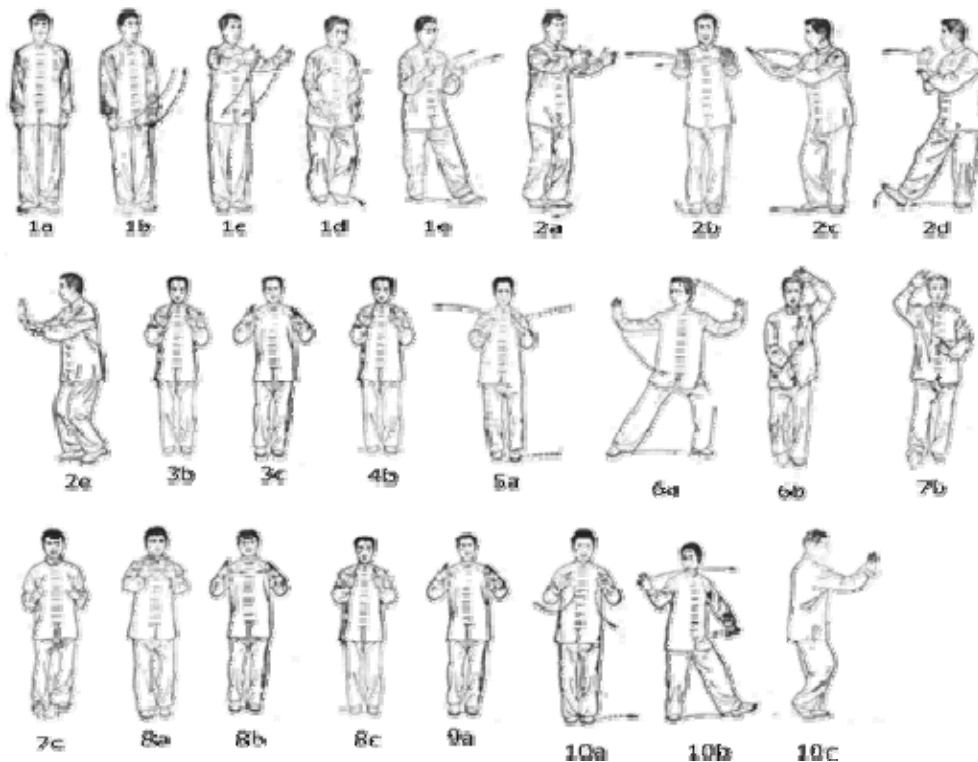


Sun Style T'ai Chi Ch'uan

Standard International Competition 73 Movements Sun Taijiquan Form

Section 1, Movements 1-10



Sun Style Taijiquan

Standard International Competition 73 Movements Sun T'ai Chi Ch'uan Form

Section 1, Movements 1-10

#	Face	Name	Brief Description
1	NW11	Opening Move <i>Qi Shi, Wuji - Taiji</i>	Stand quietly at attention N12 (1a), turn slightly to left NW11, raise hands (1c) and lower hands (1d), step forward L leg, push both hands forward at chest level (1e).
2	E3	Tuck in Robes <i>Lan Zha Yi</i>	Rotate clockwise 240° arms at shoulder level (2b), touch left hand on right forearm, face E3 (2c), step forward R leg (2d), push with R palm at shoulder level (2e), L hand on R wrist.
3	N12	Open Hands <i>Kai Shou</i>	Turn L, face N12, both hands at chest level, palms up, hands facing each other, 6" apart, breathe in and open hands to shoulder distance apart. Imagine expanding energy. Eyes forward, head up (3c).
4	N12	Close Hands <i>He Shou</i>	Exhale and bring both hands together, palms up, hands facing each other, until hands are 6" apart (4b).
5	N12	Single Whip Left <i>Dan Bian Zou</i>	Step out with left foot to W9 (5a), open both arms to the sides with fingers up, look to left hand then look to the right hand, left bow stance (5b).
6	N12	Lifting Hands <i>Ti Shou</i>	Step sideways with right leg (6a), draw left hand to forehead with palm forward, draw right hand down to waist with the right fingers pointing down (6b).
7	N12	White Swan Spreads Wings <i>Bai He Liang Chi</i>	Exchange hands. Right hand moves above the head, and left hand moves down to the waist (7b). Step forward with right leg, draw hands to chest, push both hands forward and follow step with left foot (7c).
8	N12	Open Hands <i>Kai Shou</i>	Inhale as both hands, fingers pointing upward, are drawn apart to about shoulder width (8c)
9	N12	Close Hands <i>He Shou</i>	Exhale as both hands, fingers pointing upward, are drawn together to about 6" apart (9b).
10	W9	Brush Knee Left <i>Zuo Lou Xi Ao Bu</i>	Lift right hand to above head, turn body to left, step towards W9 with left leg, brush left knee with left hand, push right palm forward at shoulder height, follow step with right toe (10c).

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Valley Spirit Taijiquan, Red Bluff, California, 2003, 2008

Sun Taijiquan Competition 73 Form Website: <http://www.egreenway.com/taichichuan/sun73.htm>

List of Movements, 1-73, Sun Taijiquan Competition Form: <http://www.egreenway.com/taichichuan/sunlist5.pdf>

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

This document: <http://www.egreenway.com/taichichuan/sunlists1.pdf>