

# Sun Style Taijiquan

## Standard International Competition 73 Movements Form

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Valley Spirit Taijiquan, Red Bluff, California, 2008

## List of Movements

### Sun T'ai Chi Ch'uan Competition 73 Movements Form (1991)

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List of Movements: 1-73 One name, in English, for each of the numbered 73 movements is provided. (PDF, 17 Kb, 1 Page, 2003)

List of Movements: 1-38 One name, in English, for each of the numbered movements 1-38 is provided. (PDF, 15 Kb, 1 Page, 2003)

List of Movements: 39-73 One name, in English, for each of the numbered movements 39-73 is provided. (PDF, 15 Kb, 1 Page, 2003)

List of Movements: 1-73 One name, in English, for each of the 73 numbered movements is provided. Resource links are included. (PDF, 26 Kb, 3 Pages, 2008)

List of Movements: 1-73 The number and name for each of the 73 movements is provided. Names are given in English, Chinese, and Chinese characters. Resource links are included. (PDF, 133 Kb, 4 Pages, 2008)

List of Movements: 1-73 Number and name for each of the 73 movements is provided. Names are given in English, Chinese, Chinese characters, French, German and Spanish. Reference sources for the names for each of the 73 movements are cited. Alternative names are cited. Resource links are included. (PDF, 295Kb, 32 Pages, 2008)

List of Movements, Sun Lu Tang's Original Long Hand Form, 98 Movements, 1921  
(PDF, 55Kb, 1 page, 2003)

## Section 1, Movements 1-10

### 1. Wu Ji Becomes Tai Ji (*Wu Ji Bian Tai Ji*) 无极变太极

Commencing Form (*Qi Shi* : 起势) [Zhong 2003]

Commencement Form [Lam 2000]

A Study of *Wu Ji* [Sun Lu Tang 1924, #1]

A Study of *Tai Chi* [Sun Lu Tang 1924, #2]

Commencing Posture [Sun Jian Yun 2003, #1]

Wu Ji Becomes Tai Ji [Garofalo 2008]

*Wu Ji Devient Tai Ji* (French)

*Wu Ji Wird Tai Ji* (German)

*Wu Ji Se Convierte Tai Ji* (Spanish)

无极变太极 : *Wu Ji Bian Tai Ji* : Wu Ji Becomes Tai Chi

Beginning Posture

*Maintien Commencant*

*Anfangenlage*

*Postura Que Comienza*

起式 : *Qi Shi* : Beginning Posture

无极 : *Wu Ji* : Everlasting, unbounded, not limited, not finalized, not fixed, indescribable.

变 : *Bian* : Change, transform, alter, become.

太极 : *Tai Ji* : Absolute or extreme ultimate, the source of all things.

Note: Translation resources used.

### 2. Lazily Tying Clothes (*Lan Zha Yi*) 懒扎衣

Tuck in Robes (*Lan Zha Yi*: 掖扎衣) [Zhong 2003]

Leisurely Tying Coat [Lam 2000]

Lazily Tying Back the Clothes [Sun Lu Tang 1924, #3]

Too Lazy to Tie Coat [Sun Jian Yun 2003, #2]

Lazily Tying Clothers [Garofalo 2008]

*Attacher Paresseux Des Vêtements*

*Kleidung Faul Binden*

*Perezoso Atar Las Ropas*

懶扎衣 : *Lan Zha Yi* : Lazily Tying Back the Clothes

懶惰栓衣裳 : Lazily Tying Clothes

### **3. Opening Hands (*Kai Shou*) 开手**

Open Hands [Zhong 2003]

Opening Hands [Lam 2000]

Opening Hands [Sun Lu Tang 1924, #4]

Open Hands [Sun Jian Yun 2003, #3]

Opening Hands [Garofalo 2008]

*Mains D'Ouverture*

*Öffnung Hände*

*Manos de la Abertura*

开手 : *Kai Shou*

### **4. Closing Hands (*He Shou*) 合手**

Close Hands [Zhong 2003]

Closing Hands [Lam 2000]

Closing Hands [Sun Lu Tang 1924, #5]

Close Hands [Sun Jian Yun 2003, #4]

Closing Hands [Garofalo 2008]

*Mains de Fermeture*

*Schließende Hände*

*Manos De Cierre*

合手 : *He Shou* : Closing Hands

### **5. Single Whip Left (*Dan Bian Zou*) 单鞭左**

Left Single Whip [Zhong 2003]

Single Whip [Lam 2000]

Single Whip [Sun Lu Tang 1924, #6]

Single Whip [Sun Jian Yun 2003, #5]

Single Whip Left [Garofalo 2008]

Single Whip

*Choisissez Le Fouet*

*Single Peitsche*

*Escoja El Azote*

单鞭 : *Dan Bian*

## 6. Lifting Hands (*Ti Shou*) 提手

Lift Hands and Step Up [Zhong 2003]

Lifting Hands [Lam 2000]

Lift Hands and Step Up [Sun Lu Tang 1924, #7]

Raise Hands [Sun Jian Yun 2003, #6]

Lifting Hands [Garofalo 2008]

*Mains De Levage*

*Anhebende Hände*

*Manos De Elevación*

提手 : *Ti Shou* : Lifting Hands

提手上势 : *Ti Shou Shang Shi* : Lift Hands and Step Up, Raise Hands and Step Forward

## 7. White Swan Cools Its Wings (*Bai He Liang Chi*) 白鹤凉翅

White Crane Spreads Wings [Zhong 2003]

White Crane Flashing Wings [Lam 2000]

White Swan Cools Its Wings [Sun Lu Tang 1924, #8]

White Crane Spreads Wings [Sun Jian Yun 2003, #7]

White Swan Cools Its Wings [Garofalo 2008]

White Crane Spreads Its Wings

*La Grue Blanche Répand Ses Ailes*

*Weißer Kran Verbreitet Seine Flügel*

*La Grúa Blanca Separa Sus Alas*

白鶴亮翅 : *Bai E Liang Chi*

## 8. Opening Hands (*Kai Shou*) 开手

Open Hands [Zhong 2003]

Opening Hands [Lam 2000]

Opening Hands [Sun Lu Tang 1924, #9]

Open Hands [Sun Jian Yun 2003, #8]

Opening Hands [Garofalo 2008]

*Mains D'Ouverture*

*Öffnung Hände*

*Manos de la Abertura*

开手 : *Kai Shou*

## 9. Closing Hands (*He Shou*) 合手

Close Hands [Zhong 2003]

Closing Hands [Lam 2000]

Closing Hands [Sun Lu Tang 1924, #10]

Close Hands [Sun Jian Yun 2003, #9]

Closing Hands [Garofalo 2008]

*Mains de Fermeture*

*Schließende Hände*

*Manos De Cierre*

合手 : *He Shou* : Closing Hands

## 10. Brush Left Knee and Twist Step (*Zuo Lou Xi Ao Bu*) 左搂膝拗步

Left Brush Knee and Twist Steps on Both Sides [Zhong 2003]

Brush Knee and Twist Step Left [Lam 2000]

Brush Knee Twist Step [Sun Lu Tang 1924, #11]

Brush Knee, Left Turn Step [Sun Jian Yun 2003, #10]

Brush Left Knee and Twist Step [Garofalo 2008]

*Étape de Genou Laissée par Brosse et de Torsion*

*Bürste Gelassener Knie, und Torsion-Schritt*

*Paso Dejado Cepillo de la Rodilla y de la Torcedura*

左搂膝拗步 : *Lou Xi Ao Bu* : Brush Left Knee and Twist Step

Section 1, Movements 1 - 10 Number, name, descriptions, comments, comparisons, quotations, and illustrations are provided for each movement from 1-10. (HTML)

Section 1, Movements 1 - 10 Each movement is numbered, named, briefly described, directional information given, and a chart with illustrations for each ending movement is provided. (PDF, 150KB+, 2008)

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## Section 2, Movements 11-20

### 11. Hand Strums the Lute (*Shou Hui Pi Pa*) 手挥琵琶

Hand Strums the Lute [Zhong 2003]

Playing the Lute [Lam 2000]

Hand Strums the Lute [Sun Lu Tang 1924, #12]

Strum the Lute, Left Posture [Sun Jian Yun 2003, #11]

Hand Strums the Lute [Garofalo 2008]

Playing the Lute (*Pipa*)

*Jeu du Luth*

*Spielen des Dichtungskitts*

*Tocar el Laúd*

手挥琵琶 : *Shou Hui Pi Pa* : Hand Strums the Lute

### 12. Advance, Deflect, Parry, and Punch

(*Jin Bu Ban Lan Chui*) 进步搬拦捶

Advance, Parry and Punch [Zhong 2003]

Step Forward to Deflect Downwards, Parry and Punch [Lam 2000]

Advance Step, Deflect, Parry and Punch [Sun Lu Tang 1924, #13]

Forward Steps, Parry and Punch [Sun Jian Yun 2003, #12]

Advance, Parry and Punch [Garofalo 2008]

Deflect, Parry and Punch

*Guidez, Parez et Poinçonnez*

*Lenken Sie ab, Whren Sie ab und Lochen Sie*

*Desvíe, Parry y Perfore*

进步搬拦捶 : *Jin Bu Ban Lan Chui* : Step Forward, Parry Block and Punch

### 13. Apparent Close Up (*Ru Feng Si Bi*) 如封似闭

Apparent Close Up [Zhong 2003]

Apparent Closing Up [Lam 2000]

Appearing to Seal and Close [Sun Lu Tang 1924, #14]

Step Back and Block [Sun Jian Yun 2003, #13]

Apparent Close Up [Garofalo 2008]

Apparent Close and Push

*Étroit Apparent et Poussée*

*Offensichtliches Nahes und Stoß*

*Cercano Evidente y Empuje*

如封似闭 : *Ru Feng Si Bi* : Apparent Close Up

Appearing to Seal and Close

*Sembler Sceller et Se Ferment*

*Das Scheinen zu Versiegeln und Schließen*

*El Aparecer Sellar y Se Cierra*

看上去密封和关闭 : Appearing to Seal and Close

#### **14. Carry Tiger and Push Mountain (*Bao Hu Tui Shan*) 抱虎归山**

Carry Tiger and Push Mountain [Zhong 2003]

Carrying the Tiger and Pushing the Mountain [Lam 2000]

Embrace the Tiger and Push the Mountain [Sun Lu Tang 1924, #15]

Step Forward and Push [Sun Jian Yun 2003, #14]

Carry Tiger and Push Mountain [Garofalo 2008]

*Portez le Tigre et Poussez la Montagne*

*Tragen Sie Tiger und drücken Sie Berg*

*Lleve el Tigre y Empuje la Montaña*

抱虎归山 : *Bao Hu Tui Shan* : Carry Tiger, Push Mountain

#### **15. Opening Hands (*Kai Shou*) 开手**

Open Hands [Zhong 2003]

Opening Hands [Lam 2000]

Opening Hands [Sun Lu Tang 1924, #16]

Open Hands [Sun Jian Yun 2003, #15]

Opening Hands [Garofalo 2008]

*Mains D'Ouverture*

*Öffnung Hände*

*Manos de la Abertura*

开手 : *Kai Shou*

#### **16. Closing Hands (*He Shou*) 合手**

Close Hands [Zhong 2003]

Closing Hands [Lam 2000]

Closing Hands [Sun Lu Tang 1924, #17]

Close Hands [Sun Jian Yun 2003, #16]

Closing Hands [Garofalo 2008]

*Mains de Fermeture*

*Schließende Hände*

*Manos De Cierre*

合手 : *He Shou* : Closing Hands

**17. Brush Right Knee and Twist Step (*You Lou Xi Ao Bu*) 右搂膝拗步**

Right Brush Knee and Twist Steps [Zhong 2003]

Brush Knee and Twist Step [Lam 2000]

Brush Knee and Twist Step Right [Sun Lu Tang 1924, #18]

Brush Knee, Right Turn Step [Sun Jian Yun 2003, #17]

Brush Right Knee and Twist Step [Garofalo 2008]

Brush Right Knee

*Genou Droit De Brosse*

*Bürste Rechtes Knie*

*Rodilla Derecha Del Cepillo*

左搂膝拗步 : *Lou Xi Ao Bu* : Brush Left Knee and Twist Step

**18. Lazily Tying Clothes (*Lan Zha Yi*) 懶扎衣**

Tuck in Robes [Zhong 2003]

Leisurely Tying Coat [Lam 2000]

Lazily Tying Back the Clothes [Sun Lu Tang 1924, #20]

Too Lazy to Tie Coat [Sun Jian Yun 2003, #18]

Lazily Tying Clothes [Garofalo 2008]

*Attacher Paresseux Des Vêtements*

*Kleidung Faul Binden*

*Perezoso Atar Las Ropas*

懶扎衣 : *Lan Zha Yi* : Lazily Tying Back the Clothes

懶惰拴衣裳 : Lazily Tying Clothes

**19. Opening Hands (*Kai Shou*) 开手**

Open Hands [Zhong 2003]

Opening Hands [Lam 2000]

Opening Hands [Sun Lu Tang 1924, #21]

Open Hands [Sun Jian Yun 2003, #19]

Opening Hands [Garofalo 2008]

*Mains D'Ouverture*



*Öffnung Hände*  
*Manos de la Abertura*  
开手 : *Kai Shou*

## **20. Closing Hands (*He Shou*) 合手**

Close Hands [Zhong 2003]  
Closing Hands [Lam 2000]  
Closing Hands [Sun Lu Tang 1924, #22]  
Close Hands [Sun Jian Yun 2003, #20]  
Closing Hands [Garofalo 2008]  
*Mains de Fermeture*  
*Schließende Hände*  
*Manos De Cierre*  
合手 : *He Shou* : Closing Hands

Section 2, Movements 11 - 20 Number, name, descriptions, comments, comparisons, quotations, and illustrations are provided for each movement from 1-10. (HTML)

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## **Section 3, Movements 21-30**

### **21. Single Whip Left (*Dan Bian Zou*) 单鞭左**

Left Single Whip [Zhong 2003]  
Single Whip Left [Lam 2000]  
Single Whip [Sun Lu Tang 1924, #23]  
Single Whip [Sun Jian Yun 2003, #21]  
Single Whip Left [Garofalo 2008]  
Single Whip  
*Choisissez Le Fouet*  
*Single Peitsche*  
*Escoja El Azote*  
单鞭 : *Dan Bian*

**22. Fist Under Elbow (*Zhou Di Kan Chui*) 肘底捶**

Fist Under Elbow [Zhong 2003]  
Punch Underneath Elbow [Lam 2000]  
Fist Under Elbow [Sun Lu Tang 1924, #24]  
Fist Under Elbow [Sun Jian Yun 2003, #14]  
Fist Under Elbow [Garofalo 2008]  
*Poing Sous Le Coude*  
*Faust Unter Winkelstück*  
*Puño Debajo Del Codo*  
肘底捶 : *Zhou Di Kan Chui*

**23. Repulse Monkey Left (*Dao Nian Hou Zou*) 倒撵猴左**

Left Step Back and Whirl Arms : *Zuo Dao Juan Gong* [Zhong 2003]  
Repulse Monkey Left [Lam 2000]  
Retreat and Repulse the Monkey Left [Sun Lu Tang 1924, #25]  
Repulse Monkey - Left Posture [Sun Jian Yun 2003, #23]  
Repulse Monkey Left [Garofalo 2008]  
Step Back and Repulse Monkey  
*Étape Arrière et Singe D'échec*  
*Schritt Rückseitig und Repulse-Affe*  
*Paso Trasero y Mono de la Repulsión*  
倒撵猴 : *Dao Nian Hou*  
倒卷肱 : *Dao Juan Hong* : Step Back Whirling Arms

**24. Repulse Monkey Right (*Dao Nian Hou You*) 倒撵猴右**

Right Step Back and Whirl Arms : *You Dao Juan Gong* [Zhong 2003]  
Repulse Monkey Right [Lam 2000]  
Retreat and Repulse the Monkey Right [Sun Lu Tang 1924, #26]  
Repulse Monkey - Right Posture [Sun Jian Yun 2003, #24]  
Repulse Monkey Right [Garofalo 2008]  
Step Back and Repulse Monkey  
*Étape Arrière et Singe D'échec*  
*Schritt Rückseitig und Repulse-Affe*  
*Paso Trasero y Mono de la Repulsión*

倒撵猴 : *Dao Nian Hou*

倒卷肱 : *Dao Juan Hong* : Step Back Whirling Arms

**25. Brush Left Knee and Twist Step (*Zuo Lou Xi Ao Bu*) 左搂膝拗步**

Left Brush Knee and Twist Step [Zhong 2003]

Brush Knee and Twist Step Left [Lam 2000]

Brush Knee Twist Step [Sun Lu Tang 1924]

Brush Left Knee and Twist Step [Garofalo 2008]

Brush Knee

*Étape de Genou Laissée par Brosse et de Torsion*

*Bürste Gelassener Knie, und Torsion-Schritt*

*Paso Dejado Cepillo de la Rodilla y de la Torcedura*

左搂膝拗步 : *Lou Xi Ao Bu* : Brush Left Knee and Twist Step

**26. Lazily Tying Clothes Left (*Lan Zha Yi Zou*) 懶扎衣左**

Left Tuck in Robes [Zhong 2003]

Leisurely Tying Coat Left [Lam 2000]

Lazily Tying Back the Clothes [Sun Lu Tang 1924]

Lazily Tying Clothes Left [Garofalo 2008]

*Attacher Paresseux Des Vêtements*

*Kleidung Faul Binden*

*Perezoso Atar Las Ropas*

懶扎衣 : *Lan Zha Yi* : Lazily Tying Back the Clothes

懶惰挂衣裳 : Lazily Tying Clothes

**27. Opening Hands (*Kai Shou*) 开手**

Open Hands [Zhong 2003]

Opening Hands [Lam 2000]

Opening Hands [Sun Lu Tang 1924, #34]

Open Hands [Sun Jian Yun 2003, #33]

Opening Hands [Garofalo 2008]

*Mains D'Ouverture*

*Öffnung Hände*

*Manos de la Abertura*

开手 : *Kai Shou*

**28. Closing Hands (*He Shou*) 合手**

Close Hands [Zhong 2003]  
Closing Hands [Lam 2000]  
Closing Hands [Sun Lu Tang 1924, #35]  
Close Hands [Sun Jian Yun 2003, #34]  
Closing Hands [Garofalo 2008]

*Mains de Fermeture*

*Schließende Hände*

*Manos De Cierre*

合手 : *He Shou* : Closing Hands

**29. Single Whip Right (*Dan Bian You*) 单鞭右**

Right Single Whip [Zhong 2003]  
Single Whip Right [Lam 2000]  
Single Whip [Sun Lu Tang 1924]  
Single Whip [Sun Jian Yun 2003, #35]  
Single Whip Right [Garofalo 2008]

Single Whip

*Choisissez Le Fouet*

*Single Peitsche*

*Escoja El Azote*

单鞭 : *Dan Bian*

**30. Cloud Hands Right (*Yun Shou You*) 云手右**

Right Wave Hands Like Clouds [Zhong 2003]  
Waving Hands Like Clouds Right [Lam 2000]  
Step Back and Repulse the Monkey [Sun Lu Tang 1924, #36]  
Wave Hands [Sun Jian Yun 2003, #36]  
Cloud Hands Right [Garofalo 2008]  
Waving Hands Like Clouds [Garofalo]

*Les Mains Ondulantes Aiment Des Nuages*

*Wellenartig Bewegende Hände Mögen Wolken*

*Las Manos Que Agitan Tienen Gusto De las Nubes*

云手 : *Yun Shou*

Note: Translation resources used.

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## Section 4, Movements 31-40

### 31. High Pat on Horse (*Gao Tan Ma*) 高探马

Search High on the Horse [[Zhong 2003](#)]

Higher Horse [[Lam 2000](#)]

High Pat on Horse [[Sun Lu Tang 1924, #37](#)]

Pat a High Horse [[Sun Jian Yun 2003, #37](#)]

High Pat on Horse [[Garofalo 2008](#)]

Pat the Horse on the Back

*Tapotez le Cheval sur le Dos*

*Tappen Sie das Pferd auf der Rückseite*

*Acaricie al Caballo en la Parte Posteriora*

高探马 : *Gao Tan Ma* : High Pat on Horse

### 32. Kick Left Foot (*Zuo Fen Jiao*) 左分脚

Left Toes Kick [[Zhong 2003](#)]

Toe Kick Left [[Lam 2000](#)]

Left Kick [[Sun Jian Yun 2003, #39](#)]

Kick Left Foot [[Garofalo 2008](#)]

*Coup-de-Pied Avec le Pied Gauche*

*Stoß mit Linkem Fuß*

*Retroceso con el Pie Izquierdo*

左分脚 : *Zuo Fen Jiao* : Kick with Left Foot

### 33. Kick Right Foot (*You Fen Jiao*) 右分脚

Right Toes Kick [Zhong 2003]  
Toe Kick Right [Lam 2000]  
Right Kick [Sun Jian Yun 2003, #38]  
Kick Right Foot [Garofalo 2008]  
*Coup-de-Pied Avec le Pied Droit*  
*Stoß mit Rechtem Fuß*  
*Retroceso con el Pie Derecho*  
右分脚 : *You Fen Jiao* : Kick with Right Foot

### **34. Step Forward and Punch Down (*Jian Bu Da Chui*) 进步栽锤**

Jump Step and Punch Down [Zhong 2003]  
Step on Firmly to Punch Downwards [Lam 2000]  
Stamp Step and Strike [Sun Lu Tang 1924]  
Steps Forward and Punch Down [Sun Jian Yun 2003, #41]  
Step Forward and Punch Down [Garofalo 2008]  
*Pas en Avant et Poinçon Vers le Bas*  
*Schritt Vorwärts und Durchschlag Unten*  
*Paso Adelante y Sacador Abajo*  
进步栽锤 : *Jian Bu Da Chui* : Step Forward and Punch Down

### **35. Turn Over Body and Double Jump Kick**

**(*Fan Shen Qi Er Jiao*) 翻身其脚**

Turn Over Body and Double Jump Kick [Zhong 2003]  
Turn Body and Jump Up with Both Feet [Lam 2000]  
Turn Over Body and Double Jump Kick [Garofalo 2008]  
*Tournez le Corps et le Double Coup-de-Pied de Saut*  
*Drehen Sie Körper und Doppelten Sprung-Stoß*  
*Dé Vuelta al Cuerpo y al Retroceso Doble del Salto*  
翻身其脚 : *Fan Shen Qi Er Jiao* : Turn Over Body and Double Jump Kick

Sun Style Taijiquan, 73 Competition Form, List of Movements: 1-73 (PDF, 131 Kb, 4 Pages) Number and name of movement in English, Chinese Pinyin and Chinese Characters, and resource links

### **36. Diagonal Subdue Tiger (*Xie Fei Ke Hu*) 斜飞克虎**

Hand Defense and Tame the Tiger [Zhong 2003]  
Turn Diagonally to Subdue the Tiger [Lam 2000]  
Turn the Body and Ambush the Tiger [Sun Lu Tang 1924, #44]  
Diagonal Subdue Tiger [Garofalo 2008]  
Turn Diagonally to Subdue the Tiger  
*Tournez Diagonalement pour Soumettre le Tigre*  
*Drehen Sie sich Diagonal, um den Tiger zu Überwinden*  
*Dé Vuelta Diagonalmente para Someter el Tigre*  
斜飞克虎 : *Xie Fei Ke Hu*: Diagonal Subdue Tiger

**37. Toe Kick Left (*Zuo Fen Jiao*) 右分脚**

Left Toes Kick [Zhong 2003]  
Toe Kick Left [Lam 2000]  
Kick with Left Foot [Sun Lu Tang 1924, #45]  
Toe Kick Left [Garofalo 2008]  
*Coup-de-ied D'orteil Vers la Gauche*  
*Zehe-Stoß nach Links*  
*Retroceso del Dedo del Pie a la Izquierda*  
右分脚 : *Zuo Fen Jiao*: Toe Kick Left

**38. Spin, Right Heel Kick (*Zhuan Shen You Deng Jiao*) 转身右蹬脚**

Turn Body and Right Heel Kick [Zhong 2003]  
Turning Body and Kicking with Heel [Lam 2000]  
Right Thrust Kick [Sun Lu Tang 1924, #46]  
Spin, Right Heel Kick [Garofalo 2008]  
*Talon Droit de Rotation et de Coup-de-Pied*  
*Drehbeschleunigung-und Stoß-rechte Ferse*  
*Talón Derecho de la Vuelta y del Retroceso*  
转身右蹬脚 : *Zhuan Shen You Deng Jiao* : Spin, Right Heel Kick

**39. Advance, Deflect, Parry and Punch  
(*Jin Bu Ban Lan Chui*) 进步搬拦捶**

Advance, Parry and Punch [Zhong 2003]  
Step Forward to Deflect Downwards, Parry and Punch [Lam 2000]  
Advance Step, Deflect, Parry and Punch [Sun Lu Tang 1924, #47]  
Step Forward, Parry and Punch [Sun Jian Yun 2003, #46]

Advance, Parry and Punch [Garofalo 2008]  
Advance, Deflect, Parry and Punch [Garofalo 2008]  
Deflect, Parry and Punch  
*Guidez, Parez et Poinçonnez*  
*Lenken Sie ab, Whren Sie ab und Lochen Sie*  
*Desvíe, Parry y Perfore*

进步搬拦捶 : *Jin Bu Ban Lan Chui* : Step Forward, Parry Block and Punch

#### 40. Apparent Close Up (*Ru Feng Si Bi*) 如封似闭

Apparent Close Up [Zhong 2003]  
Apparent Closing Up [Lam 2000]  
Appearing to Seal and Close [Sun Lu Tang 1924, #48]  
Step Back and Block [Sun Jian Yun 2003, #47]  
Apparent Close Up [Garofalo 2008]  
Apparent Close and Push  
*Étroit Apparent et Poussée*  
*Offensichtliches Nahes und Stoß*  
*Cercano Evidente y Empuje*

如封似闭 : *Ru Feng Si Bi* : Apparent Close Up

Appearing to Seal and Close  
*Sembler Sceller et Se Ferment*  
*Das Scheinen zu Versiegeln und Schließen*  
*El Aparecer Sellar y Se Cierra*

看上去密封和关闭 : Appearing to Seal and Close

Section 4, Movements 31 - 40 Number, name, descriptions, comments, comparisons, quotations, and illustrations are provided for each movement from 1-10. (HTML)

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## Section 5, Movements 41-50

### 41. Carry Tiger and Push Mountain (*Bao Hu Gui Shan*) 抱虎归山

Carry Tiger and Push Mountain [Zhong 2003]  
Carrying the Tiger and Pushing the Mountain [Lam 2000]  
Embrace the Tiger and Push the Mountain [Sun Lu Tang 1924, #49]  
Step Forward and Push [Sun Jian Yun 2003, #48]  
Embrace the Tiger and Push the Mountain [Garofalo 2008]  
*Portez le Tigre et Poussez la Montagne*  
*Tragen Sie Tiger und drücken Sie Berg*  
*Lleve el Tigre y Empuje la Montaña*  
抱虎归山 : *Bao Hu Tui Shan* : Carry Tiger, Push Mountain

### 42. Opening Hands (*Kai Shou*) 开手

Open Hands [Zhong 2003]  
Opening Hands [Lam 2000]  
Turning Right and Opening Hands [Sun Lu Tang 1924, #50]  
Open Hands - Right Turn [Sun Jian Yun 2003, #49]  
Opening Hands [Garofalo 2008]  
*Mains D'Ouverture*  
*Öffnung Hände*  
*Manos de la Abertura*  
开手 : *Kai Shou*

### 43. Closing Hands (*He Shou*) 合手

Close Hands [Zhong 2003]  
Closing Hands [Lam 2000]  
Turning Right and Closing Hands [Sun Lu Tang 1924, #51]  
Close Hands [Sun Jian Yun 2003, #50]  
Closing Hands [Garofalo 2008]  
*Mains de Fermeture*  
*Schließende Hände*  
*Manos De Cierre*  
合手 : *He Shou* : Closing Hands

**44. Brush Left Knee and Twist Step (*Zuo Lou Xi Ao Bu*) 左搂膝拗步**

Left Brush Knee and Twist Step [Zhong 2003]  
Brush Knee and Twist Step Left [Lam 2000]  
Brush Knee and Twist Step [Sun Lu Tang 1924, #52]  
Brush Knee and Right Turn Step [Sun Jian Yun 2003, #51]  
Brush Left Knee and Twist Step [Garofalo 2008]  
*Étape de Genou Laissée par Brosse et de Torsion*  
*Bürste Gelassener Knie, und Torsion-Schritt*  
*Paso Dejado Cepillo de la Rodilla y de la Torcedura*  
左搂膝拗步 : *Lou Xi Ao Bu* : Brush Left Knee and Twist Step

**45. Lazily Tying Clothes (*Lan Zha Yi*) 懶扎衣**

Tuck in Robes [Zhong 2003]  
Leisurely Tying Coat [Lam 2000]  
Lazily Tying Back the Clothes [Sun Lu Tang 1924, #54]  
Too Lazy to Tie Coat [Sun Jian Yun 2003, #52]  
Lazily Tying Clothes [Garofalo 2008]  
*Attacher Paresseux Des Vêtements*  
*Kleidung Faul Binden*  
*Perezoso Atar Las Ropas*  
懶扎衣 : *Lan Zha Yi* : Lazily Tying Back the Clothes  
懶惰栓衣裳 : Lazily Tying Clothes

**46. Opening Hands (*Kai Shou*) 开手**

Open Hands [Zhong 2003]  
Opening Hands [Lam 2000]  
Opening Hands [Sun Lu Tang 1924, #55]  
Open Hands [Sun Jian Yun 2003, #53]  
Opening Hands [Garofalo 2008]  
*Mains D'Ouverture*  
*Öffnung Hände*  
*Manos de la Abertura*  
开手 : *Kai Shou*

**47. Closing Hands (*He Shou*) 合手**

Close Hands [Zhong 2003]  
Closing Hands [Lam 2000]  
Closing Hands [Sun Lu Tang 1924, #56]  
Close Hands [Sun Jian Yun 2003, #54]  
Closing Hands [Garofalo 2008]

*Mains de Fermeture*

*Schließende Hände*

*Manos De Cierre*

合手 : *He Shou* : Closing Hands

**48. Diagonal Single Whip (*Xie Dan Bian*) 斜单鞭**

Oblique Single Whip [Zhong 2003]  
Diagonal Single Whip [Lam 2000]  
Angled Single Whip [Sun Lu Tang 1924, #57]  
Single Whip, Diagonal Step [Sun Jian Yun 2003, #55]  
Diagonal Single Whip [Garofalo 2008]

*Diagonal Choisissez Le Fouet*

*Diagonal Single Peitsche*

*Diagonal Escoja El Azote*

斜单鞭 : *Xie Dan Bian* : Diagonal Single Whip

**49. Parting the Wild Horse's Mane (*Ye Ma Fen Zong*) 野马分鬃**

Parting the Wild Horse's Mane [Zhong 2003]  
Parting Wild Horse's Mane [Lam 2000]  
Parting the Wild Horse's Mane [Sun Lu Tang 1924, #58]  
Wild Horse Spreads Mane [Sun Jian Yun 2003, #56]  
Parting the Wild Horse's Mane [Garofalo 2008]

Wild Horse Shakes Its Mane

*Le Cheval Sauvage Secoue Sa Crinière*

*Wildes Pferd Rüttelt Seine Mähne*

*El Caballo Salvaje Sacudare Su Melena*

野马分鬃 : *Ye Ma Fen Zong* : Parting the Wild Horse's Mane

## **50. Lazily Tying Clothes (*Lan Zha Yi*) 懶扎衣**

Tuck in Robes [Zhong 2003]

Leisurely Tying Coat [Lam 2000]

Lazily Tying Back the Clothes [Sun Lu Tang 1924, #65]

Too Lazy to Tie Coat [Sun Jian Yun 2003, #57]

Lazily Tying Clothes [Garofalo 2008]

*Attacher Paresseux Des Vêtements*

*Kleidung Faul Binden*

*Perezoso Atar Las Ropas*

懶扎衣 : Lan Zha Yi : Lazily Tying Back the Clothes

懶惰栓衣裳 : Lazily Tying Clothes

Section 5, Movements 41 - 50 Number, name, descriptions, comments, comparisons, quotations, and illustrations are provided for each movement from 1-10. (HTML)

Section 5, Movements 41 - 50 Each movement is numbered, named, briefly described, directional information given, and a chart with illustrations for each ending movement is provided. (PDF, 150KB+, 2008)

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## **Section 6, Movements 51-60**

### **51. Opening Hands (*Kai Shou*) 开手**

Open Hands [Zhong 2003]

Opening Hands [Lam 2000]

Opening Hands [Sun Lu Tang 1924, #66]

Open Hands [Sun Jian Yun 2003, #58]

Opening Hands [Garofalo 2008]

*Mains D'Ouverture*

*Öffnung Hände*

*Manos de la Abertura*

开手 : *Kai Shou*

**52. Closing Hands (*He Shou*) 合手**

Close Hands [Zhong 2003]  
Closing Hands [Lam 2000]  
Closing Hands [Sun Lu Tang 1924, #67]  
Close Hands [Sun Jian Yun 2003, #59]  
Closing Hands [Garofalo 2008]

*Mains de Fermeture*

*Schließende Hände*

*Manos De Cierre*

合手 : *He Shou* : Closing Hands

**53. Single Whip Left (*Dan Bian Zou*) 单鞭左**

Left Single Whip [Zhong 2003]  
Single Whip Left [Lam 2000]  
Single Whip [Sun Lu Tang 1924, #68]  
Single Whip [Sun Jian Yun 2003, #60]  
Single Whip Left [Garofalo 2008]

Single Whip

*Choisissez Le Fouet*

*Single Peitsche*

*Escoja El Azote*

单鞭 : *Dan Bian*

**54. Cloud Hands Left (*Yun Shou Zou*) 云手左**

Left Wave Hands Like Clouds [Zhong 2003]  
Waving Hands Like Clouds Left [Lam 2000]  
Cloud Hands [Sun Lu Tang 1924, #69]  
Wave Hands [Sun Jian Yun 2003, #67]  
Cloud Hands Left [Garofalo 2008]

Waving Hands Like Clouds

*Les Mains Ondulantes Aiment Des Nuages*

*Wellenartig Bewegende Hände Mögen Wolken*

*Las Manos Que Agitan Tienen Gusto De las Nubes*

云手 : *Yun Shou*

**55. Cloud Hands, Lowering (*Yun Shou Xia Shi*) 云手下势**

Wave Hands Like Clouds and Push Down [Zhong 2003]  
Waving Hands Like Clouds and Lowering Movement [Lam 2000]  
Downward Cloud Hands Posture [Sun Lu Tang 1924, #70]  
Wave Hands, Descending Posture [Sun Jian Yun 2003, #68]  
Cloud Hands, Lowering [Garofalo 2008]  
Waving Hands Like Clouds and Lowering Movement  
*Les Mains Ondulantes Aiment des Nuages et Abaisser le Mouvement*  
*Wellenartig Vewegende Hände Mögen Wolken und das Senken der Bewegung*  
*Las Manos que Agitan Tienen Gusto de las Nubes y de Bajar el Movimiento*  
云手下势 : *Yun Shou Xia Shi* : Cloud Hands, Lowering

**56. Golden Rooster Stands on One Leg (*Jin Ji Du Li*) 金鸡独立**

Golden Rooster Stands on One Leg [Zhong 2003]  
Golden Cock Standing on One Leg [Lam 2000]  
Rooster Standing on One Leg [Sun Lu Tang 1924, #71]  
Golden Rooster Stands on One Leg [Sun Jian Yun 2003, #69]  
Golden Rooster Stands on One Leg [Garofalo 2008]  
*Le Coq D'or se Tient sur une Jambe*  
*Der Goldene Hahn Steht auf einem Bein*  
*El Gallo de Oro Está Parado en Una Pierna*  
金鸡独立 : *Jin Ji Du Li* : Golden Rooster Stands on One Leg

**57. Fan Through the Back (*Shan Tong Bei*) 扇通背**

Deflect Through the Back [Zhong 2003]  
Fan Back [Lam 2000]  
Right Palm Through the Back [Sun Lu Tang 1924, #62]  
Fan Through the Back [Garofalo 2008]  
Flashing the Arms Like a Fan  
*Clignotant les Bras Aiment un Ventilateur*  
*Blitzend Mögen die Arme einen Ventilator*  
*Destellando los Brazos Tienen Gusto de un Ventilador*  
Fan Through the Back [Garofalo]  
扇通背 : *Shan Tong Bei* : Fan Through the Back

**58. Jade Lady Works the Shuttles (*Yu Nu Chuan Suo*) 玉女穿梭**

Jade Girl Working with Shuttles [Zhong 2003]  
Fair Lady Working at the Shuttles [Lam 2000]  
Jade Lady Works the Shuttles [Sun Lu Tang 1924, #63]  
Fair Maiden Weaves with a Shuttle [Sun Jian Yun 2003, #62]  
Jade Lady Works the Shuttles [Garofalo 2008]  
Fair Lady Works the Shuttles  
The Beautiful Lady Works at the Loom  
*Belle Madame Travaille au Manche*  
*Die schöne Dame Arbeitet am Webstuhl*  
*La Señora Hermosa Trabaja en el Telar*  
玉女穿梭 : *Yu Nu Chuan Suo* : Fair Lady Works at Shuttles

**59. High Pat on Horse (*Gao Tan Ma*) 高探马**

Search High on the Horse [Zhong 2003]  
Higher Horse [Lam 2000]  
High Pat on Horse [Sun Lu Tang 1924, #84]  
Pat a High Horse [Sun Jian Yun 2003, #83]  
High Pat on Horse [Garofalo 2008]  
Pat the Horse on the Back  
*Tapotez le Cheval sur le Dos*  
*Tappen Sie das Pferd auf der Rückseite*  
*Acaricie al Caballo en la Parte Posteriora*  
高探马 : *Gao Tan Ma* : High Pat on Horse

**60. Cross Hands and Slap Kick (*Shi Zi Shou Pai Jiao*) 十字手拍脚**

Cross and Slap Foot : *Shi Zi Pai Jiao* [Zhong 2003]  
Cross Hands and Patting Foot [Lam 2000]  
Crossed Swinging Lotus [Sun Lu Tang 1924, #85]  
Cross Hands and Turn Around [Sun Jian Yun 2003, #84]  
Cross Hands and Slap Kick [Garofalo 2008]  
*Mains en Travers et Coup-de-pied de Claque*  
*Kreuzhände und Klaps-Stoß*  
*Manos Cruzadas y Retroceso de la Palmada*  
十字手 : *Shi Zi Shou* : Cross Hands

身摆莲 : *Shen Bai Lian* : Swing Over Lotus

摆脚 : *Bai Jiao* : Pat Foot

拍脚 : *Pai Jiao* : Slap Foot, Slap Kick

双摆莲 : *Shuang Bai Jiao* : Slap Foot

十字手身摆莲脚 : *Shi Zi Shou Shen Bai Lian Jiao* : Cross Hands and Swinging Lotus Kick

Note: [Translation](#) resources used.

[Section 6, Movements 51 - 60](#) Number, name, descriptions, comments, comparisons, quotations, and illustrations are provided for each movement from 1-10. (HTML)

[Section 6, Movements 51 - 60](#) Each movement is numbered, named, briefly described, directional information given, and a chart with illustrations for each ending movement is provided. (PDF, 150KB+, 2008)

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## Section 7, Movements 61-73

### 61. Step Forward, Punch Groin (*Jian Bu Zhi Dang Chui*) 进步指裆捶

Advance and Strike with Fist [[Zhong 2003](#)]

Forward Step to Punch Crotch [[Lam 2000](#)]

Advance Step and Strike the Crotch [[Sun Lu Tang 1924](#), #86]

Forward Step and Groin Punch [[Sun Jian Yun 2003](#), #85]

Step Forward, Punch Groin [[Garofalo 2008](#)]

*Pas en Avant, Aine De Poinçon*

*Schritt Vorwärts, Durchschlag Leiste*

*Paso Adelante, Ingle Del Sacador*

进步栽捶 : *Jian Bu Zai Chui* : Step Forward and Punch Down

指裆捶 : *Zhi Dang Chui* : Punch of Hitting Crotch

### 62. Stepping, Lazily Tying Clothes (*Bu Lan Zha Yi*) 步懒扎衣



Active Tuck in Robes [Zhong 2003]  
Lively Step and Leisurely Tying Coat [Lam 2000]  
Retreat Step and Lazily Tying Back the Clothes [Sun Lu Tang 1924, #87]  
Step Back, Too Lazy to Tie Coat [Sun Jian Yun 2003, #86]  
Stepping, Lazily Tying Clothes [Garofalo 2008]  
*Progression et Attacher Paresseux Des Vêtements*  
*Treten und Kleidung Faul Binden*  
*El Caminar y Perezoso Atar Las Ropas*  
懶扎衣 : Lan Zha Yi : Lazily Tying Back the Clothes  
懶惰栓衣裳 : Lazily Tying Clothes

### **63. Opening Hands (*Kai Shou*) 开手**

Open Hands [Zhong 2003]  
Opening Hands [Lam 2000]  
Opening Hands [Sun Lu Tang 1924, #88]  
Open Hands [Sun Jian Yun 2003, #87]  
Opening Hands [Garofalo 2008]  
*Mains D'Ouverture*  
*Öffnung Hände*  
*Manos de la Abertura*  
开手 : *Kai Shou*

### **64. Closing Hands (*He Shou*) 合手**

Close Hands [Zhong 2003]  
Closing Hands [Lam 2000]  
Closing Hands [Sun Lu Tang 1924, #89]  
Close Hands [Sun Jian Yun 2003, #88]  
Closing Hands [Garofalo 2008]  
*Mains de Fermeture*  
*Schließende Hände*  
*Manos De Cierre*  
合手 : *He Shou* : Closing Hands

### **65. Single Whip Left (*Dan Bian Zou*) 单鞭左**

Left Single Whip [Zhong 2003]  
Single Whip Left [Lam 2000]

Single Whip [Sun Lu Tang 1924, #90]

Single Whip [Sun Jian Yun 2003, #89]

Single Whip Left [Garofalo 2008]

Single Whip

*Choisissez Le Fouet*

*Single Peitsche*

*Escoja el Azote*

单鞭 : *Dan Bian*

## **66. Single Whip and Lowering Down (*Dan Bian Xia Shi*) 单鞭下势**

Single Whip and Push Down [Zhong 2003]

Single Whip and Lowering Movement [Lam 2000]

Single Whip Lowering Posture [Sun Lu Tang 1924, #91]

Descending Single Whip [Sun Jian Yun 2003, #90]

Single Whip and Lowering Down [Garofalo 2008]

*Choisissez le Fouet et Mouvement D'abaissement*

*Single Peitsche und Senkenbewegung*

*Escoja el Azote y Movimiento el Bajar*

单鞭下势 : *Dan Bian Xia Shi* : Single Whip and Lowering Down

## **67. Step Up to the Seven Stars (*Shang Bu Qi Xing*) 上步七星**

Step Forward with Seven Stars [Zhong 2003]

Forward Step Seven Stars [Lam 2000]

Stepping Up to the Seven Stars [Sun Lu Tang 1924, #92]

Step Up and Cross Arms [Sun Jian Yun 2003, #91]

Step Up to the Seven Stars [Garofalo 2008]

*Intensifiez aux Sept Tient le Premier Rôle*

*Steigern Sie zu den Sieben Sternen*

*Intensifique a las Siete Estrellas*

上步七星 : *Shang Bu Qi Xing* : Step Forward Seven Stars

## **68. Step Back and Ride the Tiger (*Tui Bu Kua Hu*) 退步跨虎**

Step Back to Straddle the Tiger [Zhong 2003]

Backwards Step Riding Tiger [Lam 2000]

Stepping Down to Straddle the Tiger [Sun Lu Tang 1924, #93]

Step Back and Ride the Tiger [Sun Jian Yun 2003, #92]

Step Back and Ride the Tiger [Garofalo 2008]  
*Le Dos d'étape et Montent le Tigre*  
*Schritt-Rückseite und Reiten den Tiger*  
*La Parte Posteriora del Paso y Monta el Tigre*  
退步跨虎 : *Tui Bu Kua Hu* : Step back and Ride the Tiger

**69. Turn Body, Swinging Lotus Kick (*Zhuan Shen Bai Lian*) 转身摆莲**

Turn Body and Lotus Kick [Zhong 2003]  
Turn Body, Lotus Kick [Lam 2000]  
Turning Angled Swinging Lotus [Sun Lu Tang 1924, #94]  
Turn Around and Sweep Kick with Right Foot [Sun Jian Yun 2003, #93]  
Turn Body, Swinging Lotus Kick [Garofalo 2008]  
*Tournez Le Corps, Balançant Le Coup-de-pied De Lotus*  
*Drehen Sie Den Körper Und Lotos-Stoß Schwingen*  
*Dé vuelta Al Cuerpo, Haciendo Pivotar Retroceso Del Loto*  
转身摆莲 : *Zhuan Shen Bai Lian* : Turn Body, Swinging Lotus Kick

**70. Bend the Bow and Shoot the Tiger (*Wan Gong She Hu*) 弯弓射虎**

Bend Bow to Shoot the Tiger [Zhong 2003]  
Drawing Bow to Shoot Tiger [Lam 2000]  
Bend the Bow and Shoot the Tiger [Sun Lu Tang 1924, #95]  
Bend the Bow to Shoot the Tiger [Sun Jian Yun 2003, #94]  
Bend the Bow and Shoot the Tiger [Garofalo 2008]  
*Pliez l'arc et Tirez le Tigre*  
*Verbiegen Sie den Bogen und Schießen Sie den Tiger*  
*Doble el Arco y Tire al Tigre*  
弯弓射虎 : *Wan Gong She Hu* : Bend the Bow and Shoot the Tiger

**71. Double Crashing Fists Strike  
(*Shuang Zhuang Quan Chui*) 双撞捶捶**

Double Bump Fist [Zhong 2003]  
Double Forward Punch [Lam 2000]  
Double Crashing Fists [Sun Lu Tang 1924, #96]  
Double Punch [Sun Jian Yun 2003, #95]  
Double Crashing Fists [Garofalo 2008]  
Hitting Your Opponents Ears with Both Fists

*Frapper Vos Oreilles d'adversaires avec les Deux Poings*  
*Schlagen Ihrer Konkurrenten Ohren mit beiden Fäusten*  
*Golpear sus Oídos de los Opositores con Ambos Puños*

双峰灌耳 : *Shuang Feng Quan Er* : Twin Fists Strike Opponents Ears

双撞捶捶 : *Shaung Zhuang Quan Chui* : Double Crashing Fist Strikes

## **72. Uniting Yin and Yang (*He Yi Yin Yang*) 合一陰阳**

Combine Yin and Yang into One [Zhong 2003]

Yin and Yang Merging Into One [Lam 2000]

Uniting Yin and Yang [Sun Lu Tang 1924, #97]

Retreat and Cross Fists [Sun Jian Yun 2003, #96]

Uniting Yin and Yang [Garofalo 2008]

*Yin et Yang d'union*

*Vereinigendes Yin und Yang*

*Yin y Yang de Unión*

合一陰阳 or 合一陰阳: *Yin Yang He Yi* : Uniting Yin and Yang

十字手 : *Shi Zi Shou* : Cross Hands

## **73. Returning to Wu Ji (*Fan Hui Wu Ji*) 返回无极**

Closing Form (*Shou Shi*) [Zhong 2003]

Closing Form [Lam 2000]

Returning to the Source of *Wu Ji* [Sun Lu Tang 1924, #98]

Ending Posture [Sun Jian Yun 2003, #97]

Returning to *Wu Ji* [Garofalo 2008]

*Renvoi à Wu Ji*

*Zurückbringen zu Wu Ji*

*El Volver a Wu Ji*

返回无极 : *Fan Hui Wu Ji* : Returning to Wu Ji

收式 : *Tai Ji Shou Shi* : Taiji Closing Form, Ending Posture

无极 : *Wu Ji* : Everlasting, unbounded, not limited, not finalized, not fixed, indescribable.

返回 : *Fan Hui* : Return to, go back.

Note: Translation resources used.

Section 7, Movements 61 - 73 Number, name, descriptions, comments, comparisons, quotations, and illustrations are provided for each movement from 1-10. (HTML)

Section 7, Movements 61 - 73 Each movement is numbered, named, briefly described, directional information given, and a chart with illustrations for each ending movement is provided. (PDF, 150KB+, 2008)

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## **Sources for the Names of the Movements of the Sun Taijiquan 73 Competition Form:**

[Zhong 2003] The Competition Routine of Sun Style Taijiquan. Zhong Shan, Chief Editor. Wu Don, Executive Editor. Li Wei, Editor of English Version. Published in Beijing, China, 2003. 151 pages. ISBN: 7537720851.

[Lam 2000] Sun Style Tai Chi - 73 Forms. The Competition Forms. An instructional videotape by Dr. Paul Lam. Narwee, Australia, East Action Video, 2000.

[Sun Lu Tang 1924] A Study of Taijiquan. By Sun Lutang. Translated by Tim Cartmell. North Atlantic Books, 2003. 160 pages. ISBN: 1556434626. Translation based on a 1924 text. This form presented in this book is not the 73 Form; it is the classical Sun Taijiquan 98 Form.

[Sun Jian Yun 2003] Sun's Style Tai Chi Chuan. By Master Sun Jian-yun and Master Paul Lam (Tam Fung-ngar Paul). Translated by Peter Chan and Leung Ming-yuen. Published by Peter Chan and Co., Kowloon, Hong Kong, 2003. 141 pages. Distributed by Plum Publications. Hong Kong Registry No. 962-8665111. This form presented in this book is not the 73 Form; it is the classical Sun Taijiquan 97 Form.

[Garofalo 2008] Sun Style of T'ai Chi Ch'uan: Standard Competition 73 Movements Form. Research by Michael P. Garofalo, M.S.. Webpage: 350Kb, May 2008.

Sun Style Taijiquan, 73 Competition Form, List of Movements: 1-73 (PDF, 131 Kb, 4 Pages) Number and name of movement in English, Chinese Pinyin and Chinese Characters, and resource links

Note: I used the following resources to prepare the translations found on this webpage. The best resource I have found online for working with Chinese and English translations is the MDBG Chinese-English Dictionary. I used the AltaVista Babel Fish Translation Service to translate from English into French, German and Spanish. I once started an online glossary for Sun Lu Tang's Internal Martial Arts. I also use a variety of internal martial arts books and online resources which provide similar charts, lists, and glossaries in varied languages. The book "The Competition Routine of Sun Style Taijiquan," by the Chief Editor, Zhong Shan, was especially useful. I welcome your suggestions and

contributions for improving the translations or providing translations into other languages.

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## **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 Document: <http://www.egreenway.com/taichichuan/sunlist5.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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Research by Michael P. Garofalo, M.S.

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