

Movements of Sun 73 Form Taijiquan

Section 1, Movements 1 – 22

1. Wuji Becomes Taiji
2. Lazily Tying Clothes
3. Opening Hands
4. Closing Hands
5. Single Whip Left
6. Lifting Hands
7. White Swan Cools Its Wings
8. Opening Hands
9. Closing Hands
10. Brush Left Knee and Twist Step
11. Hand Strums the Lute
12. Advance, Deflect, Parry, and Punch
13. Apparent Close Up
14. Carry Tiger and Push Mountain
15. Opening Hands
16. Closing Hands
17. Brush Right Knee and Twist Step
18. Lazily Tying Clothes
19. Opening Hands
20. Closing Hands
21. Single Whip Left
22. Fist Under Elbow

Section 2, Movements 23 – 33

21. Single Whip Left
22. Fist Under Elbow
23. Repulse Monkey Left
24. Repulse Monkey Right
25. Brush Left Knee and Twist Step
26. Lazily Tying Clothes 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

Section 3, Movements 34-41

34. Step Forward and Punch Down
35. Turn Over Body and Double Jump Kick

36. Diagonal Subdue Tiger
37. Toe Kick Left
38. Spin, Right Heel Kick
39. Advance, Deflect, Parry and Punch
40. Apparent Close Up
41. Carry Tiger and Push Mountain

Section 4, Movements 42-54

42. Opening Hands
43. Closing Hands
44. Brush Left Knee and Twist Step
45. Lazily Tying Clothes
46. Opening Hands
47. Closing Hands
48. Diagonal Single Whip
49. Parting the Wild Horse's Mane
50. Lazily Tying Clothes
51. Opening Hands
52. Closing Hands
53. Single Whip Left

Section 5, Movements 54-57

54. Cloud Hands Left
55. Cloud Hands, Lowering
56. Golden Rooster Stands on One Leg
57. Fan Through the Back

Section 6, Movements 58 – 73

58. Jade Lady Works the Shuttles
59. High Pat on Horse
60. Cross Hands and Slap Kick
61. Step Forward, Punch Groin
62. Stepping, Lazily Tying Clothes
63. Opening Hands
64. Closing Hands
65. Single Whip Left
66. Single Whip and Lowering Down
67. Step Up to the Seven Stars
68. Step Back and Ride the Tiger
69. Turn Body, Swinging Lotus Kick
70. Bend the Bow and Shoot the Tiger
71. Double Crashing Fists Strike
72. Uniting Yin and Yang
73. Returning to Wuji