



Crystal T'ai Chi (Forest of Dean)

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Sun Style - Traditional (Deyin) 13 Part Form

Sun style T'ai Chi is the style that I practise most, and the one that I always recommend for beginners, especially those who may have balance or arthritic problems.

Sun style T'ai Chi was the last major form style to be created. It has elements taken from other traditional T'ai Chi styles, plus elements of Ba Gua and Xing Yi martial arts, making it a more diversified form adaptable to mixed abilities and applications.

The form - often referred to as 'nimble T'ai Chi' - is characterised by its upright stance, agile steps and powerful internal and external movements. Unlike Yang Style, generally whenever one foot moves forward or backward the other foot follows creating a flowing "lapping wave" effect. Easy on the knee joints, this form is particularly suitable for all age groups, and its therapeutic properties make it ideal for people with balance and joint problems. This attribute has been adopted by Dr Paul Lam who uses Sun form as the basis for his T'ai Chi for Health modified forms.

The generally accepted variants of Sun style hand form are:

- The original Sun 97 step Long Form devised by Sun Lutang in 1919 and a Sun 42 step Short Form created by Sun's daughter, Sun Jian Yun.
- A Sun 73 step Competition Form sequence devised by a Wu Shu committee for the first Asian games in 1991. This was based on the 97, with a few movements modified to test athlete's flexibility, stamina and control of balance.
- A traditional Sun 13 and 38 step Short Form by Professor Li Deyin (a member of the committee above).
- Dr Paul Lam's T'ai Chi For Arthritis... This is a short form that incorporates mirrored versions of some of the easier Sun style movements specifically to ensure that both sides of the body are equally exercised.

Summary List Of the Deyin 13 Step Sun Form

This form is taught exclusively by Deyin Taiji Institute instructors. Visit www.deyin-taiji.com to find details or to see a demonstration by Professor Li's daughter, Master Faye Yip. Trevor has trained in Sun style under Master Faye, and is certified to teach this variant to his own students.

The following instructions and pictures are included to help beginners and also to act as an aide mémoire to those who may prefer images to words. They are NOT intended to teach the intricacy of the movement - that's your teacher's job!

Please note: Elderly, less mobile beginners or those with balance or joint problems are advised initially to carry out the turning movements using a conventional step-around type movement rather than the heel/toe pivots described.



1. Commencement Form

Focus, relax and root. Shift weight to the left and soften the knee. Pivot right foot on its heel to angle your body to the left diagonal.

Immediately roll weight back to the right foot, lifting the left heel and lifting the hands up and out from the Dan Tien with the palms facing.

An easier alternative for the less mobile is not to rotate the right foot but to stay facing front and just soften knees a little as you lift.



2. Step round to Leisurely Tie the Coat (*Tucking in the Robes*)

Sink weight back to right and withdraw hands to Dan Tien. Step with the left foot extending arms back out. Pivoting on right toe/left heel, turn to right, circling hands horizontally around right shoulder, right palm up, guided by left. Sitting back on left leg, lift right toe as hands traverse the circle, then move weight to right foot and push right hand forward. Follow through step with left foot.



3. Opening Hands

Turn to front pivoting on left toe and right heel. Open the hands.

4. Closing Hands

Close the hands, shifting weight to right.



5. Single Whip Right

Step left leg out so that toes point approximately 30 degrees, palms facing out to the front at shoulder height. Transfer weight to left leg, opening hands to the 'Single Whip' looking right.



6. Wave Hands Like Clouds (stepping 3 steps to left)

- (1) Transfer weight to right, and step left foot to right in 'empty' stance, and bring left hand to right elbow.
 - (2) Step left foot back out to left side.
 - (3) Swap hand position (left up, right down) shifting weight to both legs.
 - (4) Carry hands and transfer weight to left leg, holding vertical position.
 - (5) Step right foot back in to left.
 - (6) Swap hand position (right up, left down) shifting weight to both legs.
 - (7) Carry hands and transfer weight to right, holding vertical position. You will be back to your original stance.
- Repeat steps (2), (3), (4), & (5) ready for next movement.



7. Higher Pat on Horse

- From the last movement (#5 in *Cloud Hands* above) transfer weight to right leg. Extend left hand forward and step back left leg ready to pull. Transferring weight back on to left leg pull with left hand whilst circling right hand to press down and step right leg to form a right empty stance.



8. Turning Right to Brush Knee & Push

Turn towards the right:

Holding hands palms facing, step right foot, then turn hands to vertical whilst stepping left foot to complete turn towards the right.

Brush knee & push:

Transfer weight to left, lift left hand up and look at left hand whilst brushing right brush right hip (*knee in a very low stance!*) with right hand.

Turning head and hand to your front, step right foot & push forward with left hand. Follow through step with left foot.



9. Playing the Lute (right)

Step back left foot with follow-through 'empty' stance on right leg whilst withdrawing left arm and extending right arm to sit back and 'Play the Lute'.



10. The Big Bird Spreads Wings

Sitting back in right empty stance, lift right hand, lowering left hand towards to hip.
Step forward with right foot and follow through with left to push with both hands.



11. Double Punch

Withdraw and sit back (right empty stance), bring hands to hips, make fists and step forward right foot, following through with left as you double punch.



12. Yin & Yang Rolling Into One

Turn to front pivoting on left toe and right heel.
Step right foot back, crossing right fist in front of left.
Rotate the fists to block, while pressing left heel into the ground.



13. Closing Form

Withdraw left foot, lower hands and straighten the body to complete the form.

If you are carrying out 4 repetitions of the form using 4 directions, then left heel/right toe turn to the right with fists up before lowering the hands and straightening up.

