

Forma 24 je nastala 1956. na osnovu Yang stila, kao rezultat skraćivanja duge forme i želje da se ova veština što više približi kineskom narodu i popularizuje u svetu. Lista pokreta:

1. Beginning of the form
2. The mane of wild horse share
3. The white crane spreads its wings
4. Knee strips and push - left / right / left
5. The fiddle playing
6. Go back to drive the monkey (5x)
7. Birds take on the tail - left / right
8. Whip
9. Cloud hands (5x)
10. Whip
11. The horse's neck, knocking
12. Share it with the right foot
13. Wind pierces the ears
14. Turning and Share it with the right foot - left
15. Snake on the floor - left
16. Golden Pheasant-links
17. Snake on the floor - right
18. Golden Pheasant-right
19. The beautiful girl at the loom - right
20. The beautiful girl at the loom - left
21. Needle set on the seabed
22. The fan
23. Turn around, to ward off and beat
24. Cross Hands and Close Form