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Sun Style 73 Form Competition

73 movements · A4 reference sheet · free

The sequence in order, with the points to check on each movement. This is a sheet to keep beside you i
confirm what comes next, and to remind yourself what to watch for. It is a reference, not a lesson; the r
themselves need a teacher or a demonstration.

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01 起势

Commencing Posture

Stand in a character-eight stance; close the foot and turn left, opening the step.
The frame is high with little rise and fall; crown suspended, chest relaxed and shoulders loose, shoulder an

02 揽扎衣

Lazily Tying the Robe

Lift both arms; bend the knees and roll down; follow-step and extend the palm; turn and swing level; step a
palm; follow-step and push.
The Sun version completes on a following step rather than a fixed bow stance, and the hand never loses the

03 开手

Opening Hands

Turn the body and open the palms to the sides.
Opening is two palms separating; breathe in as they open, hands shoulder-width, elbows hanging, armpits l
reaching the heels of the palms.

04 合手

Closing Hands

Raise the heels and bring the palms together.
Closing is the palms joining inward; breathe out as they close, hands face-width apart with the forearms ho
inner curve, and the weight shifts between the legs without ever being double-weighted.

05 单鞭

Single Whip

Open the step across and part the palms.
The Sun single whip uses a sideways opening step rather than a long bow stance; the hook wrist stays relax
and the torso stays upright.

06 提手上势

Raise Hands and Step Forward

Draw the foot in and raise the hands.
The hands join in front of the body with the weight steady and empty and full clearly divided.

07 白鹤亮翅

White Crane Spreads Its Wings

Step up, lift and press, then follow-step and push with both hands.
The arms round out as the follow-step pushes; the body stays upright and the high frame does not collapse.

08 开手

Opening Hands

Turn and open the palms, the weight on the left.
As movements 3–4: the weight sits left when opening and right when closing.

09 合手

Closing Hands

Bring the palms together with the weight on the right.
As movement 4.

10 左搂膝拗步

Left Brush Knee and Twist Step

Step forward brushing and lifting; follow-step, brush and push.
The advance must be followed by the rear foot closing half a step — the root of Sun footwork. The brushing knee and the push completes with the follow-step.

11 手挥琵琶

Hold the Lute

Withdraw a step and close the arms.
The withdrawal and the closing happen together; the arms close as if holding a lute with shoulders sunk an

12 进步搬拦捶

Step Up, Parry, Block and Punch

Step forward brushing and threading; step up brushing and threading again; follow-step and punch.
The Sun parry-and-punch differs markedly from other styles: two successive advancing steps with the toes hands turning over to thread forward, then the left hand brushing down, both hands closing to fists and a v and the fist lands below the elbow. Do not copy the Yang version.

13 如封似闭

Apparent Close-Up

Withdraw a step and draw the hands in.
The Sun version retreats, and retreats further than other styles — about a foot — rather than simply formin the fists open to palms and cross back to stand in front of the chest.

14 抱虎推山

Embrace the Tiger and Push the Mountain

Follow-step and push with both palms.
Both palms push as if moving a mountain, the thumbs almost touching at the end, about a face-width apart large, and the follow-step carries the whole body forward from the waist and hips.

15 开手

Opening Hands

Turn to the right and open the palms.

16 合手

Closing Hands

Raise the heels and join the palms.

17 搂膝拗步（右）

Right Brush Knee and Twist Step

Step forward brushing and lifting; follow-step, brush and push.
As movement 10, mirrored, with the follow-step still required.

18 揽扎衣

Lazily Tying the Robe

Withdraw the foot and extend; draw the foot in and roll back; follow-step and push level; withdraw and stro follow-step and push.
As the Sun form of the movement: every phase completes on a following step.

19 开手

Opening Hands

Turn to the left and open the palms.

20 合手
Closing Hands

Raise the heels and join the palms.

21 左单鞭
Left Single Whip

Open the step across and part the palms.
As movement 5: sideways opening step, relaxed hook, upright torso.

22 肘底看捶
Fist Under Elbow

Follow-step and send the fist forward; withdraw the step and hold the fist back.
The follow-step sends the fist out and the withdrawal immediately draws it back to guard under the elbow -
out, one back, contained rather than displayed.

23 左倒卷肱
Left Step Back and Roll Arms

Draw the foot in and brush and lift; step out and push.
On retreat the front foot must withdraw with it (退步必撤): the push and the withdrawal are simultaneous, th
the hands.

24 右倒卷肱
Right Step Back and Roll Arms

Close the foot and brush and lift; step out and push.
As the left version, mirrored, still with the front foot withdrawing.

25 左搂膝拗步
Left Brush Knee and Twist Step

Step forward brushing and lifting; follow-step, brush and push.
As movement 10.

26 左揽扎衣
Left Lazily Tying the Robe

Withdraw and extend; draw in and roll back; follow-step and push level; withdraw and stroke; follow-step a
As movement 18, to the left.

27 开手
Opening Hands

Turn to the right and open the palms.

28 合手
Closing Hands

Raise the heels and join the palms.

29 右单鞭
Right Single Whip

Open the step across and part the palms.
As movement 5, to the other side.

30 右云手（三次）

Right Cloud Hands

Draw the foot in and cloud and close; turn and cloud through. Three times.
The waist drives the arms; the Sun cloud hands travels on a sideways step without rising or falling, the wei
the gaze level and following the turn.

31 高探马

High Pat on Horse

Close the foot and lift level; withdraw the step and extend the palm.
The withdrawal and the reach happen together, the palm no higher than the eyes, the torso upright.

32 左分脚

Separate Left Foot

Close the foot and join the hands; raise the heels and join the palms; separate the foot and part the hands.
Stand firm before lifting; the separation flicks out with the toes and both arms open rounded.

33 右分脚

Separate Right Foot

Lower the foot and sink the elbow; draw the foot in and join the palms; separate the foot and part the hand
The standing leg bends slightly and the body stays centred rather than tipping sideways.

34 践步打捶

Advancing Step, Punching Fist

Lower the foot and draw the palms in; swing the foot and thread the palm; step up brushing and supporting
plant the fist.
The fast following step takes the body in, then the bow stance plants the fist down and forward with the wa
the hips tucked.

35 翻身二起脚

Turn Body, Double Jump Kick

Turn and throw the fist; step up and drill; step across and push off; kick and slap the foot.
The turn, the drill, the push-off and the airborne slap run continuously; land with the knees cushioning and
ankle.

36 披身伏虎

Draping Body, Subdue the Tiger

Withdraw a step and extend the palm; withdraw again and pull back; close the fists in the empty stance.
One fist sits at the brow and the other before the knee; the body drapes while the posture stays whole.

37 左分脚

Separate Left Foot

Cross the legs and join the hands; raise the leg and part the hands.
As the earlier separations, with the standing leg firm.

38 转身右蹬脚

Turn Body, Kick with Right Heel

Turn and join the hands; kick and part the hands.
The waist leads the turn; the kick drives through the heel with the toes hooked back.

39 进步搬拦捶

Step Up, Parry, Block and Punch

Lower the foot and brush and thread; step up brushing and threading; follow-step and punch.
As movement 12, mirrored: the Sun double advancing step, not the Yang single-step version.

40 如封似闭

Apparent Close-Up

Withdraw a step and draw the hands in, to the other side.
As movement 13: the retreat is longer than in other styles.

41 抱虎推山

Embrace the Tiger and Push the Mountain

Follow-step and push with both palms, with the footwork to the other side.
As movement 14, thumbs nearly meeting at the end.

42 开手

Opening Hands

Turn the body and open the palms.

43 合手

Closing Hands

Raise the heels and join the palms.

44 搂膝拗步（左）

Left Brush Knee and Twist Step

Step forward brushing and lifting; follow-step, brush and push, angled toward the south-west.
As movement 10, on the diagonal.

45 揽扎衣

Lazily Tying the Robe

Withdraw and extend; draw in and roll back; follow-step and push level; withdraw and stroke; follow-step a
diagonal toward the south-west.
As movement 18, mirrored and on the diagonal.

46 开手

Opening Hands

Turn the body and open the palms.

47 合手

Closing Hands

Raise the heels and join the palms.

48 斜单鞭

Diagonal Single Whip

Open across and part the hands on the diagonal.
The diagonal version of the Sun single whip: a sideways bow stance with the hands parting on the slant and
upright.

49 野马分鬃

Part the Wild Horse's Mane

Draw the foot and hands in, then part in the bow stance; repeat; then step up, join the wrists, swing the arm
wrist.
Two rounds of drawing in and parting, then a closing step-up with joined wrists; upper and lower pull apart
mirror.

50 揽扎衣

Lazily Tying the Robe

Follow-step and push level; withdraw and stroke; follow-step and push.
As the Sun form of the movement.

51 开手

Opening Hands

Turn the body and open the palms.

52 合手

Closing Hands

Raise the heels and join the palms.

53 左单鞭

Left Single Whip

Open the step across and part the palms.
As movement 5.

54 左云手（三次）

Left Cloud Hands

Draw the foot in and cloud and close; turn and cloud through. Three times.
As movement 30, to the left: sideways steps, level weight, no rising or falling.

55 云手下势

Cloud Hands, Push Down

Follow-step and push; step out and push.
The cloud hands lead into the push-down as the weight sinks; how low you go depends on your flexibility, a
not turn in.

56 金鸡独立

Golden Rooster Stands on One Leg

Lift the knee and raise the palm, right then left.
The knee lift and the lifting palm come together, the standing leg slightly bent, the torso upright and not le

57 闪通背

Flash Through the Back

Retreat fanning the palm right, then left; press in the empty stance; step up and support and push; turn and
push.
The retreating fan is contained, and the advancing and turning support-and-push brace the arms against ea

58 玉女穿梭

Fair Lady Works at the Shuttles

Withdraw and wrap and wring; step up and support and push; turn back and support and push; turn left and
push; turn back and support and push.
The Sun shuttle runs successive turning support-and-pushes through the four cardinal and four corner direc
withdrawal gathers, the waist drives the step, the torso stays upright.

59 高探马

High Pat on Horse

Extend the palm in the empty stance.
The front foot rests on its toes and the palm reaches no higher than the eyes.

60 十字拍脚

Cross-Shaped Slapping Foot

Swing the foot and join the hands; bend the knee into the cross; slap the foot standing on one leg.
The palms cross in front of the chest before the foot is slapped, and the landing is steady.

61 上步指裆捶

Step Up, Point-to-Groin Punch

Lower the foot and part the palms; step up and punch.
The punch points at the groin with the waist relaxed and the hips tucked, the force reaching the fist.

62 活步揽扎衣

Active-Step Lazily Tying the Robe

Withdraw and extend; draw in and roll back; advance with the double drill; step up and gather the fist; follo
withdraw and stroke; follow-step and push.
The Sun live-step version: a double drill is inserted mid-movement, which is the clearest expression of Sun
the step is free and advance and retreat follow each other.

63 开手

Opening Hands

Turn the body and open the palms.

64 合手

Closing Hands

Raise the heels and join the palms.

65 左单鞭

Left Single Whip

Open the step across and part the palms.
As movement 5.

66 单鞭下势

Single Whip, Push Down

Sit back, sink the body and press down.
The weight sinks with the press, empty and full clearly divided.

67 上步七星

Step Up to Seven Stars

Follow-step and join the wrists.
The arms cross in front of the chest as the seven stars, and the empty stance holds firm.

68 退步跨虎

Step Back and Ride the Tiger

Withdraw a step and press the palms; lift the knee and raise the hand.
After the withdrawal and press the knee lifts with the hand; the standing leg holds steady.

69 转身摆莲

Turn Body and Sweep Lotus

Turn carrying the hands; sweep the leg and slap the foot.
One full turn with the leg sweeping in a fan and both palms slapping the instep in turn, landing steadily.

70 弯弓射虎

Bend the Bow to Shoot the Tiger

Lower the foot and draw the hands in; extend in the bow stance.
The fists sit one forward and one back like a drawn bow; the waist delivers the force and the eyes follow th

71 双撞捶

Double Striking Fists

Draw the foot and fists in; follow-step and strike with both fists together.
The withdrawal gathers the force and the follow-step drives both fists out together in one short, whole rele
the fists.

72 阴阳合一

Union of Yin and Yang

Close the foot and wrap the fists; withdraw and cross the fists; step live and draw the fists back.
A Sun closing movement: wrap, cross and draw run as one, the two fists crossing back toward the centre, m
yang joined.

73 收势

Closing Posture

Lower the hands and draw the feet in, returning to the character-eight stance.
The hands descend slowly and the feet return; breathe long with the breath settling low, and do not slump
set ends.