

*Tai Chi Chuan, Simplified 24 Forms, Beginning Set (1-6)*

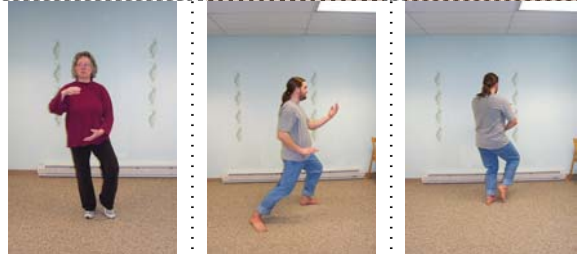
**1. Opening**

Facing North  
Step out with left foot  
Shift balance,  
Raise arms while inhaling,  
Lower arms and center while exhaling



**2. Part the Horse's Mane**

3x Left, Right, Left  
Holding a ball while stepping and balancing. Parting the hands while shifting weight to front foot.  
Stepping West, turning SW and NW



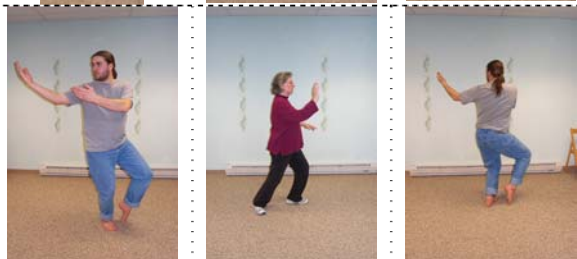
**3. White Crane Spreads its wings**

Right foot takes half a step forward.  
Shift weight to right foot. Turn slightly right and then back to front. Spread wings.  
Left foot empty toe down. Facing West



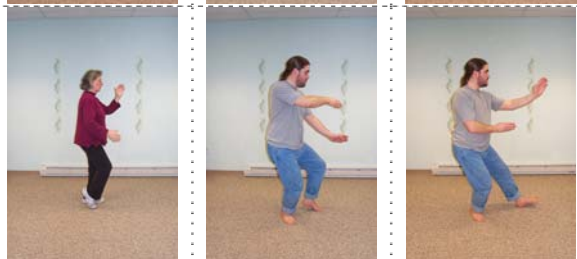
**4. Brush Knee Push Step**

3x Left, Right, Left  
Hands to the side/back while stepping and balancing. Both hands swing forward when shifting weight to front foot.  
Stepping West, turning SW and NW



**5. Right Hand Strums the Lute**

Right foot takes half a step forward.  
Shift weight to right foot. Turn slightly right and then back to front. Bring hands to the 'lute' position. Left foot empty, heel down. Facing West



**6. Repulse Monkey**

4x Left, Right, Left, Right  
While stepping back, stepping side hand swings back, other hand pushes forward.  
Facing West, stepping E, turning SW and NW,



**Close (if ending with 6 forms)**

Hands at shoulder level, turn to the North, pivoting on left heel.  
Straighten feet, lower arms while exhaling

