

Sun Style Tai Ji Quan Long Form 1921

1st Third of Form

Section One

- 1) Wu Ji / Stillness
- 2) Tai Ji / Opening form / Turn to Right over your Left body;
Upward Downward, chambering and stepping up to Press the Mountain,
- 3) turn to Left and Lazily Tying the Coat then Step Up Right and Press
- 4) Turn to Left then Front and Open-Close Hands

Section Two

- 5) Single Whip to Left
- 6) Turn to Left , Rotate to Cover Face & Groin
- 7) White Swan Cools Wings
- 8) Open-Close Hands

Section Three

- 9) Step up Left with Brush Knee and Twist Step
- 10) Step Back and Hands Strum the Lute (maintaining Dan Tien Energy)
- 11) Step Up and Deflect, Parry and Punch
- 12) Step back Appearing to Seal and Close
- 13) Step up and Embrace the Tiger and Press the Mountain
- 14) Open-Close

Section Four

- 15) Step up Right with Brush Knee and Twist Step
- 16) Step back and Roll Back then Step Up with Thrusting Palm
- 17) Lazily Tying the Coat
- 18) Open – Close

Section Five

- 19) Single Whip
- 20) Fist Under Elbow
- 21) Retreat & Repulse Monkey Left, Right , Left, Right (4X)
- 22) Hands Strum the Lute
- 23) White Swan Cools Wings
- 24) Open _ Close

Section Six

- 25) Brush Knee and Twist Step to Left
- 26) Hands Strum the Lute
- 27) Fan Thru Back Down ,Left, turn and Right
- 28) Step Back, Swallow & Smother then Double Moon Punch Left
- 29) Drop Fists w Sinking Energy Step Up Right with Thrusting Palm
- 30) Lazily Tying the Coat
- 31) Open – Close

2nd Third of Form

Section Seven

- 32) Single Whip
- 33) Wave Hands Like Clouds X3 to Left
- 34) High Pat on Horse
- 35) Hold and Turn Tai Ji Ball then Raise Right Foot
- 36) Turn and Raise Left Foot
- 37) Turn to left and Kick with Sole Left
- 38) Step and Deflect , Parry and Step up to Punch Downward

Section Eight

- 39) Turn Body and Chop Opponent with Right Fist
- 40) Step up with Left Foot with Rising Palm which turns and Pats down and
- 41) Right Straight Leg with Right Snake Puts Out Tongue
- 42) Step Back to Ambush Tiger ,Kick with Left Foot, Turn and Kick with Right Foot
- 43) Step Up and Deflect, Parry and Punch
- 44) Step back Appearing to Seal and Close
- 45) Step up and Embrace the Tiger and Press the Mountain
- 46) Open-Close

Section Nine

- 47) Step up Right with Brush Knee and Twist Step
- 48) Step back and Roll Back then Step Up with Thrusting Palm
- 49) Lazily Tying the Coat
- 50) Open – Close

Section Ten

- 51) Diagonal Single Whip
- 52) Step Up and Separate Wild Mare's Mane Left
- 53) Step Up and Separate Wild Mare's Mane Right
- 54) Step Up and Separate Wild Mare's Mane Both
- 55) Step Up and Punch Groin with Right Sun Fist
- 56) Step back Lazily Tying the Coat
- 57) Open – Close

Section Eleven

- 52) Fan Thru Back Right
- 53) Fair Lady Works Shuttle 4 Directions

Section Twelve

- 54) Step up Right with Brush Knee and Twist Step
- 55) Step back and Roll Back then Step Up with Thrusting Palm
- 56) Lazily Tying the Coat
- 57) Open – Close

Section Thirteen

- 58) Wave hand Like Clouds to Left X2 to 3
- 59) Brush Knee Left
- 60) Step Up to Snake Creep Down Left
- 61) Golden Rooster Steps UP Right and Left
- 62) Repulse Monkey X4
- 63) Step Back Hands Strum the Lute
- 64) Step Up White Swan Cools Wings and Press the Mountain
- 65) Open-Close

Section Fourteen

Last Third of Form

- 66) Brush Knee and Twist Step to Left
- 67) Hands Strum the Lute
- 68) Fan Thru Back Down ,Left, turn and Right
- 69) Step Back, Swallow & Smother then Double Moon Punch Left
- 70) Drop Fists w Sinking Energy Step Up Right with Thrusting Palm
- 71) Lazily Tying the Coat
- 72) Open – Close

Section Fifteen

- 73) Single Whip
- 74) Wave Hands Like Clouds X3 to Left
- 75) High Pat on Horse
- 76) Hold and turn Tai Ji Ball to Right and Kick Up Right
- 77) Step Forward and Punch Low with Right Fist
- 78) Step back Lazily Tying the Coat
- 79) Open – Close

Section Sixteen

- 80) Single Whip to Left then turn
- 81) Snake Creeps Down
- 82) Step Up to Seven Star Palms
- 83) Step back to Ride Tiger
- 84) Raise Left Knee and Turn around Lotus Kick Right

Section Seventeen

- 85) Step Down to Diagonal Right and Chamber Fists to Shoot Tiger with Bow to Left
- 86) Chamber Fists to Hips and Step Up to Double Crashing Fists
- 87) Turn around with Rotating Crossed Fists and
- 88) Step Back to Wu Ji Posture

Conclusion of 3rd Portion of Form & Sun Tai Ji Quan Long Form