

Tai Chi Quan Sun Style Form List

1. wuji
2. taiji
3. lazily tie the coat
4. open hands
5. close hands
6. single whip
7. raise hands
8. white crane spreads its wings
9. open hands
10. close hands
11. brush the knee and step
12. strum the lute
13. advance with deflect, parry and punch
14. close
15. embrace the tiger and push the mountain
16. open hands
17. close hands
18. brush the knee and step
19. strum the lute
20. lazily tie the coat
21. open hands
22. close hands
23. single whip
24. fist under the elbow
25. repulse the monkey, left
26. repulse the monkey, right
27. strumming the lute
28. white crane spreads its wings
29. open hands
30. close hands
31. brush the knee and step
32. strum the lute
33. three connections through the back
34. open hands
35. close hands
36. single whip
37. cloud hands
38. pat the horse
39. raise the leg, right
40. raise the leg, left
41. turn the body and kick
42. advance and hammer down
43. reverse the body and double rising attack
44. attack the tiger
45. left kick
46. right kick
47. advance with deflect, parry and punch
48. close

49. embrace the tiger and push the mountain
50. open hands
51. close hands
52. brush the knee and step
53. strum the lute
54. lazily tie the coat
55. open hands
56. close hands
57. diagonal single whip
58. part the wild horse's mane
59. open hands
60. close hands
61. single whip
62. right palm stance
63. fair lady shuttles
64. strum the lute
65. lazily tie the coat
66. open hands
67. close hands
68. single whip
69. cloud hands
70. cloud hands follow-up
71. chicken stands on one leg
72. repulse the monkey
73. strum the lute
74. white crane spreads its wings
75. open hands
76. close hands
77. brush the knee and step
78. strum the lute
79. three connections through the back
80. open hands
81. close hands
82. single whip
83. cloud hands
84. pat the horse
85. crossed lotus kick
86. retreat and lazily tie the coat
87. open hands
88. close hands
89. single whip
90. single whip follow-up
91. advance and seven stars stance
92. step back and ride the tiger
93. spinning lotus kick
94. pull the bow and shoot the tiger
95. double punch
96. merge the yin and yang
97. return to wuji