**Yang Style Tai Chi Set (24 Movements)**

1. **Commencing Form**
2. **Parting wild horse’s mane (3x)**
3. **White crane spreads wings**
4. **Brush knee (3x)**
5. **Playing the lute**
6. **Repulse Money (4x) step back**
7. **Stroking Bird’s tail – left**
8. **Stroking Bird’s tail – right**
9. **Single whip**
10. **Waving hands like clouds (3x) left**
11. **Single whip**
12. **High pat horse**
13. **Heel kick - right**
14. **Punch ears with both fists**
15. **Turn and heel kick – left
Creep low like snake - left**
16. **Golden rooster stands on one leg – right
Creep low like snake - right**
17. **Golden rooster stands on one leg – left**
18. **Fair lady works shuttle – right
Fair lady works shuttle - left**
19. **Needle at sea bottom**
20. **Fan penetrates back**
21. **Parry and punch**
22. **Closing up push**
23. **Cross hands**
24. **Closing form**