

SUN FORM 42 STEP - (*Sun Jian Yun*)

This column relates the movements to our full Sun form sheet

Direction to face

This Version of Sun Form was created by Sun Lutang's daughter Sun Jian Yun and is based on the full 97 part form with minimum repetition of movements.

Sequence
As in 97 full form
Part 1 Intro

- ↗ 1) Transfer From Wuji - Commencing Movement
- 2) Lazily Tying the Coat (Tuck In the Robes)
- ↖ 3) Open Hands - Close Hands
- ↑ 4) Single Whip { *step left foot* }
- ↖ 5) Part the Hands & the White Crane Spreads Its Wings
- ↖ 6) Open Hands - Close Hands
- ↖ 7) Brush Left Knee & Press Right Hand
- ↖ 8) Play the Lute { *left hand forward* }
- ← 9) Advance Two Steps Sliding Hands, Parry & Punch Right Fist Over Arm
- ← 10) Apparent Close Up
- ↙ 11) Embrace the Tiger and Push the Mountain { *turning to front* }

Sequence
As in 97 full form
Part 2

- ↑ 12) Open Hands - Close Hands
- ↖ 13) Brush Right Knee Press Left Hand
- ↖ 14) Lazily Tying the Coat { *don't turn - stay facing right* }
- ↖ 15) Open Hands - Close Hands
- 16) Diagonal Single Whip { *step left foot* }
- 17) Part the Wild Horse's Mane & Circle Arms

Different Sequence to 97 full form
Part 2

- ↖ 18) Lazily Tying the Coat { *don't turn - stay facing right* }
- ↖ 19) Fair Lady Works the Shuttles x2
{ *left diagonal, right diagonal, 270 c/wise turn between - end facing left* }
- ↖ 20) Pull Back & Lowering Movement

Sequence
As in 97 full form
Part 3

- ↙ 21) Golden Rooster Stands On One Leg { *right leg, left leg* }
- ↙ 22) Repulse the Monkey x2 { *rear, front* }
- ↖ 23) Play the Lute { *towards front, right hand forward* }
- ↑ 24) White Crane Spreads Its Wings
- ↖ 25) Open Hands - Close Hands
- ↖ 26) Brush Left Knee & Press Right Hand
- ← 27) Play the Lute { *left hand forward* }
- ↖ 28) Flash Through the Back
- ↙ 29) Step Back and Double Knock Down
- ↙ 30) Lazily Tying the Coat { *turning to front* }
- ↖ 31) Open Hands - Close Hands
- ↑ 32) Single Whip { *step left foot* }
- ↑ 33) Waving Hands In Clouds { *to left* }
- ↙ 34) High Pat On Horse

Different Sequence to 97 full form
Part 3 & 4

- ↖ 35) Turn Left & Raise Right Leg
- ↙ 36) Turn { *135 a/c-wise to face right* } & Kick With Left Heel
- ↙ 37) Lower Leg, Slide Hands Advancing Two Steps, Punch Down
- ← 38) Turn { *180 c-wise* } To Show Fist (Deflect), Parry & Right Slap Kick
- ↖ 39) Shoot the Arrow
- ↖ 40) Double Punch (Crushing Fists)
- ↖ 41) Turn { *to front* } Yin and Yang Rolls Into One
- ↙ 42) Conclude Form & Rise Again To Wuji