

Sun 35 Posture List

1. Starting Position
2. Circle Hands and Push Forward
3. Open and Close Hands
4. Brush Knee and Push (left)
5. Play the Lute
6. Deflect, Parry and Punch
7. Act Like Closing the Door
8. Hold Tiger and Push Mountain
9. Open and Close Hands
10. Brush Knee and Push (right)
11. Circle Hands and Push Forward
12. Open and Close Hands
13. Single Whip
14. Parts the Wild Horse's Mane
15. Circle Hands and Push Forward
16. Fair Lady Works at Shuttles (left and right)
17. Step Forward and Push Hands Down
18. Golden Rooster Stands on One Leg (right and left)
19. Drive Monkey Away (left)
20. Drive Monkey Away (right)
21. Brush Knee and Push
22. Play the Lute
23. Shunting with Both Hands Fanned (left & right)
24. Circle Hands and Push Forward
25. Open and Close Hands
26. Single Whip
27. Wave Hands Like Clouds
28. Play the Lute
29. Kick Right and Left Feet
30. Brush Knee and Punch Downward
31. Cross Hands and Double Lotus Kick
32. Draw Bow and Shoot Tiger
33. Punch Double Fists
34. Yin-Yang Combination
35. Closing Position