

Tai Chi Chuan - Yang 24 Form - Sifu Lenny Aaron - www.taichiforever.com

1	Tai Gek Hoi Sek	Tai Chi Opening	预 备
2	Yeh Ma Fun Chung	Part the Wild Horse's Mane	野马分鬃
3	Bak Hok Leung Chi	White Crane Spreads its Wings	白鹤亮翅
4	Lao Sup Ow Bo	Brush Knee Twist Step	左搂膝拗步
5	Sau Fai Pei Pa	Hands Strum Lute	手挥琵琶
6	Do Gun Guang	Repulsing Monkey	倒撵猴
7	Jor Lum Juk Mei	Caress Bird's Tail (Left)	左拦雀尾
8	Yow Lum Juk Mei	Caress Bird's Tail (Right)	右拦雀尾
9	Dun Bin	Single Whip	单鞭
10	Wan Sau	Cloudy Hands	云手
11	Dun Bin	Single Whip	单鞭
12	Go Tam Ma	High Pat On Horse	高探马
13	Yow Dun Guerk	Right Kick	右蹬脚
14	Seung Fung Goon Yee	Twin Peaks Strike Ears	双峰灌耳
15	Jor Dun Guerk	Left Kick	左蹬脚
16	Jor Ha Sai - Gam Gai Dok Lup	Snake Creeps Down & Golden Cock Stands on One Leg (L)	下势 - 左金鸡独立
17	Yow Ha Sai - Gam Gai Dok Lup	Snake Creeps Down & Golden Cock Stands on One Leg (R)	下势 - 右金鸡独立
18	Yow Jor Yok Noi Chuen Saw	Fair Maiden Works the Shuttles (R & L)	玉女穿梭
19	Hoi Dai Jum	Needle to the Bottom of the Sea	海底针
20	Sim Tong Bei	Fan Through Back of Mountain	扇通背
21	Poon Lan Choi	Deflect Downward, Parry & Punch	进步搬拦捶
22	Yee Fung Chee Bai	Apparently Closed up	如封似闭
23	Sup Tze Sao	Cross Hands	十字手
24	Tai Gek Sau Sek	Tai Chi closing	收式 - 还原