

# Sun Lu Tang's Taijiquan

## Original Long Hand 98 Form (1921)

1. *Wu Ji* - Stillness
2. *Tai Ji* – Opening
3. Lazily Tying Back the Clothes
4. Opening Hands
5. Closing Hands
6. Single Whip
7. Lift Hands and Step Up
8. White Swan Cools Its Wings
9. Opening Hands
10. Closing Hands
11. Brush Knee Twist Step
12. Hands Strum the Lute
13. Advance Step, Deflect, Parry, and Punch
14. Appearing to Seal and Close
15. Embrace the Tiger and Push the Mountain
16. Opening Hands
17. Closing Hands
18. Brush Knee Right and Twist Step
19. Hands Strum the Lute
20. Lazily Tying Back the Clothes
21. Opening Hands
22. Closing Hands
23. Single Whip
24. Fist Under Elbow
25. Retreat and Repulse the Monkey Left
26. Retreat and Repulse the Monkey Right
27. Hands Strum the Lute
28. White Swan Cools Its Wings
29. Opening Hands
30. Closing Hands
31. Brush Knee Twist Step
32. Hands Strum the Lute
33. Pass Through the Back Three Times
34. Opening Hands
35. Closing Hands
36. Single Whip
37. Cloud Hands
38. High Pat on Horse
39. Raise Right Foot
40. Raise Left Foot
41. Turn the Body and Kick
42. Stamp Step and Strike
43. Overturn the Body and Double Kick
44. Throw the Crouching Tiger Over
45. Kick Left Foot
46. Right Thrust Kick
47. Advance Step, Deflect, Parry and Punch
48. Appearing to Seal and Close
49. Embrace Tiger and Push the Mountain
50. Opening Hands
51. Closing Hands
52. Brush Knee Twist Step
53. Hands Strum the Lute
54. Lazily Tying Back the Clothes
55. Opening Hands
56. Closing Hands
57. Diagonal Single Whip
58. Parting the Wild Horse's Mane
59. Opening Hands
60. Closing Hands
61. Single Whip
62. Right Palm Through the Back
63. Jade Lady Works the Shuttles
64. Hands Strum the Lute
65. Lazily Tying Back the Clothes
66. Opening Hands
67. Closing Hands
68. Single Whip
69. Cloud Hands
70. Downward Cloud Hands
71. Rooster Standing on One Leg
72. Step Back and Repulse the Monkey
73. Hands Strum the Lute
74. White Swan Cools Its Wings
75. Opening Hands
76. Closing Hands
77. Brush Knee Twist Step
78. Hands Strum the Lute
79. Pass Through the Back Three Times
80. Opening Hands
81. Closing Hands
82. Single Whip
83. Cloud Hands
84. High Pat on Horse
85. Crossed Swinging Lotus Kick
86. Advance and Punch the Crotch
87. Retreat and Lazily Tying Back the Clothes
88. Opening Hands
89. Closing Hands
90. Single Whip
91. Downward Single Whip
92. Stepping Up to the Seven Stars
93. Stepping Down to Ride the Tiger
94. Spinning Lotus Kick
95. Bend the Bow and Shoot the Tiger
96. Double Crashing Fists
97. Uniting Yin and Yang
98. Returning to *Wu Ji*