

Taijiquan 24 Form | Tai Chi Peking Form | 24

I did not find a free licensed visualization of the 24 Taijiquan Peking form that I've been learning for 30 years now. So I started sketching a rough version myself.

This is still incomplete! To date I only finished the first third that works as a loop: moving forward and back. Even drawing this sketched version took me several months (I don't have much time for drawing), so I decided to publish now and complete it in time to get it out there. *Release early, release often.* These first steps return to the starting position, so you can train with them continuously in a fixed space.

These sketches are from memory and imperfect low quality, and the [training PDF by the Akademie Krefeld](#) is more precise, but this here is vertical, so you see the movement, and free licensed under cc by-sa (compatible with Wikipedia) with [inkscape](#) source file, so you can edit and work with it.

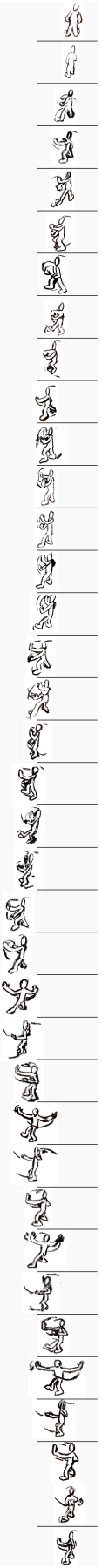
Some sketches here appear **unbalanced**. That's a **drawing error** I made. I may fix those parts when I get to it. If a movement here seems strange, doublecheck it with the training PDF linked above.

What helped me the most in finally learning the last steps of the form was the video [Two people mirror Tai Chi form 24](#). It shows a version of the form that works well with knees which are no longer 20 — learning that gives you a skill you can use your whole life.

The first loop

From the starting position to the first repeated stance: the fourth and the last stance are the same.

These are the steps I use to remember the movements. They show different points in time than the official ones, because those help me more and capture what I needed to understand. Enough with the disclaimers. I hope these help you. Have fun!



I'm currently walking the full form roughly twice a day. One of these is usually just before going to bed. It helps me get back from the screen into my body and the real world.

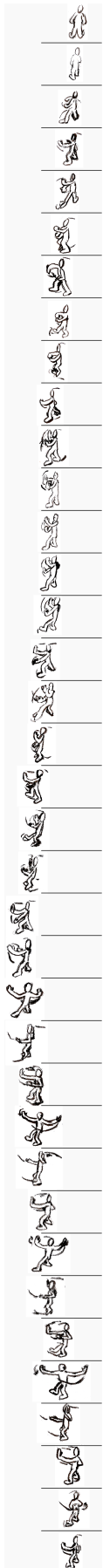
Source for editing: [2023-11-11-taijiquan-form-teil-1-vertikal.svg](https://www.draketo.de/2023-11-11-taijiquan-form-teil-1-vertikal.svg)

This part is about one third of the 24 form.

To be continued.

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draketo.de: https://www.draketo.de	1
training PDF by the Akademie Krefeld: https://www.taiji-qigong-akademie.de/download/Pekingform.pdf	1
inkscape: https://inkscape.org	1
Two people mirror Tai Chi form 24: https://www.youtube.com/watch?v=--5C_5uMBsU	1



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