

# Sun Style Taijiquan Rountine - Movements Names

## Section 1

- 1 Ready Position
- 2 Tuck in Robes
- 3 Open Hands
- 4 Close Hands
- 5 Single Whip
- 6 Raise Hand
- 7 The White Crane Flashes Its Wings
- 8 Open Hands
- 9 Close Hands
- 10 Brush Knee and Twist Step on the Left Side
- 11 Hand Strums the Lute
- 12 Step Up, Parry and Punch
- 13 Apparent close - Up
- 14 Embrace Tiger and Push Mountain
- 15 Open Hands (Turn to the right)
- 16 Close Hands
- 17 Brush Knee and Twist Step (Turn to the right)
- 18 Tuk in Robes - Right Style
- 19 Open Hands
- 20 Close Hands
- 21 Single Whip - Left Style
- 22 Punch Fist under Elbow

## Section 2

- 23 Turn Body, Brush and Push Hand - Left Style
- 24 Turn Body, Brush and Push Hand - Right Style
- 25 Brush Knee and Twist Step - Left Style
- 26 Tuch in Robes - Left Style
- 27 Open Hands
- 28 Close Hands
- 29 Single Whip - Right Style
- 30 Wave Hands Like Clouds - Right Style
- 31 Pat High on the Horse
- 32 Separate Legs - Left Style
- 33 Separate Legs - Right Style
- 34 Step Forward and Punch Down

## Section 3

- 35 Turn Over with Flying Front Kick
- 36 Turn Body and Tame Tiger
- 37 Lift Foot - Left Style
- 38 Turn Body and Kick with Right Heel
- 39 Step Up, Parry and Punch
- 40 Apparent Close-Up
- 41 Embrace Tiger and Push Mountain

#### **Section 4**

- 42 Open Hands (Turn to the Left)
- 43 Close Hands
- 44 Brush Knee and Twist Step
- 45 Tuck in Robes
- 46 Open Hands (Turn to the Left)
- 47 Close Hands
- 48 Oblique Single Whip
- 49 Part the Horse's Mane
- 50 Tuck in Robes
- 51 Open Hands
- 52 Close Hands
- 53 Single Whip - Left Style

#### **Section 5**

- 54 Wave Hands Like Clouds - Left Style
- 55 Wave Hands and Push Down
- 56 Golden Cock Stands on One Leg
- 57 Flash Through the Back

#### **Section 6**

- 58 Fairy Lady Works at the Shuttle
- 59 Pat High on the Horse
- 60 Cross Slap Kick
- 61 Step (Forward) and Strike Groin with Fist
- 62 Tuck in Robes in Moving Steps
- 63 Open Hands
- 64 Close Hands
- 65 Single Whip - Left Style
- 66 Single Whip and Push Down
- 67 Step Up to Form Seven Stars
- 68 Step Backward and Mount the Tiger
- 69 Turn Body and Lotus Kick
- 70 Curved Bow Shoots Tiger
- 71 Clout with Both Fists
- 72 Combine "Yin" and "Yang" Into One
- 73 Closing Form