

SUN 73 FORMS - PART 1

SECTION 1

Form 1 Commencement Form
Form 2 Leisurely Tying Coat
Form 3 Opening Hands
Form 4 Closing Hands
Form 5 Single Whip
Form 6 Lifting Hands
Form 7 White Crane Flashing Wings
Form 8 Opening Hands
Form 9 Closing Hands
Form 10 Brush Knee and Twist Step Left
Form 11 Playing the Lute
Form 12 Step Forward to Deflect Downwards,
Parry and Punch
Form 13 Apparent Closing Up
Form 14 Carrying the Tiger
and Pushing the Mountain
Form 15 Opening Hands
Form 16 Closing Hands
Form 17 Brush Knee and Twist Step Right
Form 18 Leisurely Tying Coat
Form 19 Opening Hands
Form 20 Closing Hands
Form 21 Single Whip Left
Form 22 Punch under Elbow

SECTION 2

Form 23 Repulse Monkey Left
Form 24 Repulse Monkey Right
Form 25 Brush Knee and Twist Step Left
Form 26 Leisurely Tying Coat Left
Form 27 Opening Hands
Form 28 Closing Hands
Form 29 Single Whip Right
Form 30 Waving Hands Right
Form 31 Higher Horse
Form 32 Toe Kick Left
Form 33 Toe Kick Right

SECTION 3

Form 34 Step on Firmly
To Punch Downwards
Form 35 Turn Body and Jump Up With Both Feet
Form 36 Subdue the Tiger
Form 37 Toe Kick Left
Form 38 Turning Body and Kicking With Heel
Form 39 Step Forward to Deflect
Downwards, Parry and Punch
Form 40 Apparent Closing Up
Form 41 Carrying the Tiger
and Pushing the Mountain