

## Short-form Sun-style Tai Chi

### 1. Commencing movement



- Breathing in, lift both arms
- Breathing out, lower arms and bend knees slightly
- Lift arms, elbows. Step forward with left heel
- Pushing hands forwards, bring right foot in line with left

### 2. Opening and closing hands



- Bring hands in to front of chest
- Breathing in, open hands
- Breathing out, push hands in towards each other

### 3. Single Whip



- Step to right and slightly forward with right heel
- Shifting weight onto right leg, push palms forward
- Turn palms to face forward and extend arms outwards, watching left hand

### 4. Waving hands in the cloud



- Bring right hand toward left elbow, right foot in line with the left
- Stepping sideways with right foot, move right hand upwards, left downwards, bringing left foot closer, turn upper body and arms to right
- Move right hand down, left hand up
- Turn upper body and arms to the left
- Repeat these movements for 2 more times

5. Opening and closing hands ( as movement 2)
6. Brush Knee



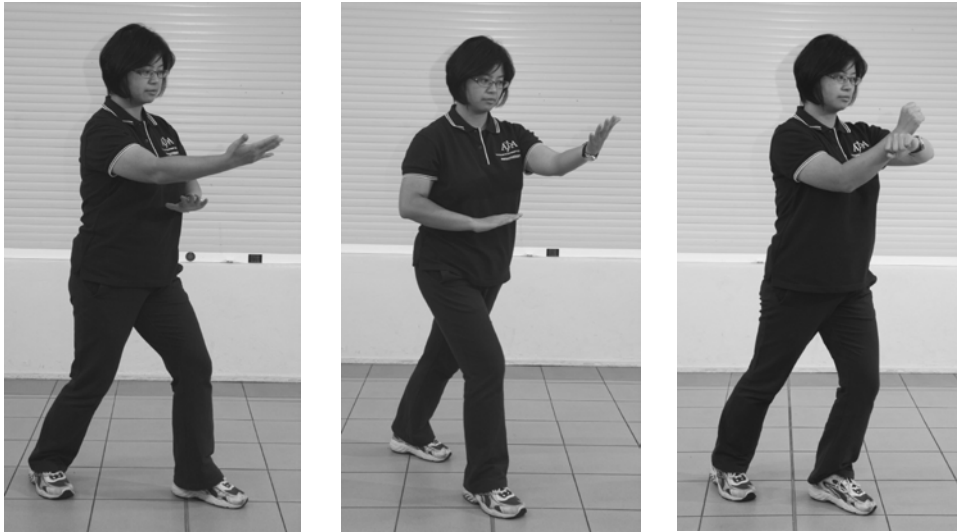
- Watch right hand stretch out, and bring left hand towards right elbow
- Stepping left foot to side, stretch up with right hand, push down with left
- Shifting weight onto left foot, turn body to left, moving left hand across knee and right towards the ear
- Pushing forward with right hand, move right foot in

7. Playing the Lute



- Turning both palms inwards, stretch forward with right hand and step backwards with right foot
- With weight on right foot and drawing left foot back, move right hand back, left hand forward

## 8. Perry and Punch



- Placing left foot out, turn right palm upwards, left palm down
- Transferring weight forwards to left foot, push right palm forward and bring left palm back
- Stepping forward with right foot, turn palm over, right down, left up
- Transferring weight forward, move hands, right backwards, left forwards
- Stepping forward with left foot, make fists and bring right hand towards hip
- Bringing right foot in slightly, punch forward with right fist over left wrist

## 9. Block and close



- Stepping back with right foot, stretch both hands forward
- transferring weight to back foot, draw both hands backward

## 10. Pushing the mountain



- Stepping forwards onto left foot, push both palms forward, stepping right foot forward

11. Opening and closing hands (as movement 2)

12. Single whip (reverse)

13. Waving hands in the cloud (reverse)

14. Opening and closing hands

15. Brush knee (reverse)

16. Playing the lute (reserve)

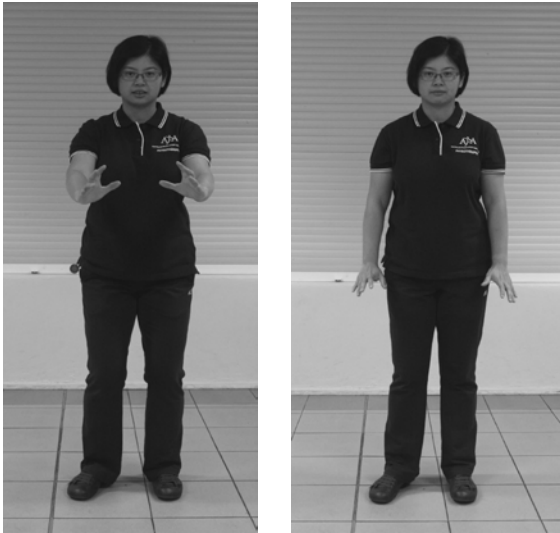
17. Parry and punch (reverse)

18. Block and close (reverse)

19. Pushing the mountain (reverse)

20. Opening and closing hands

## 21. Closing movement



- Stretch both hands forward
- Straightening knees and breathing out, slowly lower arms