

HUNYUAN TAI CHI • 24 YILU FORM

Section I

1. Starting Posture
2. Buddha's Warrior Pounds the Mortar
3. Lazily Tie the Coat
4. Six Blocking, Four Closing
5. Single Whip
6. White Crane Spreads Its Wings

Section II

7. Walk Obliquely and Twist Step
8. Lift Hands and Raise Knee
9. Wade Forward and Twist Step
10. Cover Hand Punch
11. Shield Body Punch
12. Fold and Lean with Back

Section III

13. Green Dragon Emerges from Water
14. Old Man Strokes His Beard
15. Change Palms Three Times
16. Repulse the Monkey
17. Step Back Press Elbow
18. Middle Winding

Section IV

19. Dodge through Back
20. Punch the Ground
21. Elbow to Heart
22. Snap Waist Press Elbow
23. Forward Double Punch
24. Closing Posture