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Sun Style Traditional 97 Form

97 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 起式

Commencing Posture

Stand upright with the arms hanging, shoulders relaxed, the feet turned out about ninety degrees, the eyes
mind quiet. Then pivot half a turn to the left on the right heel, the feet at forty-five degrees, the body facin
The whole body loosens and the waist settles, but without stiffness; tongue to the palate, breath natural. A
无极式 before this — the same sequence with one extra opening entry.

02 懒扎衣

Lazily Tying the Robe

Raise both arms to shoulder height, palms facing in about eighteen centimetres apart, fingers forward as if
lower them to the abdomen as the knees bend and the left heel lifts; step the left foot forward heel first, se
and forward; the right foot follows to about ten centimetres inside the left ankle, toe touching.
Then both hands turn level to the right, the right palm rotating up with the left supporting the wrist, the rig
the left toe lifts; the right hand sweeps a half circle to stand before the right shoulder and both push forwa
steps out.

03 开手

Opening Hands

Both palms separate to the sides, opening to shoulder width.
Opening is the palms parting, breathing in; elbows hang, armpits stay hollow, force reaches the heels of the
clearly divided — never double-weighted. Thirteen such pairs run through the set.

04 合手

Closing Hands

Both palms come together inward, closing to face width.
Closing is the palms joining, breathing out; the forearms keep a rounded inner curve and the weight moves
with the opening and closing.

05 单鞭

Single Whip

Step across and part the palms — hook with one hand, push with the other.
The Sun single whip opens sideways rather than into a long bow stance; the hook wrist stays relaxed, never
torso stays upright.

06 提手上势

Raise Hands and Step Forward

Shift the weight onto the left leg; the left hand arcs up to the forehead palm out, the right hand arcs down
fingers down; the right foot draws in beside the left, toe touching, both knees slightly bent.
The body stays level and the waist settled; the two arms twist outward together, one up and one down — th
application the shape encodes.

07 白鹤亮翅

White Crane Spreads Its Wings

The left hand comes down from the forehead to the left chest with the elbow near the ribs; the right hand r
abdomen, and the two form the spread.
The arms hold a rounded frame, the body upright, the frame high and not collapsed.

08 开手

Opening Hands

As movement 3 — the second pair.
Palms part, breathe in; elbows hang and the weight divides.

09 合手

Closing Hands

As movement 4.
Palms join, breathe out; the forearms keep their inner curve.

10 左搂膝拗步（左式）

Left Brush Knee and Twist Step

Step forward and brush the knee, drawing the hand up; then follow-step and push.
After the step the rear foot must follow; the brush passes the knee and the push lands with the follow-step,
and elbows dropped.

11 手挥琵琶（左式）

Hold the Lute (Left)

Both arms gather as if cradling a lute, completed with a withdraw step.
The arms hold a rounded arc with shoulders sunk and elbows dropped; the weight change is clear.

12 进步搬拦捶

Step Up, Parry, Block and Punch

The right hand rotates outward to the left and the left extends outward; the left foot steps, toe turned sligh
hand becomes a fist and drives straight over the left wrist, chest height, fist eye up, while the left closes ar
down; the right foot follows to the inside of the left ankle, toe touching.
This is the Sun method, not the Yang one: a continuous stepping attack, the fist landing on the left wrist at
eye up.

13 如封似闭

Apparent Close-Up

The right fist draws back and the left extends under it until the fists are level, then both open to palms faci
right foot withdraws as the right hand comes in, then hands and left foot withdraw together, the left foot a
the toe touching and the hands before the chest.
The Sun version retreats here and withdraws further than the other styles; once the fists open the palms sit
chest.

14 抱虎推山

Embrace the Tiger and Push the Mountain

Both palms push forward together at chest height with the arms slightly bent, as the left foot steps forward
follows to about ten centimetres.
The push goes out like pushing a mountain; the follow-step drives the whole body forward from the waist a

15 开手（右转）

Opening Hands (Turn Right)

As movement 3, turning right — the third pair.
Same requirements: open with the inhale, weight divided.

16 合手

Closing Hands

As movement 4.
Same requirements: close with the exhale, forearms rounded.

17 右搂膝拗步（右转）

Right Brush Knee and Twist Step

As movement 10 with the sides exchanged, turning right.
Same requirements: rear foot follows, brush and push together.

18 懒扎衣

Lazily Tying the Robe

As movement 2.
Same requirements: hands as one ball, rear foot follows, waist settled.

19 开手

Opening Hands

As movement 3 — the fourth pair.
Same requirements: open, inhale, weight divided.

20 合手

Closing Hands

As movement 4.
Same requirements: close, exhale.

21 单鞭

Single Whip

As movement 5.
Sideways opening step, hook relaxed, torso upright.

22 肘底看捶

Fist Under Elbow

Follow-step and send the fist forward, then withdraw the step and gather the fist beneath the elbow to gua
One movement out, one gathering back — the fist withheld rather than displayed; the follow-step sinks the
steadies the weight.

23 左倒撵猴

Left Step Back and Repulse the Monkey

Draw the foot in and brush up, step back and push the palm — left side first.
On every retreat the front foot withdraws with it — 退步必撤; push and withdrawal move together, carried by

24 右倒撵猴

Right Step Back and Repulse the Monkey

Turn the foot, brush up and step back, pushing with the right palm.
Same requirements: the retreat carries the front foot with it, waist-led.

25 手挥琵琶（右式）

Hold the Lute (Right)

As movement 11 with the sides exchanged.
Same requirements: rounded arms, clear weight change.

26 白鹤亮翅

White Crane Spreads Its Wings

As movement 7.
Rounded arms, upright body, high frame.

27 开手

Opening Hands

As movement 3 — the fifth pair.
Same requirements: open, inhale.

28 合手
Closing Hands

As movement 4.
Same requirements: close, exhale.

29 左搂膝拗步（左式）
Left Brush Knee and Twist Step

As movement 10.
Same requirements: rear foot follows, brush and push together.

30 手挥琵琶（左式）
Hold the Lute (Left)

As movement 11.
Same requirements: rounded arms, shoulders sunk.

31 闪通背（三通背）
Flash Through the Back

Withdraw and fan the palms, press from an empty stance, step forward and brace, turn and brace.
The withdraw and fan are contained; on the forward and turning braces the two arms oppose each other. Su
writes 闪通背 / 三通背.

32 懒扎衣
Lazily Tying the Robe

As movement 2.
Same requirements: hands as one ball, rear foot follows.

33 开手
Opening Hands

As movement 3 — the sixth pair.
Same requirements: open, inhale.

34 合手
Closing Hands

As movement 4.
Same requirements: close, exhale.

35 单鞭
Single Whip

As movement 5.
Sideways step, hook relaxed.

36 云手
Cloud Hands

Draw the foot in and circle, then turn and circle, travelling on the horizontal step.
The waist is the axis; the Sun version travels sideways without rising or falling, the weight gliding level, the
hand.

37 高探马
High Pat on Horse

Turn the foot and raise the arms level, withdraw the step and extend the palm.
The withdrawal and the probe are simultaneous, the palm no higher than the eyes, the torso upright.

38 右起脚

Raise Right Foot

Turn the foot and join the hands, lift the heel and close the palms, then kick and part the hands.
“Raising the foot” is a kick with the toe. Stand firm before lifting the leg, and part both arms as you kick
slightly bent, the body not tipping.

39 左起脚

Raise Left Foot

Set the foot down and sink the elbow, draw the foot in and close the palms, then kick and part the hands.
Same requirements: a toe kick, support leg stable, arms parting together.

40 转身踢脚

Turn Body and Kick

Turn, join the hands, then kick and part the hands.
The turn is carried by the waist and the kick arrives with the parting of the hands.

41 践步打捶

Advancing Step and Punching Fist

Set the foot and gather the palm, swing the foot and thread the palm, step up and brush and lift, then plant
bow stance.
践步 is the quick following step that carries the body in; the fist then plants down and forward, waist loose

42 翻身右起脚

Turn Body, Raise Right Foot

Turn and swing the fist, step up and drill, stride and drive off the ground, kick and slap the foot.
The turn-over and the take-off run together; land with bent knees to cushion. The largest rise and fall in th
knee and ankle.

43 披身伏虎

Draping Body, Subdue the Tiger

Withdraw the step and extend the palm, withdraw again and draw back, then gather the fists in an empty st
One fist beside the temple, the other before the knee, opposed vertically; the body drapes while the structu
Sun’s text writes 披身伏虎, not 披身打虎.

44 左起脚

Raise Left Foot

Cross the legs and join the hands, lift the leg and part the hands — as movement 39.
Same requirements: toe kick, arms parting together.

45 右蹬脚

Kick with Right Heel

Turn and join the hands, then kick and part the hands.
The heel leads with the toes drawn back; the turn is carried by the waist.

46 上步搬拦捶

Step Up, Parry, Block and Punch

As movement 12.
Same Sun method: continuous stepping, fist to the left wrist at chest height.

47 如封似闭

Apparent Close-Up

As movement 13.
Same requirements: retreat, palms offset before the chest.

48 抱虎推山

Embrace the Tiger and Push the Mountain

As movement 14.
Same requirements: both palms push, rear foot follows.

49 开手（右转）

Opening Hands (Turn Right)

As movement 15 — the seventh pair.
Same requirements: open, inhale, turning right.

50 合手

Closing Hands

As movement 4.
Same requirements: close, exhale.

51 搂膝拗步（右式）

Brush Knee and Twist Step (Right)

As movement 10 with the sides exchanged.
Same requirements: rear foot follows, brush and push together.

52 懒扎衣

Lazily Tying the Robe

As movement 2.
Same requirements: hands as one ball, waist settled.

53 开手

Opening Hands

As movement 3 — the eighth pair.
Same requirements: open, inhale.

54 合手

Closing Hands

As movement 4.
Same requirements: close, exhale.

55 斜单鞭

Diagonal Single Whip

The single whip on the diagonal — a sideways bow with the palms parting.
The step goes out obliquely and the hook leads; the torso stays unskewed.

56 野马分鬃

Part the Wild Horse's Mane

Draw the foot in and gather the hands, separate the palms from a bow stance; after two passes, step up and
swing the arm and support the wrist.
The hands pull up and down against each other, left and right mirroring; the leading hand does not rise pas

57 懒扎衣

Lazily Tying the Robe

As movement 2.
Same requirements: hands as one ball, rear foot follows.

58 开手

Opening Hands

As movement 3 — the ninth pair.
Same requirements: open, inhale.

59 合手

Closing Hands

As movement 4.
Same requirements: close, exhale.

60 单鞭

Single Whip

As movement 5.
Sideways step, hook relaxed.

61 右通背掌

Right Palm Through the Back

Turn the body and send the palm through the back.
The waist carries the palm along the back line; shoulders sunk and elbows dropped.

62 玉女穿梭

Fair Lady Works at the Shuttles

Withdraw and wrap, step up and brace, turn and brace, turn left and brace, turn and brace — four diagonal
Continuous turning with one arm warding and one pushing through the four cardinal and four corner direct
withdraw and wrap store the force, the waist carries each step, the torso stays upright.

63 懒扎衣

Lazily Tying the Robe

As movement 18 (and 2).
Same requirements: hands as one ball, waist settled.

64 开手

Opening Hands

As movement 3 — the tenth pair.
Same requirements: open, inhale.

65 合手

Closing Hands

As movement 4.
Same requirements: close, exhale.

66 单鞭

Single Whip

As movement 5.
Sideways step, hook relaxed.

67 云手

Cloud Hands

As movement 36.
Same requirements: sideways travel, weight level, no rising and falling.

68 云手下势

Cloud Hands, Push Down

Cloud hands runs into the push-down, the weight sinking.
How low to go depends on your flexibility — there is no required depth. The knee does not turn inward.

69 金鸡独立

Golden Rooster Stands on One Leg

Raise the knee and lift the palm, right then left.
Knee and palm rise together; the support leg stays slightly bent and stable, the torso vertical without leani

70 倒撵猴

Step Back and Repulse the Monkey

The retreating monkey, left and right together, as movements 23 and 24.
Same requirements: every retreat withdraws the front foot; waist-led.

71 手挥琵琶（右式）

Hold the Lute (Right)

As movements 11 and 25.
Same requirements: rounded arms, clear weight change.

72 白鹤亮翅

White Crane Spreads Its Wings

As movement 7.
Rounded arms, upright body.

73 开手

Opening Hands

As movement 3 — the eleventh pair.
Same requirements: open, inhale.

74 合手

Closing Hands

As movement 4.
Same requirements: close, exhale.

75 搂膝拗步（左式）

Brush Knee and Twist Step (Left)

As movement 10.
Same requirements: rear foot follows, brush and push together.

76 手挥琵琶

Hold the Lute

As movement 11 — some lists mark this one as the left form.
Same requirements: rounded arms, shoulders sunk.

77 三通背

Pass Through the Back Three Times

As movement 31 — the same posture under the other of its two names.
Same requirements: fan and press, then brace front and back.

78 懒扎衣

Lazily Tying the Robe

As movement 2.
Same requirements: hands as one ball, rear foot follows.

79 开手

Opening Hands

As movement 3 — the twelfth pair.
Same requirements: open, inhale.

80 合手

Closing Hands

As movement 4.
Same requirements: close, exhale.

81 单鞭

Single Whip

As movement 5.
Sideways step, hook relaxed.

82 云手

Cloud Hands

As movement 36.
Sideways travel, weight level.

83 高探马

High Pat on Horse

As movement 37.
Withdraw and probe together, palm below the eyes.

84 十字摆莲

Cross Sweeping Lotus Kick

Cross both palms before the chest, then balance on one leg and sweep the leg outward, both palms slappin
turn.
The turn and the sweep are coordinated and the landing is even.

85 进步指裆捶

Step Up, Point-to-Groin Punch

Step forward and punch, the fist driving down toward the groin.
Waist loose and hips tucked, force to the face of the fist, the punch on the centre line. The circulating 指铛

86 退步懒扎衣

Step Back, Lazily Tying the Robe

Lazily tying the robe, completed while retreating — the live step in the other direction.
The retreat and the handwork are simultaneous, the weight clearly divided.

87 开手

Opening Hands

As movement 3 — the thirteenth and last pair.
Same requirements: open, inhale.

88 合手

Closing Hands

As movement 4 — completing the thirteenth pair.
Same requirements: close, exhale.

89 单鞭

Single Whip

As movement 5.
Sideways step, hook relaxed.

90 单鞭下势

Single Whip, Push Down

The single whip runs on into a sink and press — sitting down into the low position.
The weight sinks with the division clear; depth follows your own flexibility rather than a required height.

91 上步七星

Step Up to the Seven Stars

Follow-step and join the wrists, crossing both fists before the chest to form the “seven stars”.
The empty stance is steady with the weight on the back leg, and the crossed guard is rounded.

92 退步跨虎

Step Back and Ride the Tiger

Step back and press the palms, lift the knee and raise the hand.
Sun’s text writes 退步跨虎; the circulating 退步夸虎 is a graphic error. The standing leg stays steady.

93 转角摆莲

Spinning Lotus Kick

Turn into the corner and sweep the leg, both palms slapping the instep in turn.
A full turn with the sweep describing a fan; the landing is even.

94 弯弓射虎

Bend the Bow and Shoot the Tiger

Set the foot and gather the hands, then extend from a bow stance with the two fists opposed as if drawing a
The waist releases and the eyes hold the front fist; the arms pull against each other like a drawn bow.

95 双撞捶

Double Crashing Fists

Draw the foot and the fists in, then crash both fists forward with a following step.
Both fists strike together as one short whole force to the face of the fists; shoulders sunk, elbows dropped,

96 阴阳混一

Uniting Yin and Yang

Turn the foot and wrap the fist, withdraw the foot and cross the fists, then switch the stance and draw the f
three linked actions.
A closing posture of this style alone: wrap, cross and draw bring the two fists back to the centre, the mover
both meaning that yin and yang are made one. Sun’s text writes 阴阳混一.

97 收式

Closing Posture

Let the hands fall and draw the foot in, returning to standing.
Lower the hands and close the feet slowly with long breaths, the breath settling to the abdomen; once stan
posture rather than collapsing.