

Beginner Sun Style

Paul Lam's Taijiquan for Arthritis

Section One

1. Commencement form
2. Open and close
3. Single whip – right
4. Wave hands like clouds – three times to the right
5. Open and close
6. Single whip – left
7. Wave hands like clouds – three times to the left
8. Open and close

Section Two

9. Brush knee – left
10. Play the lute
11. Parry and punch
12. Apparently closing
13. Push the mountain
14. Open and close
15. Brush knee – right
16. Play the lute
17. Parry and punch
18. Apparently closing
19. Push the mountain
20. Open and close

Section Three

21. Brush knee – right
22. Leisurely tie coat
23. Open and close
24. Single whip – left
25. Punch under elbow
26. Repulse monkey – left
27. Repulse monkey – right
28. Brush knee – left
29. Leisurely tie coat
30. Open and close
31. Brush knee – left
32. Leisurely tie coat
33. Open and close
34. Single whip – right
35. Punch under elbow
36. Repulse monkey – right
37. Repulse monkey – left
38. Brush knee – right
39. Leisurely tie coat
40. Open and close
41. Closing