

# Sun Style Tai Chi Chuan 73 Movement Competition Form

1. Wu Ji then Tai Ji
2. Lazily Tying Coat
3. Opening Hands
4. Closing Hands
5. Single Whip
6. Lifting Hands
7. White Swan Cools Its Wings
8. Opening Hands
9. Closing Hands
10. Brush Knee Left
11. Hands Strum the Lute
12. Advance Step, Deflect, Parry, Punch
13. Appearing to Seal and Close
14. Embrace Tiger, Push Mountain
15. Opening Hands
16. Closing Hands
17. Brush Knee Right
18. Lazily Tying Coat
19. Opening Hands
20. Closing Hands
21. Single Whip Left
22. Fist Under Elbow
23. Repulse Monkey Left
24. Repulse Monkey Right
25. Brush Knee Left
26. Lazily Tying Coat Left
27. Opening Hands
28. Closing Hands
29. Single Whip Right
30. Cloud Hands Right
31. High Pat on Horse
32. Kick Left Foot
33. Kick Right Foot
34. Step, Punch Low
35. Turn, Hop, Jump Kick
36. Diagonal Subdue Tiger
37. Kick Left Foot
38. Spin, Heel Kick
39. Advance Step, Deflect, Parry, Punch
40. Appearing to Seal and Close
41. Embrace Tiger, Push Mountain
42. Opening Hands
43. Closing Hands
44. Brush Knee Left
45. Lazily Tying Coat
46. Opening Hands
47. Closing Hands
48. Diagonal Single Whip
49. Parting the Wild Horse's Mane
50. Lazily Tying Coat
51. Opening Hands
52. Closing Hands
53. Single Whip Left
54. Cloud Hands Left
55. Cloud Hands, Lowering
56. Rooster Stands on One Leg
57. Fan Through the Back
58. Jade Lady Works the Shuttles
59. High Pat on Horse
60. Cross Hands, Pat Foot
61. Step, Punch Low
62. Stepping, Lazily Tying Coat
63. Opening Hands
64. Closing Hands
65. Single Whip Left
66. Downward Single Whip
67. Stepping Up to the Seven Stars
68. Stepping Down to Ride the Tiger
69. Spinning Lotus Kick
70. Bend the Bow, Shoot the Tiger
71. Double Crashing Fists
72. Uniting Yin and Yang
73. Returning to Wu Ji