1. Commencing  
2. Part the Wild Horse's Mane on Both Sides  
3. White Crane Spreads its Wings  
4. Brush Knee and Twist Step on Both Sides  
5. Playing the lute

6. Reverse reeling forearm  
7. Left grasp sparrow’s tail  
8. Right grasp sparrow’s tail  
9. Single whip  
10. Wave hands like clouds

11. Single whip  
12. High pat on horse  
13. Right heel kick  
14. Strike to ears with both fists  
15. Turn body and left heel kick

16. Left lower body and stand on one leg  
17. Right lower body and stand on one leg  
18. Shuttle back and forth  
19. Needle at sea bottom

20. Fan through back  
21. Turn body, deflect, parry and punch  
22. Appears closed  
23. Gross hands  
24. Closing

Figure 2: 24 Forms Simplified Tai Chi Chuan