

SUN-SHEN

Basic Form Sequence List:

1. Tai-ji Opens
2. Grasp the Bird's Tail Right
3. Part the Horse's Mane x3
4. Step Up and Raise Hands
5. White Crane Spreads Wings
6. Brush Knee and Circle Step x3
7. Play Pi-pa
8. Monkey Stepping Back x4
9. Grasp the Bird's Tail left
10. Flip Body Strike
11. Brush Step Forward and Punch
12. Grasp the Bird's Tail right
13. Carry the Yoke
14. Cloudy Hands x3
15. Carry the Yoke
16. High Pat on Horse
17. White Snake Spits Out Its Tongue
18. Toe Kick right
19. Double Wind to Ears
20. Toe Kick left
21. Brush Knee x2
22. Punch Down
23. Lady Works the Shuttle x2
24. Pick Up Needle From Bottom of Sea
25. Chop Through Mountain
26. Flip Body Strike
27. Brush and Punch
28. Close and Seal
29. Cross Hands
30. Close Tai-ji