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 Xin Qi Shen Dojo

# Taoist Movement Arts

## Sun Taiji Quan

### Pao Chui

太極拳



#### Section 1

- |                                      |                                      |                             |
|--------------------------------------|--------------------------------------|-----------------------------|
| 1. Wuji                              | 6. Push (Fa)                         | 14. Kai - He                |
| 2. Present Ivory Scroll              | 7. Kai - He (Fa)                     | 15. White Crane Cools Wings |
| 3. Lazily Tying Coat Right (3x) (Fa) | 8. Brush Knee and Push               | 16. Push (Fa)               |
| 4. Kai - He                          | 9. Snap Twig                         | 17. Kai - He (Fa)           |
| 5. White Crane Cools Wings           | 10. Snap Twig                        | 18. Brush Knee and Push     |
|                                      | 11. Beng Quan                        | 19. Snap Twig               |
|                                      | 12. Rear Elbow Strike                | 20. Snap Twig               |
|                                      | 13. Lazily Tying Coat Left (3x) (Fa) | 21. Beng Quan               |
|                                      |                                      | 22. Rear Elbow Strike       |

#### Section 2

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|-----------------------|------------------------|
| 1. Sweep the Lotus    | 7. Kai - He            |
| 2. Wind Fills Ears    | 8. Sweep the Lotus     |
| 3. Horse Punch        | 9. Wind Fills Ears     |
| 4. Dolphin Punch      | 10. Horse Punch        |
| 5. Monkey Pushes Ball | 11. Dolphin Punch      |
| 6. Double Rib slice   | 12. Monkey Pushes Ball |
|                       | 13. Double Rib slice   |
|                       | 14. Kai - He           |

#### Section 3

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|------------------------------|------------------------------|
| 1. Brush Knee, Push          | 17. Fair Lady at Shuttles    |
| 2. Embrace Tiger (Fa)        | 18. Brush Knee, Push         |
| 3. Coiling Snake             | 19. Embrace Tiger (Fa)       |
| 4. White Crane Opens Wings   | 20. Coiling Snake            |
| 5. Push (Fa)                 | 21. White Crane Opens Wings  |
| 6. Monkey Strikes Peach      | 22. Push (Fa)                |
| 7. Roll Back, Press (Fa)     | 23. Monkey Strikes Peach     |
| 8. Right Triple Kick         | 24. Roll Back, Press (Fa)    |
| 9. Left Triple Kick          | 25. Right Triple Kick        |
| 10. Brush Knee to Rear       | 26. Left Triple Kick         |
| 11. Lion Holds Ball (Fa)     | 27. Brush Knee to Rear       |
| 12. Brush Knee to Front (Fa) | 28. Lion Holds Ball (Fa)     |
| 13. Lion Holds Ball (Fa)     | 29. Brush Knee to Front (Fa) |
| 14. Snake Wraps Willow       | 30. Lion Holds Ball (Fa)     |
| 15. Fair Lady at Shuttles    | 31. Snake Wraps Willow       |
| 16. Snake Wraps Willow       | 32. Fair Lady at Shuttles    |
|                              | 33. Snake Wraps Willow       |
|                              | 34. Fair Lady at Shuttles    |

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*This sequence of Sun Taiji Quan is an extension of the 36 Sun Symmetrical Taiji form based on the Sun Lu Tang Traditional Tail Form. Sun Lu Tang, master of the internal martial arts, created his Taiji form to incorporate Bagua Zhang and Xing Yi Quan. His style was based on the Hao Taiji Quan he had inherited. Traditional Sun Taiji does not have a fast or a Pao Chui form. Seeing a need for this I created this form, for students to practice and learn Fa Jin applications. It adhering to the Taiji classics and principles of practice as done in Sun Taiji Quan.*

