

SUN STYLE TAIJIQUAN Movements

Void Posture: Wu Ji Shi
Tai Ji Posture: Tai Ji Shi
Lazily Tying the Clothes: Lan Zha Yi
Opening Hands: Kai Shou
Closing Hands: He Shou

Single Whip: Dan Bian
Lift Hands and Step Up Posture: Ti Shou Shang Shi
White Crane Cools its Wings: Bai He Liang Chi

Brush Knee Twist Step Left: Lou Xi Ao Bu
Hands Strum the Lute: Shou Hui Pi Pa
Advance Step, Deflect, Parry and Punch: Jin Bu Ban Lan Chui
Appearing to Seal and Close: Ru Feng Si Bi
Embrace the Tiger and Push the Mountain: Bao Hu Tui Shan
Kai He

Brush Knee and Twist Step Right
Lazily Tying the Clothes
Kai He

Single Whip
Fist Under Elbow: Zhou Xia Kan Chui
Retreat and Repulse the Monkey: Dao Nian Hou
Hands Strum the Lute
White Crane Cools its Wings
Kai He

Brush Knee Twist Step Left
Hands Strum the Lute
Pass Through the Back Three Times: San Tong Bei
Lazily Tying the Clothes
Kai He

Single Whip
Cloud Hands: Yun Shou
High Pat on Horse: Gao Tan Ma
Lifting Foot Right: Qi Jiao
Lift Foot Left
Turn the Body and Kick (left): Zhuan Shen Ti Jiao
Stamp Step and Strike: Zhan Bu Da Chui
Overturn the Body and Double Kick: Fan Shen Er Qi Jiao
Turn the Body and Ambush the Tiger: Fan Shen Fu Hu
Lift Foot Left
Turn the Body and Kick (right)
Advance Step Parry, Punch
Appearing to Seal and Close
Embrace Tiger and Push the Mountain
Kai He

Brush Knee and Twist Step Right
Lazily Tying the Clothes
Angled Single Whip
Parting the Wild Horses Mane (left & right): Ye Ma Fen Zhong
Lazily Tying the Clothes
Kai He

Single Whip
Palm Through the Back: Tong Bei Zhang
Jade Lady Works the Shuttles: Yu Nu Chuan Suo
Leisurely Tying the Coat
Kai He

Single Whip
Cloud Hands
Downward Cloud Hands Posture: Yun Shou Xia Shi
Rooster Standing on One Leg: Geng Ji Du Li
Retreat and Repulse the Monkey
Hands Strum the Lute
White Crane Cools its Wings
Kai He

Brush Knee Twist Step Left
Hands Strum the Lute
Pass Through the Back Three Times: San Tong Bei
Lazily Tying the Clothes
Kai He

Single Whip
Cloud Hands
High Pat on Horse
Crossed Swinging Lotus: Shi Zi Bai Lian
Advance Step Strike the Crotch: Jin Bu Zhi Dang Chui
Lazily Tying the Clothes
Kai He

Single Whip
Downward Single Whip: Dan Bian Xia Shi
Stepping Up to the Seven Stars: Shang Bu Qi Xing
Stepping Down to Straddle the Tiger: Xia Bu Kua Hu
Turning Swinging Lotus: Zhuan Jiao Bai Lian
Bend the Bow and Shoot the Tiger: Wan Gong She Hu
Double Crashing Fists: Shuang Zhuang Zhang
Uniting Yin and Yang: Yin Yang Hun Yi
Returning to the Source of the Void: Wu Ji Huan Yuan