

Sun Long Form - 73

Clock Position	Series	Number	Description	Number	Formal Name	Movement Direction
11	White Swan Series	1	Commencement Form	1	From Wu Chi to T'ai Chi	Left Diagonal
3		2	Turn, Deflect Up, Step, Press, Follow-Step	2	Leisurely Tying Clothes	Right
12		3	Turn Left, Opening Hands	3	Opening Hands	Left
12		4	Closing Hands	4	Closing Hands	
12		5	Step Left, Single Whip	5	Single Whip Left	Right
12		6	Compress and Lift Hands	6	Lifting Hands	Left
12		7	White Swan Cools Its Wings	7	White Swan Cools Its Wings	
		8	Step and Push			Forward
12		9	Opening Hands	8	Opening Hands	
12		10	Closing Hands	9	Closing Hands	
9		11	Brush Knee Left and Follow-Step	10	Brush Knee Left	Left
9		12	Sit back, Play Lute to Feather Step	11	Hands Strum the Lute	Back
9		13	Deflect down and Dagger Strikes	12	Advance Step, Deflect, Parry, Punch	Left, Right
9		14	Parry and Punch, Follow-Step			Forward
9		15	Deflect up and Press	13	Appearing to Seal and Close	
12		16	Turning Elbow strike	14	Embrace Tiger, Push Mountain	Right
12	Repulse Monkey Series	17	Opening Hands	15	Opening Hands	
12		18	Closing Hands	16	Closing Hands	
3		19	Brush Knee Right and Follow-Step	17	Brush Knee Right	Right
3		20	Pull Down			Back
3		21	Step Forward, Press, and Follow-Step			Forward
3		22	Rock-back, Deflect up, Press, and Follow-Step	18	Leisurely Tying Clothes	Back-Forward
12		23	Turn Left, Opening Hands	19	Opening Hands	Left
12		24	Closing Hands	20	Closing Hands	
12		25	Step Left, Single Whip	21	Single Whip Left	Right
9			Step Up to Fist			Left
9		26	Sit Back, Fist Under Elbow, and Heel Step	22	Fist Under Elbow	Back
6		27	Turn, Step Left, Follow-Step, Repulse Monkey	23	Repulse Monkey Left	Sit Back
12		28	Turn, Step Right, Follow-Step, Repulse Monkey	24	Repulse Monkey Right	Sit Back
9		29	Brush Knee Left and Follow-Step	25	Brush Knee Left	Left
9	30	Pull Down				
9	31	Step Forward, Press, and Follow-Step				
9	32	Rock-back, Deflect up, Press, and Follow-Step	26	Leisurely Tying Clothes	Left	
12	Subdue Tiger Series	33	Turn, Opening Hands	27	Opening Hands	Right
12		34	Closing Hands	28	Closing Hands	
2		35	Step and Push			Right
12		36	Single Whip	29	Single Whip Right	Left
12		37	Wave Hands Like Clouds	30	Cloud Hands Right	Right
2		38	Step Back, Right hand Retreats Exposing Left	31	High Pat on Horse	Step Back
2		39	Hold Ball, Separation Kick Left	32	Kick Left Foot	
5		40	Step and Separation Kick Right	33	Kick Right Foot	
3		41	Step Forward and Palm Strike			
3		42	Step, Punch Low	34	Step, Punch Low	Left
9		43	Turn, Step 3, Hop, Jump Kick	35	Turn, Hop, Jump Kick	
6		44	Diagonal Subdue Tiger	36	Diagonal Subdue Tiger	
9		45	Kick Left Foot	37	Kick Left Foot	
9		46	Spin, Heel Kick	38	Spin, Heel Kick	
12		47	Deflect down and Dagger Strikes	39	Advance Step, Deflect, Parry, Punch	Right-Left
9		48	Parry and Punch			
9		49	Deflect up and Press	40	Appearing to Seal and Close	
9		50	Elbow strike	41	Embrace Tiger, Push Mountain	Left

Sun Long Form - 73

Clock Position	Series	Number	Description	Number	Formal Name	Movement Direction
6	The Horse's Mane Series	51	Opening Hands	42	Opening Hands	
6		52	Closing Hands	43	Closing Hands	
2		53	Brush Knee and Twist Step	44	Brush Knee Left	Left
2		54	Pull Down			
2		55	Step and Press			
2		56	Deflect up and Press	45	Leisurely Tying Clothes	
3		57	Turn, Opening Hands	46	Opening Hands	Right
3		58	Closing Hands	47	Closing Hands	
5		59	Step and Push			Right
2		60	Diagonal Single Whip	48	Diagonal Single Whip Left	Right
3		61	Parting the Wild Horse's Mane	49	Parting the Wild Horse's Mane	
3		62	Step and Separate			
3		63	Step and Press			
3		64	Deflect up and Press	50	Leisurely Tying Clothes	Left
12	Golden Cock Series	65	Turn, Opening Hands	51	Opening Hands	Left
12		66	Closing Hands	52	Closing Hands	
11		67	Step and Push			Left
12		68	Single Whip	53	Single Whip Left	Right
12		69	Wave Hands Like Clouds	54	Cloud Hands Left	Left
9		70	Turn, Pull Down	55	Cloud Hands, Lowering	Left
9		71	Drop to Right Knee			
9		72	Golden Cock Left	56	Rooster Stands on One Leg	
9		73	Drop to Left Knee			
9		74	Golden Cock Right			
9		75	Step Back and Pull Down Left			
9		76	Step Back and Pull Down Right			
9		77	Needle at Sea Bottom			
9		78	Rise up, Fan Through Back, Left	57	Fan Through Back	
3		79	Turn, Fan Through Back Right			
2		80	4 Corners: 1 Left	58	Jade Lady Works the Shuttles	
7		81	4 Corners: 2 Right			
5		82	4 Corners: 3 Left			
11	83	4 Corners: 4 Right				
9	84	High Pat on Horse	59	High Pat on Horse		
3	85	Turn, Cross Hands, Pat Foot	60	Cross Hands, Pat Foot		
3	86	3 steps, Punch Low	61	Step, Punch Low		
3	87	Pull Down				
3	88	Strike with Double Fist	62	Stepping, Leisurely Tying Clothes		
9	89	Deflect up and Press				
12	Ride Tiger Series	90	Opening Hands	63	Opening Hands	
12		91	Closing Hands	64	Closing Hands	
12		92	Step and Push			Left
12		93	Single Whip	65	Single Whip Left	Right
9		94	Crouching Single Whip	66	Downward Single Whip	
9		95	Step up to Seven Stars	67	Stepping Up to Seven Stars	
9		96	Step back, Crouch, Ride Tiger	68	Stepping Down to Ride the Tiger	
9		97	Step Around, Spin			
9		98	Lotus Kick	69	Spinning Lotus Kick	
9		99	Shoot Tiger	70	Bend the Bow, Shoot the Tiger	
12		100	Double Crashing Fists	71	Double Crashing Fists	
12		101	Step and Separate	72	Uniting Yin and Yang	
12	102	Closing Hands	73	Returning to Wu Chi		