

**Tai Chi Ch'uan  
Sun Style**

1. Tai Chi Shi
  - a. Hands climb the jade mountain
  - b. Rest at the DanTian
2. Hold the bowl
3. Opening and Closing Hands
4. Redirect and push
5. Open the curtains
6. Clouds hands [Right]
7. Move the Qi
8. Redirect and push
9. Open the curtains
10. Clouds hands [Left]
11. Opening and Closing Hands
12. White crane spreads wings [turn left]
13. Push [Right], follow step
14. Hands strum the lute [Pipa]
15. Ride the Dragon [offer the right hand]
16. Ride the Dragon [offer the left hand]
17. Thread the fist [grab, trap, guard, punch]
18. Ride the tiger down the mountain [embrace, wipe, withdraw]
19. Push
20. Opening and Closing Hands
21. White crane spreads wings [turn right]
22. Push [left], follow step
23. Hands strum the lute [Pipa]
24. Ride the Dragon [offer the left hand]
25. Ride the Dragon [offer the right hand]
26. Thread the fist [grab, trap, guard, punch]
27. Ride the tiger down the mountain [embrace, wipe, withdraw]
28. Push
29. Opening and Closing Hands
30. Grasp the sparrow's tail [Beauty see self in the left hand, turn right]
31. Brush knee with push
32. Leisurely tie the coat
  - a. Pull from the pocket [right]
  - b. Extend into checking hands

- c. Cut down, roll back, check the pulse
  - d. Raise the right palm
  - e. Roll in, offer, follow
  - f. Rock back, carry the tray
  - g. Turn the hips
  - h. Push, follow step
- 33. Opening and Closing Hands**
- 34. Open the curtains**
- 35. Pat horse high on head [turn left]**
- 36. Hidden fist [left hand parry, right hand punch]**
- 37. Grasp the sparrow's tail [Beauty see self in the right hand, turn left]**
- 38. Brush knee with push**
- 39. Grasp the sparrow's tail [Beauty see self in the left hand, turn right]**
- 40. Brush knee with push**
- 41. Grasp the sparrow's tail [Beauty see self in the right hand, turn left]**
- 42. Brush knee with push**
- 43. Leisurely tie the coat**
- a. Pull from the pocket [left]
  - b. Extend into checking hands
  - c. Cut down, roll back, check the pulse
  - d. Raise the left palm
  - e. Roll in, offer, follow
  - f. Rock back, carry the tray
  - g. Turn the hips
  - h. Push, follow step
- 44. Opening and Closing Hands**
- 45. Grasp the sparrow's tail [Beauty see self in the right hand, turn left]**
- 46. Brush knee with push**
- 47. Leisurely tie the coat**
- a. Pull from the pocket [left]
  - b. Extend into checking hands
  - c. Cut down, roll back, check the pulse
  - d. Raise the left palm
  - e. Roll in, offer, follow
  - f. Rock back, carry the tray
  - g. Turn the hips
  - h. Push, follow step
- 48. Opening and Closing Hands**
- 49. Open the curtains**

50. Pat horse high on head [turn right]
51. Hidden fist [right hand parry, right hand punch]
52. Grasp the sparrow's tail [Beauty see self in the right hand, turn right]
53. Brush knee with push
54. Grasp the sparrow's tail [Beauty see self in the left hand, turn left]
55. Brush knee with push
56. Grasp the sparrow's tail [Beauty see self in the right hand, turn right]
57. Brush knee with push
58. Leisurely tie the coat
  - a. Pull from the pocket [right]
  - b. Extend into checking hands
  - c. Cut down, roll back, check the pulse
  - d. Raise the right palm
  - e. Roll in, offer, follow
  - f. Rock back, carry the tray
  - g. Turn the hips
  - h. Push, follow step
59. Opening and Closing Hands
60. Return to mountain