Sun Style Tai Ji Quan Long Form 1921

1st Third of Form

Section One

1) Wu Ji / Stillness
2) Tai Ji / Opening form / Turn to Right over your Left body;
   Upward Downward, chambering and stepping up to Press the
   Mountain,
3) turn to Left and Lazily Tying the Coat then Step Up Right and Press
4) Turn to Left then Front and Open-Close Hands

Section Two

5) Single Whip to Left
6) Turn to Left , Rotate to Cover Face & Groin
7) White Swan Cools Wings
8) Open-Close Hands

Section Three

9) Step up Left with Brush Knee and Twist Step
10) Step Back and Hands Strum the Lute (maintaining Dan Tien
    Energy)
11) Step Up and Deflect, Parry and Punch
12) Step back Appearing to Seal and Close
13) Step up and Embrace the Tiger and Press the Mountain
14) Open-Close

Section Four

15) Step up Right with Brush Knee and Twist Step
16) Step back and Roll Back then Step Up with Thrusting Palm
17) Lazily Tying the Coat
18) Open – Close
Section Five

19) Single Whip
20) Fist Under Elbow
21) Retreat & Repulse Monkey Left, Right, Left, Right (4X)
22) Hands Strum the Lute
23) White Swan Cools Wings
24) Open _ Close

Section Six

25) Brush Knee and Twist Step to Left
26) Hands Strum the Lute
27) Fan Thru Back Down, Left, turn and Right
28) Step Back, Swallow & Smother then Double Moon Punch Left
29) Drop Fists w Sinking Energy Step Up Right with Thrusting Palm
30) Lazily Tying the Coat
31) Open – Close

2nd Third of Form

Section Seven

32) Single Whip
33) Wave Hands Like Clouds X3 to Left
34) High Pat on Horse
35) Hold and Turn Tai Ji Ball then Raise Right Foot
36) Turn and Raise Left Foot
37) Turn to left and Kick with Sole Left
38) Step and Deflect, Parry and Step up to Punch Downward
Section Eight

39) Turn Body and Chop Opponent with Right Fist
40) Step up with Left Foot with Rising Palm which turns and Pats down and
41) Right Straight Leg with Right Snake Puts Out Tongue
42) Step Back to Ambush Tiger, Kick with Left Foot, Turn and Kick with Right Foot
43) Step Up and Deflect, Parry and Punch
44) Step back Appearing to Seal and Close
45) Step up and Embrace the Tiger and Press the Mountain
46) Open-Close

Section Nine

47) Step up Right with Brush Knee and Twist Step
48) Step back and Roll Back then Step Up with Thrusting Palm
49) Lazily Tying the Coat
50) Open – Close

Section Ten

51) Diagonal Single Whip
52) Step Up and Separate Wild Mare’s Mane Left
53) Step Up and Separate Wild Mare’s Mane Right
54) Step Up and Separate Wild Mare’s Mane Both
55) Step Up and Punch Groin with Right Sun Fist
56) Step back Lazily Tying the Coat
57) Open – Close
Section Eleven

52) Fan Thru Back Right
53) Fair Lady Works Shuttle 4 Directions

Section Twelve

54) Step up Right with Brush Knee and Twist Step
55) Step back and Roll Back then Step Up with Thrusting Palm
56) Lazily Tying the Coat
57) Open – Close

Section Thirteen

58) Wave hand Like Clouds to Left X2 to 3
59) Brush Knee Left
60) Step Up to Snake Creep Down Left
61) Golden Rooster Steps UP Right and Left
62) Repulse Monkey X4
63) Step Back Hands Strum the Lute
64) Step Up White Swan Cools Wings and Press the Mountain
65) Open-Close

Section Fourteen

Last Third of Form
66) Brush Knee and Twist Step to Left
67) Hands Strum the Lute
68) Fan Thru Back Down ,Left, turn and Right
69) Step Back, Swallow & Smother then Double Moon Punch Left
70) Drop Fists w Sinking Energy Step Up Right with Thrusting Palm
71) Lazily Tying the Coat
72) Open – Close
Section Fifteen

73) Single Whip
74) Wave Hands Like Clouds X3 to Left
75) High Pat on Horse
76) Hold and turn Tai Ji Ball to Right and Kick Up Right
77) Step Forward and Punch Low with Right Fist
78) Step back Lazily Tying the Coat
79) Open – Close

Section Sixteen

80) Single Whip to Left then turn
81) Snake Creeps Down
82) Step Up to Seven Star Palms
83) Step back to Ride Tiger
84) Raise Left Knee and Turn around Lotus Kick Right

Section Seventeen

85) Step Down to Diagonal Right and Chamber Fists to Shoot Tiger with Bow to Left
86) Chamber Fists to Hips and Step Up to Double Crashing Fists
87) Turn around with Rotating Crossed Fists and
88) Step Back to Wu Ji Posture

Conclusion of 3rd Portion of Form & Sun Tai Ji Quan Long Form