Names and Sequence - Sun Style Tai Chi

Commencement

Open and Close

Single Whip (right)

Waving Hands in the Cloud (right) 3 times

Open and Close

Single Whip (left)

Wave hands in the Cloud (left) 3 times

Open and Close

**Advanced Six**

Brush knee (left)

Play the Lute

Parry and Punch

Block and Close

Push the Mountain

Open and Close

**Reverse Advanced Six**

Brush Knee (right)

Play the lute

Parry and Punch

Block and Close

Push the Mountain

Open and Close