

Grandmaster Sun Lu Tang's Style of Taijiquan Standard International Competition 73 Form (1991)

Research by Michael P. Garofalo

List of Movements 1-73

1. Wu Ji Becomes Tai Ji (*Wu Ji Bian Tai Ji*) 无极变太极
2. Lazily Tying Clothes (*Lan Zha Yi*) 懒扎衣
3. Opening Hands (*Kai Shou*) 开手
4. Closing Hands (*He Shou*) 合手
5. Single Whip Left (*Dan Bian Zou*) 单鞭左
6. Lifting Hands (*Ti Shou*) 提手
7. White Swan Cools Its Wings (*Bai He Liang Chi*) 白鹤凉翅
8. Opening Hands (*Kai Shou*) 开手
9. Closing Hands (*He Shou*) 合手
10. Brush Left Knee and Twist Step (*Zuo Lou Xi Ao Bu*) 左搂膝拗步
11. Hands Strum the Lute (*Shou Hui Pi Pa*) 手挥琵琶
12. Advance, Deflect, Parry and Punch (*Jin Bu Ban Lan Chui*) 进步搬拦捶
13. Apparent Close Up (*Ru Feng Si Bi*) 如封似闭
14. Carry Tiger and Push Mountain (*Bao Hu Tui Shan*) 抱虎归山
15. Opening Hands (*Kai Shou*) 开手
16. Closing Hands (*He Shou*) 合手
17. Brush Right Knee and Twist Step (*You Lou Xi Ao Bu*) 右搂膝拗步
18. Lazily Tying Clothes (*Lan Zha Yi*) 懒扎衣
19. Opening Hands (*Kai Shou*) 开手
20. Closing Hands (*He Shou*) 合手
21. Single Whip Left (*Dan Bian Zou*) 单鞭左
22. Fist Under Elbow (*Zhou Di Kan Chui*) 肘底捶
23. Repulse Monkey Left (*Dao Nian Hou Zou*) 倒撵猴左
24. Repulse Monkey Right (*Dao Nian Hou You*) 倒撵猴右

25. Brush Left Knee and Twist Step (*Zuo Lou Xi Ao Bu*) 左搂膝拗步
26. Lazily Tying Clothes Left (*Lan Zha Yi Zuo*) 懒扎衣左
27. Opening Hands (*Kai Shou*) 开手
28. Closing Hands (*He Shou*) 合手
29. Single Whip Right (*Dan Bian You*) 单鞭右
30. Cloud Hands Right (*Yun Shou You*) 云手右
31. High Pat on Horse (*Gao Tan Ma*) 高探马
32. Kick Left Foot (*Zuo Fen Jiao*) 左分脚
33. Kick Right Foot (*You Fen Jiao*) 右分脚
34. Step Forward and Punch Down (*Jian Bu Da Chui*) 进步栽锤
35. Turn Over Body and Double Jump Kick (*Fan Shen Qi Er Jiao*) 翻身其二脚
36. Diagonal Subdue Tiger (*Xie Fei Ke Hu*) 斜飞克虎
37. Kick Left Foot (*Zuo Fen Jiao*) 左分脚
38. Spin, Right Heel Kick (*Zhuan Shen You Deng Jiao*) 转身右蹬脚
39. Advance, Deflect, Parry, Punch (*Jin Bu Ban Lan Chui*) 进步搬拦捶
40. Apparent Close Up (*Ru Feng Si Bi*) 如封似闭
41. Carry Tiger and Push Mountain (*Bao Hu Tui Shan*) 抱虎归山
42. Opening Hands (*Kai Shou*) 开手
43. Closing Hands (*He Shou*) 合手
44. Brush Left Knee and Twist Step (*Zuo Lou Xi Ao Bu*) 左搂膝拗步
45. Lazily Tying Clothes (*Lan Zha Yi*) 懒扎衣
46. Opening Hands (*Kai Shou*) 开手
47. Closing Hands (*He Shou*) 合手
48. Diagonal Single Whip (*Xie Dan Bian*) 斜单鞭
49. Parting the Wild Horse's Mane (*Ye Ma Fen Zong*) 野马分鬃
50. Lazily Tying Clothes (*Lan Zha Yi*) 懒扎衣
51. Opening Hands (*Kai Shou*) 开手
52. Closing Hands (*He Shou*) 合手
53. Single Whip Left (*Dan Bian Zou*) 单鞭左

54. Cloud Hands Left (*Yun Shou Zou*) 云手左
55. Cloud Hands, Lowering (*Yun Shou Xia Shi*) 云手下势
56. Golden Rooster Stands on One Leg (*Jin Ji Du Li*) 金鸡独立
57. Fan Through the Back (*Shan Tong Bei*) 扇通背
58. Jade Lady Works the Shuttles (*Yu Nu Chuan Suo*) 玉女穿梭
59. High Pat on Horse (*Gao Tan Ma*) 高探马
60. Cross Hands and Slap Kick (*Shi Zi Shou Pai Jiao*) 十字手拍脚
61. Step Forward, Punch Groin (*Jian Bu Zhi Dang Chui*) 进步指裆捶
62. Stepping, Lazily Tying Clothes (*Bu Lan Zha Yi*) 步懒扎衣
63. Opening Hands (*Kai Shou*) 开手
64. Closing Hands (*He Shou*) 合手
65. Single Whip Left (*Dan Bian Zou*) 单鞭左
66. Single Whip and Lowering Down (*Dan Bian Xia Shi*) 单鞭下势
67. Step Up to the Seven Stars (*Shang Bu Qi Xing*) 上步七星
68. Step Back and Ride the Tiger (*Tui Bu Kua Hu*) 退步跨虎
69. Turn Body, Swinging Lotus Kick (*Zhuan Shen Bai Lian*) 转身摆莲
70. Bend the Bow, Shoot the Tiger (*Wan Gong She Hu*) 弯弓射虎
71. Double Crashing Fist Strikes (*Shuang Zhuang Quan Chui*) 双撞捶捶
72. Uniting Yin and Yang (*He Yi Yin Yang*) 合一阴阳
73. Returning to Wu Ji (*Fan Hui Wu Ji*) 返回无极

Sun Taijiquan Standard International Competition 73 Movements Form (1991)

Detailed Descriptions of the 73 Movements with Illustrations:

Movements 1-10: <http://www.egreenway.com/taichichuan/sun73.htm#Part1>

Movements 11-20: <http://www.egreenway.com/taichichuan/sun73.htm#Part2>

Movements 21-30: <http://www.egreenway.com/taichichuan/sun73.htm#Part3>

Movements 31-40: <http://www.egreenway.com/taichichuan/sun73.htm#Part4>

Movements 41-50: <http://www.egreenway.com/taichichuan/sun73.htm#Part5>

Movements 51-60: <http://www.egreenway.com/taichichuan/sun73.htm#Part6>

Movements 61-73: <http://www.egreenway.com/taichichuan/sun73.htm#Part7>

List File: <http://www.egreenway.com/taichichuan/sun73listcompleteff.pdf>

Sun Taijiquan Competition 73 Movements Form Webpage:

<http://www.egreenway.com/taichichuan/sun73.htm>

Sun Lu Tang's Internal Martial Arts: Xing I Quan, Bagua Quan, Taijiquan -
Bibliography, Links, Resources, Lessons, Quotations:

<http://www.egreenway.com/taichichuan/sun1.htm>

Sun Lu Tang (1860-1933): A Chronology of His Life

<http://www.egreenway.com/taichichuan/sunbio.htm>

Cloud Hands: Taijiquan and Qigong:

<http://www.egreenway.com/taichichuan/index.htm>

Green Way Blog:

<http://greenway.typepad.com>

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530-200-3546