

Taoist Movement Arts

Sun Taiji Quan

Symmetrical Form

太極拳



SHORT FORM

Section 1

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|--------------------------------------|-------------------------------------|--------------------------------------|
| 1. Wuji | 17. Kai - He | 33. Tiger Return to Mountain - left |
| 2. Taiji | 18. Single Whip - left | 34. Kai - He |
| 3. Lazily Tying Coat - left | 19. Fist At Left Elbow | 35. Single Whip - right |
| 4. Lazily Tying Coat - right | 20. Repulse Monkey - 4 | 36. Fist At Right Elbow |
| 5. Kai - He | 21. Tiger Return to Mountain - left | 37. Brush Knee & Push - 4 |
| 6. Single Whip - left | 22. Kai - He | 38. Tiger Return to Mountain - right |
| 7. Raise Hands | 23. Single Whip - right | 39. Kai - He |
| 8. White Crane Cools Wings | 24. Raise Hands | |
| 9. Kai - He | 25. White Crane Cools Wings | |
| 10. Brush Knee Twist Step - l | 26. Kai - He | |
| 11. Strum The Lute | 27. Brush Knee Twist Step - r | |
| 12. Advance, Deflect, Parry | 28. Strum The Lute | |
| 13. Punch - right | 29. Advance, Deflect, Parry | |
| 14. Withdraw and Close | 30. Punch - left | |
| 15. Kai - He | 31. Withdraw and Close | |
| 16. Tiger Return to Mountain - right | 32. Kai - He | |

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Intermediate Form

Section 2

39. Single Whip - left
40. Cloud Hands 3 - left
41. High Pat Horse
42. Separation of Right Leg
43. Separation of Left Leg
44. Parry & Punch Downward - left
45. Turn, Elbow, Splitting Fist
46. Jumping kick - left
47. Ambush the Tiger
48. Pat Right Leg
49. Turn, Kick with Heel - left
50. Deflect & Left Punch
51. Embrace Tiger Left
52. Kai - He
53. Single Whip - right
54. Cloud Hands 3 - right
55. High Pat Horse
56. Separation of Left Leg
57. Separation of Right Leg
58. Parry & Punch Downward - right
59. Turn, Elbow, Splitting Fist
60. Jumping kick - right
61. Ambush the Tiger
62. Pat Left Leg
63. Turn, Kick with Heel - right
64. Deflect & Right Punch
65. Withdraw & Push

Long Form

Section 3

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| 66. Embrace Tiger, Push Mountain - right | 93. Single Whip - right |
| 67. Kai - He | 94. Advancing Cloud Hands |
| 68. Single Whip - left | 95. Cross Hands & Lift |
| 69. Advancing Cloud Hands - 2 | 96. Lazily Tying Coat - left |
| 70. Cross Hands & Lift | 97. Kai - He |
| 71. Lazily Tying Coat - right | 98. Single Whip - right |
| 72. Kai - He | 99. Cloud Hands 3 - right |
| 73. Single Whip - left | 100. Brush Knee & Push |
| 74. Cloud Hands 3 - left | 101. Left San Ti |
| 75. Brush Knee & Push | 102. Golden Rooster on right leg |
| 76. Left San Ti | 103. Golden Rooster on left leg |
| 77. Golden Rooster on left leg | 104. Right San Ti |
| 78. Golden Rooster on right leg | 105. Needle At Sea Bottom - right |
| 79. Right San Ti | 106. Fan Arms |
| 80. Needle At Sea Bottom - left | 107. Needle At Sea Bottom - left |
| 81. Fan Arms | 108. Fan Arms |
| 82. Needle At Sea Bottom - right | 109. Fair Lady Works shuttles - 4 |
| 83. Fan Arms | 110. Kai - He |
| 84. Fair Lady Works shuttles - 4 | 111. Sweep the Lotus - right |
| 85. Kai - He | 112. Crushing Fist - right |
| 86. Sweep the lotus - left | 113. Retreat, Pull Down |
| 87. Crushing Fist - left | 114. Double Upward Fists |
| 88. Retreat, Pull Down | 115. Lazily Tying Coat |
| 89. Double Upward Fists | |
| 90. Lazily Tying Coat | |
| 91. Embrace Tiger, Push Mountain - right | |
| 92. Kai - He | |

Section 4

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| 116. Kai - He | 124. Form Seven Stars - left |
| 117. Single Whip - left | 125. Retreat to Ride the Tiger |
| 118. Form Seven Stars - right | 126. Sweep the Lotus - left |
| 119. Retreat to Ride the Tiger | 127. Wind Fills Ears |
| 120. Spin to Sweep Lotus - right | 128. Turn Wind Fills Ears |
| 121. Wind Fills Ears | 129. Cross Hands |
| 122. Kai - He | 130. Wuji |
| 123. Single Whip - right | |

This sequence of Sun Lu Tang's Taiji Quan is an expansion 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 learned. The 36 Sun Symmetrical Form was created as a Wushu competition form but wasn't completely symmetrical. Xin Qi Shen members have expanded on this form to make it completely symmetrical and balanced, adhering to the Taiji classics and principles of practice.