

Grandmaster Sun Lu Tang's Style of Taijiquan Traditional Sword Form, 62 Movements

Research by Michael P. Garofalo, M.S.

List of Movements 1 - 62

1. Starting Position
2. White Crane Spreads Its Wings
3. Two Dragons Come Out of the Water
4. Harrier Flipping Its Body Over
5. Push Left Hand Up
6. The Immortal Points the Way
7. Blue Dragon Turns Back Its Head
8. Tai-Gong Goes Fishing
9. Blue Dragon Raises Its Head
10. Push Left Hand Up
11. Blue Dragon Offers Its Claws
12. Phoenix Nods Its Head
13. Sweep the Moon at the Edge of Heaven
14. Fierce Tiger Blocks the Road
15. Blue Dragon Draws Back Its Tail
16. Black Tiger Comes Out of the Cave
17. Wild Geese Land on the Flat Sand
18. Blue Dragon Enters the Sea
19. Embrace the Moon
20. Happy Goose Delivers the Book
21. Harrier Tightens Its Body
22. Single White Goose Out of the Group
23. Dragonfly Skims Across the Water
24. Turn Head Back and Look at the Moon
25. Defeating Style
26. Blocking with the Smart Hand
27. Big Roc Opens Up Its Wings
28. Fierce Tiger Blocks the Road
29. Push the Window Open and Look at the Moon
30. Sweep Sword Alone in the Wind
31. Dragonfly Skims Across the Water
32. Grinding Dish Sword
33. Protects the Side Shoulder

34. Sweep Sword with Crossing Legs
35. Blue Dragon Draws Back Its Tail
36. Black Tiger Comes Out of the Cave
37. Embrace the Moon
38. Harrier Flipping Its Body Over
39. Push Left Hand Up
40. Black Tiger Jumps Out of the Cave
41. Take Out Room Beam and Change with the Pillars
42. Block Down with Sword
43. Embrace the Moon
44. White Snake Lying on the Grass
45. Exploring the Sea
46. Snap Sword
47. Harrier Tightens Its Body
48. Single Wild Goose Out of the Group
49. Black Dragon Twists on the Pillars
50. Blue Dragon Draws Its Tail Back
51. Black Tiger Jumps Out of the Cave
52. Block Up with Sword
53. Harrier Tightens Its Body
54. Single Wild Goose Out of the Group
55. Dragonfly Skims Across the Water
56. Grinding Disk Sword
57. Harrier Flies Into the Forest
58. Embrace the Moon
59. Protect the Side Shoulder and Sweep the Sword
60. Insert Flower and Cover the Head
61. Harrier Flipping Its Body Over
62. Concluding Posture

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This Document: <http://www.egreenway.com/taichichuan/sunswordlist1.pdf>

Sun Taijiquan Traditional Sword 62 Form Webpage:

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

Sun Lu Tang's Internal Martial Arts: Xing I Quan, Bagua Quan, Taijiquan

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