

## 97/98 move Traditional Sun form

(first move is often considered to be two; wuji and taiji)

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 - 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 - 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 - 开手 kāi shǒu
20. Close hands - 合手 hě shǒu
21. Single whip - 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. Strum the lute (right side) - 手挥琵琶 (右式) shǒu huī pí pá (yòu shì)
26. White crane spreads wings - 白鹤亮翅 bái hè liàng chì
27. Open hands - 开手 kāi shǒu
28. Close hands - 合手 hě shǒu
29. Brush knee and step (left side) - 搂膝拗步 (左式) lōu xī ǎo bù (zuǒ shì)
30. Strum the lute (left side) - 手挥琵琶 (左式) shǒu huī pí pá (zuǒ shì)
31. Three connections through the back - 三通背 sān tōng bèi
32. Lazily tie the coat - 懒 扎衣 lǎn zhā yī

33. Open hands - 开手 kái shǒu
34. Close hands - 合手 hě shǒu
35. Single whip - 单鞭 dān biān
36. Cloud hands - 云手 yún shǒu
37. Pat the horse - 高探马 gāo tàn mǎ
38. Raise right leg - 右起脚 yòu qǐ jiǎo
39. Raise left leg - 左起脚 zuǒ qǐ jiǎo
40. Turn body and kick - 转身蹬脚 zhuǎn shēn dèng jiǎo
41. Advance and hammer down - 践步打捶 jiàn bù dǎ chuí
42. Reverse body right leg raise - 翻身右起脚 fān shēn yòu qǐ jiǎo
43. Throw the crouching tiger over - 披身伏虎 pī shēn fú hǔ
44. Raise left leg - 左起脚 zuǒ qǐ jiǎo
45. Turn body right leg raise - 转身右蹬脚 zhuǎn shēn yòu dèng jiǎo
46. Step, parry and punch - 上步搬拦捶 shàng bù bān lán chuí
47. Close - 如封似闭 rú fēng sì bì
48. Embrace tiger, push mountain - 抱虎推山 bào hǔ tuī shān
49. Open hands (turning right) - 开手 ( 转右 ) kái shǒu (zhuǎn yòu)
50. Close hands - 合手 hě shǒu
51. Brush knee and step (right side) - 搂膝拗步 ( 右式 ) lōu xī ǎo bù (yòu shì)
52. Lazily tie the coat - 懒扎衣 lǎn zhā yī
53. Open hands - 开手 kái shǒu
54. Close hands - 合手 hě shǒu
55. Diagonal single whip - 斜单鞭 xié dān biān
56. Part the wild horse's mane - 野马分鬃 yě mǎ fēn zōng
57. Lazily tie the coat - 懒扎衣 lǎn zhā yī
58. Open hands - 开手 kái shǒu
59. Close hands - 合手 hě shǒu
60. Single whip - 单鞭 dān biān
61. Right palm through the back - 右通背掌 yòu tōng bèi zhǎng
62. Fair lady shuttles - 玉女穿梭 yù nǚ chuān suo
63. Lazily tie the coat - 懒扎衣 lǎn zhā yī
64. Open hands - 开手 kái shǒu
65. Close hands - 合手 hě shǒu
66. Single whip - 单鞭 dān biān
67. Cloud hands - 云手 yún shǒu

68. Cloud hands follow-up - 云手下势 yún shǒu xià shì
69. Chicken stands on one leg - 金鸡独立 jīn jī dú lì
70. Repulse monkey - 倒撵猴 dào niǎn hóu
71. Strum the lute - 手挥琵琶 ( 右式 ) shǒu huī pí pá (yòu shì)
72. White crane spreads wings - 白鹤亮翅 bái hè liàng chì
73. Open hands - 开手 kāi shǒu
74. Close hands - 合手 hě shǒu
75. Brush knee and step - 搂膝拗步 lōu xī ǎo bù
76. Strum the lute - 手挥琵琶 shǒu huī pí pá
77. Three connections through the back - 三通背 sān tōng bèi
78. Lazily tie the coat - 懒扎衣 lǎn zhā yī
79. Open hands - 开手 kāi shǒu
80. Close hands - 合手 hě shǒu
81. Single whip - 单鞭 dān biān
82. Cloud hands - 云手 yún shǒu
83. Pat the horse - 高探马 gāo tàn mǎ
84. Crossed lotus kick - 十字摆莲 shí zì bǎi lián
85. Advance and punch (crotch) - 进步指裆捶 jìn bù zhǐ dāng chuí
86. Retreat and lazily tie the coat - 退步懒扎衣 tuì bù lǎn zhā yī
87. Open hands - 开手 kāi shǒu
88. Close hands - 合手 hě shǒu
89. Single whip - 单鞭 dān biān
90. Single whip follow-up - 单鞭下势 dān biān xià shì
91. Advance and seven stars stance - 上步七星 shàng bù qī xīng
92. Retreat and ride the tiger - 退步跨虎 tuì bù kuà hǔ
93. Spinning lotus kick - 转角摆莲 zhuǎn jiǎo bǎi lián
94. Pull the bow and shoot the tiger - 弯弓射虎 wān gōng shè hǔ
95. Double punch - 双撞捶 shuāng zhuàng chuí
96. Yin and Yang into one - 阴阳混一 yīn yāng hùn yī
97. Gathering/collecting - 收式 shōu shì