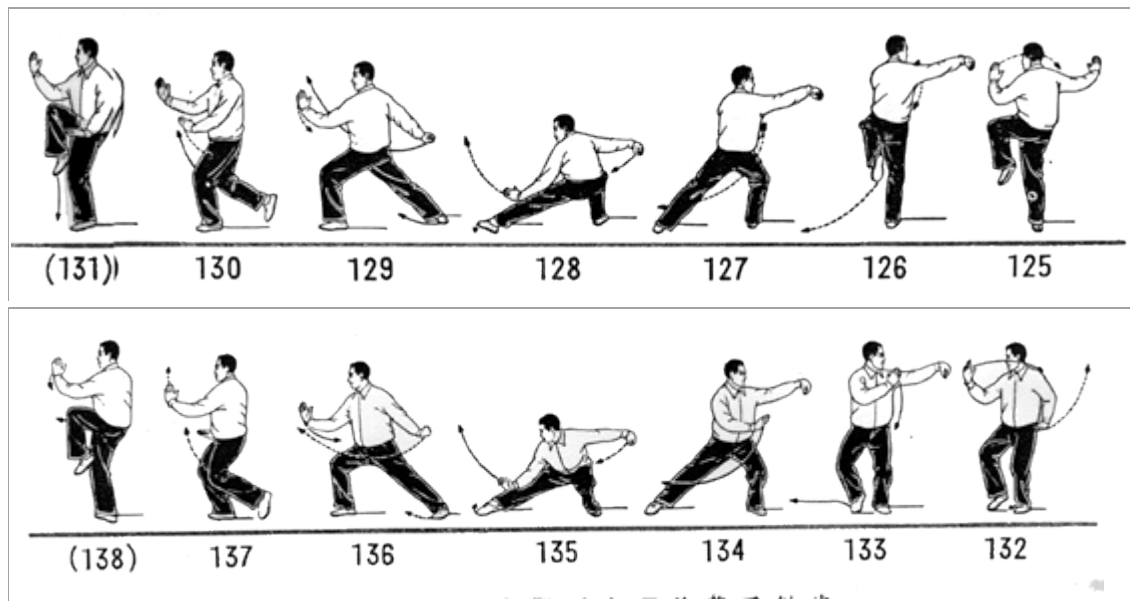


Form 15: Turn and kick with left heel (west by north 30 degrees)

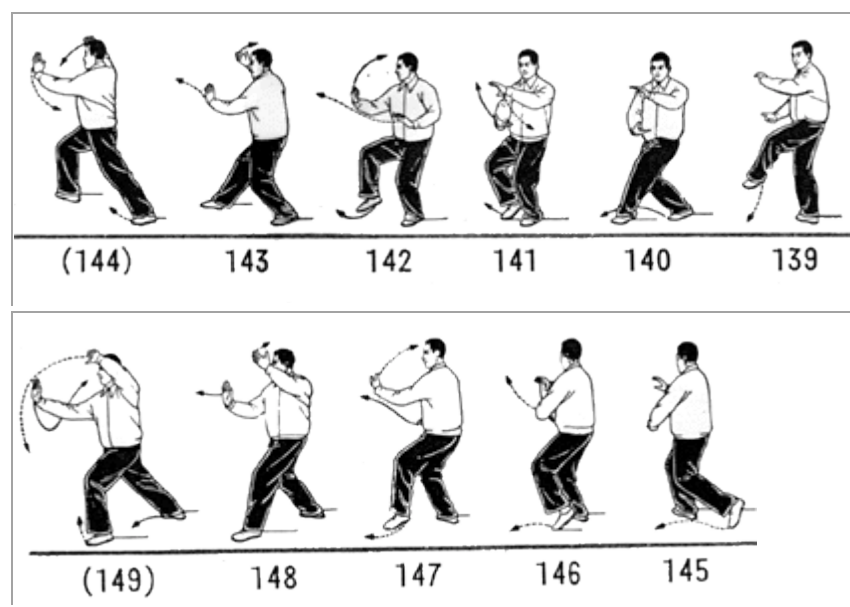


Form 16: Push down and stand on one leg - left side

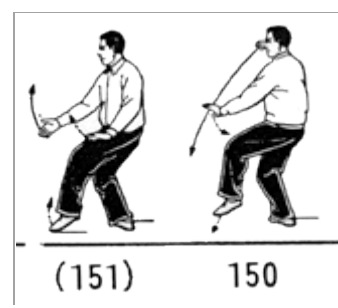
Form 17: Push down and stand on one leg - right side



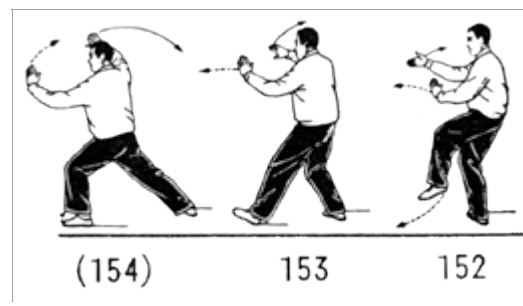
Form 18: Work at shuttles on both sides



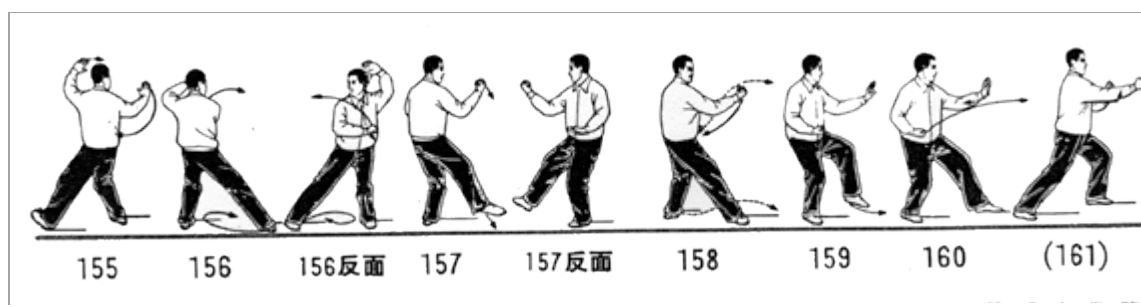
Form 19: Needle at sea bottom



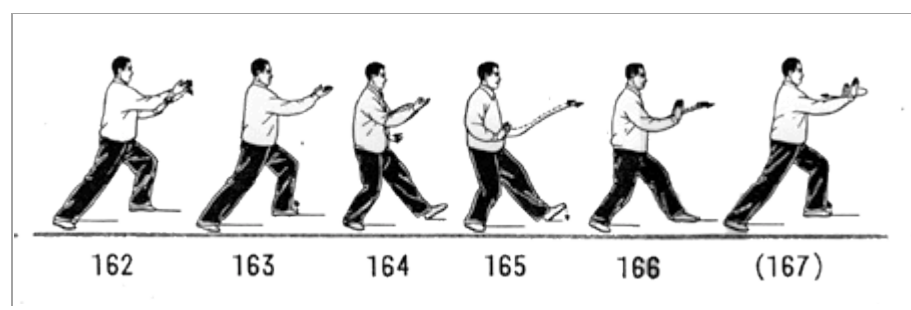
Form 20: Flash the arm



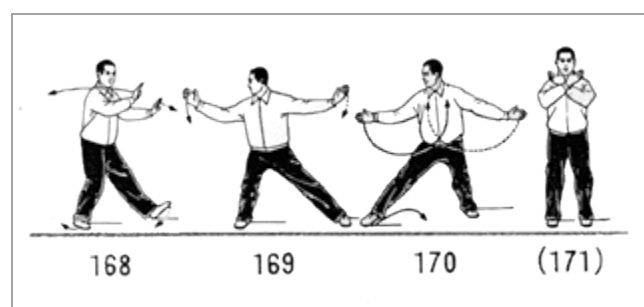
Form 21: Turn, deflect downward, parry and punch



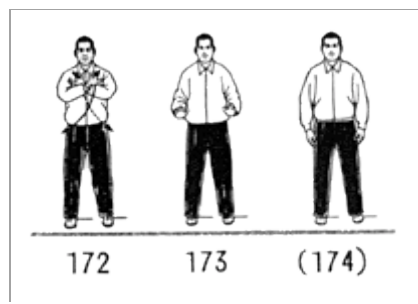
Form 22: Apparent close up



Form 23: Cross hands



Form 24: Closing form



The following points lay out how Tai Chi is taught or might be studied, in an effort to help you get the most out of your classes.

- > Warm-ups and relaxation techniques are usually repeated weekly, although if you practice these everyday on your own you will be all the better for it.
- > The actual Tai Chi movement of the week must be learned and practiced on your own that week.
- > Each week a new Tai Chi movement will be added to your growing form or repertoire.
- > The form will get longer and longer each week until you learn the entire form.
- > Long forms of 20 minutes take between 6 and 8 months to learn.
- > Short forms of 10 minutes may take 2 to 6 months to learn, depending on the instructor and the form.
- > Advanced students often repeat beginning or intermediate classes for years to refine their performance of the Tai Chi forms.
- > Advanced students may serve as assistant instructors in class.
- > As an advanced student, you may be asked to assist new students learning the forms for the first time. Tai Chi, like all martial arts, is based on a mentoring system. As an assistant, you'll usually teach the first of the following three stages of Tai Chi instruction.
- > Tai Chi is taught in these three stages.
- > First, the movements are learned.
- > Second, the breath is incorporated into the regimen by learning an inhalation or exhalation that is connected to each movement.
- > Third, a relaxation element or awareness of the flow of energy through the body is learned. Although the first step offers many benefits from the first day, the benefits get richer and deeper with each level you learn.

“As Tai Chi teaches the body to move and change more easily and effortlessly, it provides a model for the mind and heart to change more easily, too. Therefore, as you continue with Tai Chi, you may discover you eat healthier, drink more water and less soda, get better rest, adopt habits like regular massage therapy, and spend more time with people who make you feel good about yourself.” ...Bill Douglas-WTCQD Founder

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