

二十四式簡化太極拳

(in Pin Yin)

24 Posture Simplified Taiji

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| 1. 起勢 | Qi(3) Shi(4) | 1. Commencing Form |
| 2. 野馬分鬃 | Ye(4) Ma(4) Fen(1) Zong(1) | 2. Mustang Part Its Mane (3) |
| 3. 白鶴亮翅 | Bai(2) He(4) Liang(4) Chi(4) | 3. The White Crane Flashes Its Wings |
| 4. 摟膝拗步 | Lou(1) Xi(1) Ao(4) Bu(4) | 4. Brush Knee and Twist Step (3) |
| 5. 手揮琵琶 | Shou(3) Hui(1) Pi(2) Pa | 5. Hand Strums the Lute |
| 6. 倒卷肱 | Dao(4) Juan(3) Gong(1) | 6. Step Back and Whirl Arms on Both Sides |
| 7. 左攬雀尾 | Zuo(3) Lan(3) Que(4) Wei(3) | 7. Grasp Sparrow's tail – Left Style |
| 8. 右攬雀尾 | You(4) Lan(3) Que(4) Wei(3) | 8. Grasp Sparrow's tail – Right Style |
| 9. 單鞭 | Dan(1) Bian(1) | 9. Single Whip |
| 10. 雲手 | Yun(2) Shou(3) | 10. Cloud Hands (3) |
| 11. 單鞭 | Dan(1) Bian(1) | 11. Single Whip |
| 12. 高探馬 | Gao(1) Tan(4) Ma(3) | 12. High Pat on Horse |
| 13. 右蹬腳 | You(4) Deng(1) Jiao(3) | 13. Kick with Right Heel |
| 14. 雙峰貫耳 | Shuang(1) Feng(1) Guan(4) Er(3) | 14. Strike Opponent's Ears with Both Fists |
| 15. 轉身左蹬腳 | Zhuan(3) Shen(1) Zuo(3) Deng(1) Jiao(3) | 15. Turn Body and Kick with Left Heel |
| 16. 左下式金雞獨立 | Zuo(3) Xia(4) Shi(4) Jin(1) Ji(1) Du(2) Li(4) | 16. Snake Creeps Down and Golden Pheasant Stands with One Leg – Left Style |
| 17. 右下式金雞獨立 | You(4) Xia(4) Shi(4) Jin(1) Ji(1) Du(2) Li(4) | 17. Snake Creeps Down and Golden Pheasant Stands with One Leg – Right Style |
| 18. 玉女穿梭 | Yu(4) Nv(3) Chuan(1) Suo(1) | 18. Fair Lady Works at Shuttles |
| 19. 海底針 | Hai(3) Di(3) Zhen(1) | 19. Needle at Sea Bottom |
| 20. 閃通背 | Shan(3) Tong(1) Bei(4) | 20. Flash the Arm |
| 21. 轉身搬攔錘 | Zhuan(3) Shen(1) Ban(1) Lan(2) Chui(2) | 21. Turn to Strike, Parry and Punch |
| 22. 如封似閉 | Ru(2) Feng(1) Si(4) Bi(4) | 22. Apparent Close-Up |
| 23. 十字手 | Shi(2) Zi(4) Shou(3) | 23. Cross Hands |
| 24. 收勢 | Shou(1) Shi(4) | 24. Closing Form |