

Tai Chi For Health 41 Forms – Sun Style

Section One

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

Section Two

9. Brush knee – to left
10. Play the lute
11. Parry, parry, punch (heels and thumbs)
12. Embrace the tiger
13. Push the mountain
14. Open and Close
15. Brush knee – to right
16. Play the lute
17. Parry, parry, punch (heels and thumbs)
18. Embrace the tiger
19. Push the mountain
20. Open and Close

Section Three

21. Brush knee – to right
22. Leisurely tying coat
23. Open and Close
24. Single whip – to left and back
25. Punch under elbow
26. Repulse monkey, turning left to back
27. Repulse monkey turning right to front
28. Brush knee to left
29. Leisurely tying coat to left
30. Open and Close
31. Brush knee to left
32. Leisurely tying coat to left
33. Open and Close
34. Single whip to right and back
35. Punch under elbow
36. Repulse monkey to right and back
37. Repulse monkey to left and front
38. Brush knee to right
39. Leisurely tying coat to right
40. Open and Close
41. Closing form