

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
2. Lazily Tying Clothes
3. Opening Hands
4. Closing Hands
5. Single Whip Left
6. Lifting Hands
7. White Swan Cools Its Wings
8. Opening Hands
9. Closing Hands
10. Brush Left Knee and Twist Step
11. Hands Strum the Lute
12. Advance, Deflect, Parry and Punch
13. Apparent Close Up
14. Carry Tiger and Push Mountain
15. Opening Hands
16. Closing Hands
17. Brush Right Knee and Twist Step
18. Lazily Tying Clothes
19. Opening Hands
20. Closing Hands
21. Single Whip Left
22. Fist Under Elbow
23. Repulse Monkey Left
24. Repulse Monkey Right
25. Brush Left Knee and Twist Step
26. Lazily Tying Clothes Left
27. Opening Hands
28. Closing Hands
29. Single Whip Right
30. Cloud Hands Right
31. High Pat on Horse
32. Kick Left Foot
33. Kick Right Foot

34. Step Forward and Punch Down
35. Turn Over Body and Double Jump Kick
36. Diagonal Subdue Tiger
37. Kick Left Foot
38. Spin, Right Heel Kick
39. Advance, Deflect, Parry, Punch
40. Apparent Close Up
41. Carry Tiger and Push Mountain
42. Opening Hands
43. Closing Hands
44. Brush Left Knee and Twist Step
45. Lazily Tying Clothes
46. Opening Hands
47. Closing Hands
48. Diagonal Single Whip
49. Parting the Wild Horse's Mane
50. Lazily Tying Clothes
51. Opening Hands
52. Closing Hands
53. Single Whip Left
54. Cloud Hands Left
55. Cloud Hands, Lowering
56. Golden Rooster Stands on One Leg
57. Fan Through the Back
58. Jade Lady Works the Shuttles
59. High Pat on Horse
60. Cross Hands and Slap Kick
61. Step Forward, Punch Groin
62. Stepping, Lazily Tying Clothes
63. Opening Hands
64. Closing Hands
65. Single Whip Left
66. Single Whip and Lowering Down
67. Step Up to the Seven Stars
68. Stepping Back and Ride the Tiger
69. Turn Body, Swinging Lotus Kick
70. Bend the Bow, Shoot the Tiger
71. Double Crashing Fist Strikes
72. Uniting Yin and Yang
73. Returning to Wu Ji

**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>

This Documnet: <http://www.egreenway.com/taichichuan/sunlist4.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>

Cloud Hands Blog:

<http://mpgtaijiquan.blogspot.com/>

Green Way Blog:

<http://greenway.typepad.com>

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