



Xin Qi Shen Sun Taiji Quan Symmetrical Form



SHORT FORM

Section 1

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| 1. Wuji | 15. Embrace Tiger, Return to Mountain - <i>right</i> | 27. Strum The Lute |
| 2. Taiji | 16. Kai - He | 28. Advance, Deflect, Parry |
| 3. Lazily Tying Coat - <i>right</i> | 17. Single Whip - <i>left</i> | 29. Punch - <i>left</i> |
| 4. Kai - He | 18. Fist At Left Elbow | 30. Withdraw and Close |
| 5. Single Whip - <i>left</i> | 19. Brush Knee & Push - 4 | 31. Kai - He |
| 6. Raise Hands | 20. Embrace Tiger, Return to Mountain - <i>left</i> | 32. Embrace Tiger, Return to Mountain - <i>left</i> |
| 7. White Crane Cools Wings | 21. Kai - He | 33. Kai - He |
| 8. Kai - He | 22. Single Whip - <i>right</i> | 34. Single Whip - <i>right</i> |
| 9. Brush Knee Twist Step - <i>l</i> | 23. Raise Hands | 35. Fist At Right Elbow |
| 10. Strum The Lute | 24. White Crane Cools Wings | 36. Brush Knee & Push - 4 |
| 11. Advance, Deflect, Parry | 25. Kai - He | 37. Embrace Tiger, Return to Mountain - <i>right</i> |
| 12. Punch - <i>right</i> | 26. Brush Knee Twist Step - <i>r</i> | 38. Kai - He |
| 13. Withdraw and Close | | |
| 14. Kai - He | | |

Intermediate Form

Section 2

39. Single Whip - *left*
40. Cloud Hands 3 - *left*
41. High Pat Horse
42. Separation of Right Leg
43. Separation of Left Leg
44. Parry & Punch Downward - *left*
45. Turn, Elbow, Splitting Fist
46. Jumping kick - *left*
47. Ambush the Tiger
48. Pat Right Leg
49. Turn, Kick with Heel - *left*
50. Deflect & Left Punch
51. Embrace Tiger Left
52. Kai - He
53. Single Whip - *right*
54. Cloud Hands 3 - *right*
55. High Pat Horse
56. Separation of Left Leg
57. Separation of Right Leg
58. Parry & Punch Downward - *right*
59. Turn, Elbow, Splitting Fist
60. Jumping kick - *right*
61. Ambush the Tiger
62. Pat Left Leg
63. Turn, Kick with Heel - *right*
64. Deflect & Right Punch
65. Withdraw & Push

Long Form

Section 3

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|---|---|
| 66. Embrace Tiger, Push Mountain - <i>right</i> | 91. Embrace Tiger, Push Mountain - <i>right</i> |
| 67. Kai - He | 92. Kai - He |
| 68. Single Whip - <i>left</i> | 93. Single Whip - <i>right</i> |
| 69. Advancing Cloud Hands - 2 | 94. Advancing Cloud Hands |
| 70. Cross Hands & Lift | 95. Cross Hands & Lift |
| 71. Lazily Tying Coat - <i>right</i> | 96. Lazily Tying Coat - <i>left</i> |
| 72. Kai - He | 97. Kai - He |
| 73. Single Whip - <i>left</i> | 98. Single Whip - <i>right</i> |
| 74. Cloud Hands 3 - <i>left</i> | 99. Cloud Hands 3 - <i>right</i> |
| 75. Brush Knee & Push | 100. Brush Knee & Push |
| 76. Left San Ti | 101. Left San Ti |
| 77. Golden Rooster on left leg | 102. Golden Rooster on right leg |
| 78. Golden Rooster on right leg | 103. Golden Rooster on left leg |
| 79. Right San Ti | 104. Right San Ti |
| 80. Needle At Sea Bottom - <i>left</i> | 105. Needle At Sea Bottom - <i>right</i> |
| 81. Fan Arms | 106. Fan Arms |
| 82. Needle At Sea Bottom - <i>right</i> | 107. Needle At Sea Bottom - <i>left</i> |
| 83. Fan Arms | 108. Fan Arms |
| 84. Fair Lady Works shuttles - 4 | 109. Fair Lady Works shuttles - 4 |
| 85. Kai - He | 110. Kai - He |
| 86. Sweep the lotus - <i>left</i> | 111. Sweep the Lotus - <i>right</i> |
| 87. Crushing Fist - <i>left</i> | 112. Crushing Fist - <i>right</i> |
| 88. Retreat, Pull Down | 113. Retreat, Pull Down |
| 89. Double Upward Fists | 114. Double Upward Fists |
| 90. Lazily Tying Coat | 115. Lazily Tying Coat |

Section 4

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|---|-------------------------------------|
| 116. Kai - He | 123. Single Whip - <i>right</i> |
| 117. Single Whip - <i>left</i> | 124. Form Seven Stars - <i>left</i> |
| 118. Form Seven Stars - <i>right</i> | 125. Retreat to Ride the Tiger |
| 119. Retreat to Ride the Tiger | 126. Sweep the Lotus - <i>left</i> |
| 120. Spin to Sweep Lotus - <i>right</i> | 127. Wind Fills Ears |
| 121. Wind Fills Ears | 128. Turn Wind Fills Ears |
| 122. Kai - He | 129. Cross Hands |
| | 130. Wuji |

This sequence of Sun Lu Tang's Taiji Quan is an expansion of the 36 Sun Symmetrical Taiji form based on the Sun Lu Tang Traditional Tail Form. Sun Lu Tang, master of the internal martial arts, created his Taiji form to incorporate Bagua Zhang and Xing Yi Quan. His style was based on the Hao Taiji Quan he had learned. The 36 Sun Symmetrical Form was created as a Wushu competition form but wasn't completely symmetrical. Xin Qi Shen members have expanded on this form to make it completely symmetrical and balanced, adhering to the Taiji classics and principles of practice.