

COMPLETE SUN FORM 97/98 STEP

Breakdown sections that we use.

Direction to face

This is the original traditional Sun Form created by Sun Lutang.
The list has been separated into 4 parts by us in order to progress it's teaching.

SUN 97 PART 1

SUN 97 PART 2

- | | |
|---|--|
| ↑ | 1) Wuji (focus) |
| ↗ | 2) Transfer From Wuji - Commencing Movement |
| → | 3) Lazily Tying the Coat (Tuck In the Robes) |
| ↖ | 4) Open Hands |
| ↖ | 5) Close Hands |
| ↖ | 6) Single Whip { <i>step left foot</i> } |
| ↑ | 7) Part the Hands |
| ↑ | 8) White Crane Spreads Its Wings |
| ↑ | 9) Open Hands |
| ↖ | 10) Close Hands |
| ↖ | 11) Brush Left Knee & Press Right Hand |
| ↖ | 12) Play the Lute { <i>left hand forward</i> } |
| ← | 13) Advance Two Steps Sliding Hands, Parry & Punch Right Fist Over Arm |
| ← | 14) Apparent Close Up |
| ↖ | 15) Embrace the Tiger and Push the Mountain { <i>turning to front</i> } |
| ↖ | 16) Open Hands |
| ↖ | 17) Close Hands |
| ↖ | 18) Brush Right Knee & Press Left Hand |
| → | 19) Push Downwards |
| → | 20) Lazily Tying the Coat { <i>turning to front</i> } |
| ↖ | 21) Open Hands |
| ↖ | 22) Close Hands |
| ↖ | 23) Diagonal Single Whip { <i>step left foot</i> } |
| ↖ | 24) Punch Under the { <i>left</i> } Elbow |
| ↖ | 25) Repulse the Monkey { <i>rear</i> } |
| ↘ | 26) Repulse the Monkey { <i>front</i> } |
| ↘ | { 25 & 26 normally repeated twice } |
| ↖ | 27) Play the Lute { <i>towards front, right hand forward</i> } |
| ↑ | 28) White Crane Spreads Its Wings |
| ↑ | 29) Open Hands |
| ↖ | 30) Close Hands |
| ↖ | 31) Brush Left Knee & Press Right Hand |
| ↖ | 32) Play the Lute { <i>left hand forward</i> } |
| ↖ | 33) Flash Through the Back. Step Back, Double Knock Down & Lazily Tying the Coat { <i>turning to front</i> } |
| ↖ | 34) Open Hands |
| ↖ | 35) Close Hands |
| ↑ | 36) Single Whip { <i>step left foot</i> } |
| ↑ | 37) Waving Hands In Clouds { <i>to left</i> } |
| ↖ | 38) High Pat On Horse |
| ↖ | { <i>Turn Left</i> } Raise Right Leg { 1 } |
| ↖ | Raise Left Leg { 2 } |
| ↖ | 41) Turn { <i>135 a/c-wise to face right</i> } & Kick With Left |
| ↖ | 42) Advance Two Steps Sliding Hands , Punch Down |
| ↖ | 43) Turn { <i>180 c-wise</i> } To Show Fist (Deflect), Parry & Right Slap Kick |
| ↖ | 44) Turn the Body & Ambush the Tiger |
| ↖ | 45) Kick With Left Foot |
| ↖ | 46) Turn { <i>270 c-wise</i> } & Heel Kick Right Foot |
| ↖ | 47) Advance One Step Sliding Hands, Parry & Punch Right Fist Over Arm |
| ↑ | 48) Apparent Close Up |
| ↖ | 49) Embrace the Tiger and Push the Mountain { <i>turning to front</i> } |

SUN 97 PART 2 continued

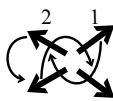
Direction
to face



- 50) Open Hands
- 51) Close Hands
- 52) Brush Right Knee & Press Left Hand
- 53) Push Downwards
- 54) Lazily Tying the Coat { *don't turn - stay facing right* }
- 55) Open Hands
- 56) Close Hands
- 57) Single Whip { *angled, step left foot* }
- 58) Part the Wild Horse's Mane & Circle Arms & Lazily Tying the Coat
{ *turning to front* }



- 59) Open Hands
- 60) Close Hands
- 61) Single Whip { *step left foot* }
- 62) Right Palm Through Back
- 63) Fair Lady Works the Shuttles x4
{ *left diagonal (1), 270 c-wise turn, right diagonal (2), 90 a/c-wise turn left diagonal (3), 270 c-wise turn, right diagonal (4) - end facing right* }



- 64) Push Downwards
- 65) Lazily Tying the Coat { *turning to front* }
- 66) Open Hands
- 67) Close Hands



- 68) Single Whip { *step left foot* }
- 69) Waving Hands In Clouds { *to left* }
- 70) Lowering Movement
- 71) Golden Rooster Stands On One Leg { *right leg, left leg* }
- 72) Repulse the Monkey { *rear, front, normally repeated twice* }
- 73) Play the Lute { *towards front, right hand forward* }
- 74) White Crane Spreads Its Wings
- 75) Open Hands
- 76) Close Hands
- 77) Brush Left Knee & Press Right Hand
- 78) Play the Lute { *left hand forward* }
- 79) Flash Through the Back. Step Back, Double Knock Down & Lazily
Tying the Coat { *turning to front* }



- 80) Open Hands
- 81) Close Hands



SUN 97 PART 3



- 82) Single Whip { *step left foot* }
- 83) Waving Hands In Clouds { *to left* }
- 84) High Pat On Horse
- 85) { *turn to right* } Crossed Lotus Kick
- 86) Advance & Punch To Crotch
- 87) Lazily Tying the Coat { *turning to front* }



- 88) Open Hands
- 89) Close Hands
- 90) Single Whip { *step left foot* }



- 91) Lowering Movement
- 92) Step Up to Seven Stars
- 93) Step Down to Straddle the Tiger



- 94) Turn { *320 c-wise* } & Lotus Kick ,
- 95) Shoot the Arrow
- 96) Double Punch (Crushing Fists)
- 97) Turn { *to front* } Yin and Yang Rolls Into One
Conclude Form & Rise Again To Wuji



SUN 97 PART 3