

73 move Sun Competition form

1. Starting form - 起式 qǐ shì
2. Lazily tie the coat - 懒扎衣 lǎn zhā yī
3. Open hands - 开手 kāi shǒu
4. Close hands - 合手 hě shǒu
5. Single whip (left)- 单鞭 dān biān
6. Raise hands - 提手上式 tí shǒu shàng shì
7. White crane spreads wings - 白鹤亮翅 bái hè liàng chì
8. Open hands - 开手 kāi shǒu
9. Close hands - 合手 hě shǒu
10. Brush knee and step (left side) - 搂膝拗步 (左式) lōu xī ǎo bù (zuǒ shì)
11. Strum the lute (left side) - 手挥琵琶 (左式) shǒu huī pí pá (zuǒ shì)
12. Advance with deflect, parry and punch - 进步搬拦捶 jìn bù bān lán chuí
13. Close - 如封似闭 rú fēng sì bì
14. Embrace tiger, push mountain - 抱虎推山 bào hǔ tuī shān
15. Open hands (turning right) - 开手 kāi shǒu
16. Close hands - 合手 hě shǒu
17. Brush knee and step (right side) - 搂膝拗步 (右式) lōu xī ǎo bù (yòu shì)
18. Lazily tie the coat - 懒扎衣 lǎn zhā yī
19. Open hands (turning left) - 开手 kāi shǒu
20. Close hands - 合手 hě shǒu
21. Single whip (left)- 单鞭 dān biān
22. Fist under elbow - 肘下看捶 zhǒu xià kàn chuí
23. Repulse monkey (left) - 倒撵猴 (左式) dào niǎn hóu (zuǒ shì)
24. Repulse monkey (right) - 倒撵猴 (右式) dào niǎn hóu (yòu shì)
25. Brush knee and step (left side) - 搂膝拗步 (左式) lōu xī ǎo bù (zuǒ shì)
26. Lazily tie the coat - 懒扎衣 lǎn zhā yī
27. Open hands - 开手 kāi shǒu
28. Close hands - 合手 hě shǒu
29. Single whip (right) - 单鞭 dān biān
30. Cloud hands (right) - 云手 yún shǒu
31. Pat the horse - 高探马 gāo tàn mǎ
32. Raise left leg - 左起脚 zuǒ qǐ jiǎo
33. Raise right leg - 右起脚 yòu qǐ jiǎo

34. Advance and hammer down - 践步打捶 jiàn bù dǎ chuí
35. Reverse body right leg raise (flying kick) - 翻身右起脚 fān shēn yòu qǐ jiǎo
36. Throw the crouching tiger over - 披身伏虎 pī shēn fú hǔ
37. Raise left leg - 左起脚 zuǒ qǐ jiǎo
38. Turn body and kick (right)- 转身蹬脚 zhuǎn shēn dèng jiǎo
39. Step, parry and punch - 上步搬拦捶 shàng bù bān lán chuí
40. Close - 如封似闭 rú fēng sì bì
41. Embrace tiger, push mountain - 抱虎推山 bào hǔ tuī shān
42. Open hands (turning left) - 开手 (转左) kāi shǒu (zhuǎn zuǒ)
43. Close hands - 合手 hě shǒu
44. Brush knee and step (to rear left) - 搂膝拗步 (左式) lōu xī ǎo bù (zuǒ shì)
45. Lazily tie the coat - 懒扎衣 lǎn zhā yī
46. Open hands - 开手 kāi shǒu
47. Close hands - 合手 hě shǒu
48. Diagonal single whip - 斜单鞭 xié dān biān
49. Part the wild horse's mane - 野马分鬃 yě mǎ fēn zōng
50. Lazily tie the coat - 懒扎衣 lǎn zhā yī
51. Open hands (turning left) - 开手 kāi shǒu
52. Close hands - 合手 hě shǒu
53. Single whip (left)- 单鞭 dān biān
54. Cloud hands (left) - 云手 yún shǒu
55. Cloud hands follow-up (follow by push down) - 云手下势 yún shǒu xià shì
56. Chicken stands on one leg - 金鸡独立 jīn jī dú lì
57. Right palm through the back - 右通背掌 yòu tōng bèi zhǎng
58. Fair lady shuttles - 玉女穿梭 yù nǚ chuān suō
59. Pat the horse - 高探马 gāo tàn mǎ
60. Crossed lotus kick - 十字摆莲 shí zì bǎi lián
61. Advance and punch (crotch) - 进步指裆捶 jìn bù zhǐ dāng chuí
62. Retreat and lazily tie the coat - 退步懒扎衣 tuì bù lǎn zhā yī
63. Open hands - 开手 kāi shǒu
64. Close hands - 合手 hě shǒu
65. Single whip (left) - 单鞭 dān biān
66. Single whip follow-up - 单鞭下势 dān biān xià shì
67. Advance and seven stars stance - 上步七星 shàng bù qī xīng
68. Retreat and ride the tiger - 退步跨虎 tuì bù kuà hǔ

69. Spinning lotus kick- 转角摆莲 zhuǎn jiǎo bǎi lián
70. Pull the bow and shoot the tiger - 弯弓射虎 wān gōng shè hǔ
71. Double punch - 双撞捶 shuāng zhuàng chuí
72. Yin and Yang into one - 阴阳混一 yīn yāng hùn yī
73. Gathering/collecting - 收式 shōu shì