

Sun Style Tai Chi Form

1. Commencement Form
2. Opening and Closing Hands
(Right Side)
3. Single Whip
4. Waving Hands in the Clouds
5. Opening and Closing Hands
6. Brush Knee and Twist Step
7. Playing the Lute
8. Step Forward to Deflect Downward, Parry and Punch
9. Apparent Closing Up
10. Embracing the Tiger and Pushing the Mountain
11. Opening and Closing Up
(Left Side)
12. Single Whip
13. Waving Hands in the Clouds
14. Opening and Closing Hands
15. Brush Knee and Twist Step
16. Playing the Lute
17. Step Forward to Deflect Downward, Parry and Punch
18. Apparent Closing Up
19. Embracing the Tiger and Pushing the Mountain
20. Opening and Closing Hands
(Advanced Movements)
21. Brush Knee and Twist Step
22. Leisurely Tying Coat Right
23. Opening and Closing Hands
24. Single Whip
25. Punch Underneath Elbow
26. Repulse Monkey Left
27. Repulse Monkey Right
28. Brush Knee and Twist Step
29. Leisurely Tying Coat Left
30. Closing Movement