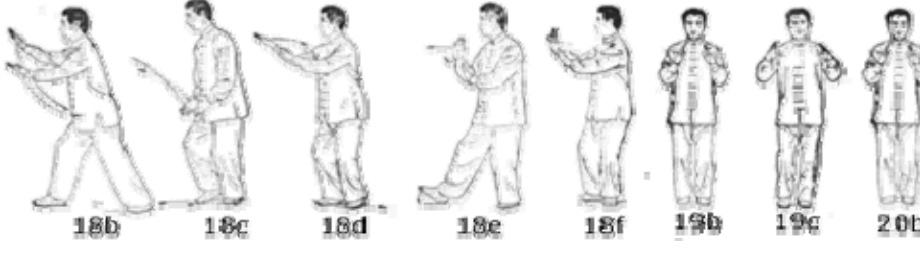
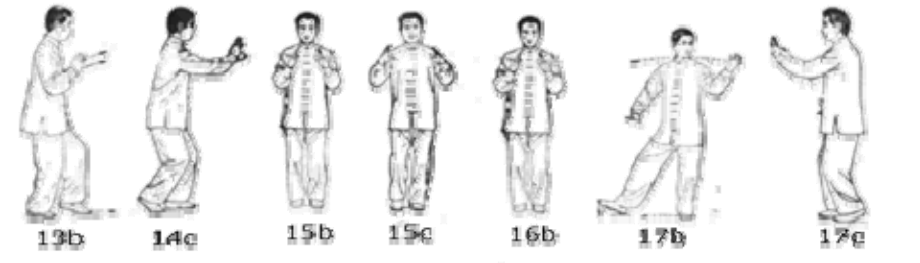
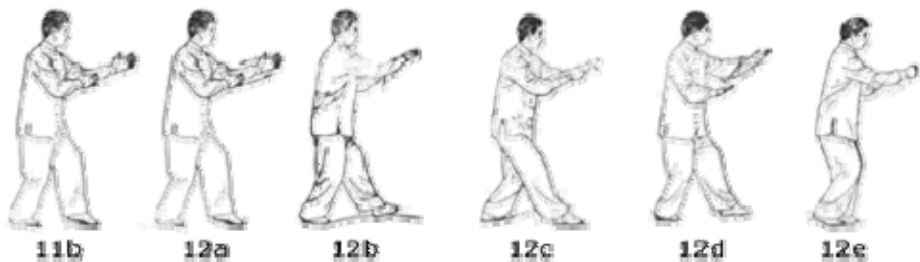


Sun Style T'ai Chi Ch'uan

Standard International Competition 73 Movements Sun Taijiquan Form

Section 2, Movements 11-20



Sun Style Taijiquan

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

Section 2, Movements 11-20

#	Face	Name	Brief Description
11	W9	Hand Strums the Lute <i>Shou Hui Pi Pa</i>	Step back with R foot, lift heel of L foot and put more weight into L foot. L open hand at chest height and R hand next to L forearm.
12	W9	Advance, Parry, Punch <i>Jin Bu Ban Lan Chui</i>	Step forward with R leg, then L leg, then follow step with R foot. Hands turn over one another with each step. End in L wardoff and R forearm on top of L forearm. R fist punch.
13	W9	Apparent Close Up <i>Ru Feng Si Bi</i>	Step back half-step with R foot then follow step with L toe. Draw both arms to chest. Palms face out.
14	W9	Carry Tiger, Push Mountain <i>Bao Hui Tui Shan</i>	Push both palms forward as you step forward a half-step with L foot and then follow step with R toe.
15	N12	Opening Hands <i>Kai Shou</i>	Turn to R, face N12. Inhale as you open both hands to about shoulder width. Fingers are up and hands at about chest level.
16	N12	Closing Hands <i>He Shou</i>	Exhale as you close both hands to about 8" apart.
17	E3	Brush Right Knee <i>You Lou Xi</i>	Turn to the L, face E3. Brush left hand down across L leg, then push R palm forward at about chest level.
18	E3	Lazily Tying Clothes <i>Lan Zha Yi</i>	Draw both arms down to rollback as you step back with L foot then follow step with R foot. Press both hands forward, L fingers on R wrist, as you step forward with R foot and follow step with L foot. Small circle hands and lean back, then push forward with R palm and follow step with L toe.
19	N12	Opening Hands <i>Kai Shou</i>	Turn to the L, face N12. Inhale as you open both hands to about shoulder width.
20	N12	Closing Hands <i>He Shou</i>	Exhale as you close both hands to about 8" apart.

Research by Michael P. Garofalo, M.S.

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

This document: <http://www.egreenway.com/taichichuan/sunlists2.pdf>