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Deyin 13 Step & 38 Step SUN STYLE

Sun style T'ai Chi was the last major form style to be created. It has elements taken from other traditional T'ai Chi styles plus elements of Ba Gua and Xing Yi martial arts, making it a more diversified form adaptable to mixed abilities and applications.

The form - often referred to as "nimble T'ai Chi" - is characterised by its upright stance, agile steps and powerful internal and external movements. Unlike Yang Style, generally whenever one foot moves forward or backward the other foot follows creating a flowing "lapping wave" effect. Easy on the knee joints, this form is particularly suitable for all age groups, and its therapeutic properties make it ideal for people with balance and joint problems. This attribute has been adopted by Dr Paul Lam who uses Sun form as the basis for his Tai Chi for Health modified forms.

There are currently three standardised traditional Sun style hand forms.

- The original traditional **Sun 97** Long Form devised by Sun Lutang in 1919 and a **Sun 42** Short Form compiled by his daughter Sun Jian Yun.
- A **Sun 73 Competition** Form sequence devised by a Wu Shu committee for the first Asian games in 1991. This was based on the 97, with a few movements modified to test athletes' flexibility, stamina and control of balance.
- A traditional **Sun 38** Short Form developed by Professor Li Deyin (a member of the committee above).

As the 38 form takes around 15 hours of instruction to teach, Professor Li's daughter Faye introduced a **13 step** version to introduce the form to beginners. This is an ideal beginner's stand-alone compact form for newcomers to Sun form.

Deyin 13 Step SUN STYLE

This form takes around 1½ minutes to perform

| | | <i>direction</i> |
|---------|-------------------------------------------------------------------------------------------------------------------|------------------|
| Form 1 | Commencement Form (to left diagonal) | ↖ |
| Form 2 | Leisurely Tie the Coat (to right) | ↘ |
| Form 3 | Opening Hands (to front) | ↑ |
| Form 4 | Closing Hands | ↑ |
| Form 5 | Single Whip Left (to front) | ↑ |
| Form 6 | Wave Hands in the Clouds stepping twice to left (to front) | ←↖ |
| Form 7 | High Pat on Horse (to front) | ↑ |
| Form 8 | Turn to Right (right step left step) and Brush Right Knee | ↘ |
| Form 9 | Play Lute (to right) | → |
| Form 10 | Big Bird Spreads It's Wings (to right) (Hands lift straight up & push - no single whip & parting hands) | → |
| Form 11 | Double Punch (to right) | → |
| Form 12 | Yin & Yang Roll into one (to front) | ↑ |
| Form 13 | Closing Form (to front) | ↑ |

Deyin 38 Step SUN STYLE

This form takes 4 to 4½ minutes to perform at practice speed

Section One

| | <i>direction</i> |
|------------------------------------------------------------|------------------|
| Form 1 Commencement Form | ↖ |
| Form 2 Leisurely Tying Coat | ↘ |
| Form 3 Opening Hands | ↑ |
| Form 4 Closing Hands | ↑ |
| Form 5 Single Whip Left | ↑ |
| Form 6 Lifting Hands | ↑ |
| Form 7 Big Bird Spreads Its 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 | ↑ |

Section Two

| | |
|--------------------------------------------------------------------------------------|------|
| Form 17 Repulse Monkey Rear, Front , Rear, Front | ↘↗↘↗ |
| Form 18 Flash Through Back | ↙↘↗ |
| Form 19 Fair Lady Working the Shuttles x2 (<i>front & rear right diagonal</i>) | ↗↘ |
| Form 20 Higher Pat on Horse (<i>rear right diagonal</i>) | ↘ |
| Form 21 Separate Leg Kick Right (<i>rear right diagonal</i>) | ↘ |
| Form 22 Separate Leg Kick Left (<i>towards front</i>) | ↖ |
| Form 23 Waving Hands in the Clouds to Left | ←←↙ |
| Form 24 Lowering Movement | ↙ |
| Form 25 Golden Cock Standing On One Leg | ←← |
| Form 26 Turning Body Through Rear and Left Heel Kick | ↘ |
| Form 27 Parting Wild Horse's Mane | →→ |
| Form 28 Leisurely Tying Coat | → |
| Form 29 Opening Hands | ↑ |
| Form 30 Closing Hands | ↑ |

Section Three

| | |
|----------------------------------------------|---|
| Form 31 Single Whip Left | ↑ |
| Form 32 Step Up to Seven Stars | ↙ |
| Form 33 Backward Step to Mount Tiger | ← |
| Form 34 Turn Body, Riding Tiger & Lotus Kick | ↻ |
| Form 35 Drawing Bow to Shoot Tiger | ↙ |
| Form 36 Double Forward Punch | ↙ |
| Form 37 Yin and Yang Merging Into One | ↑ |
| Form 38 Closing Form | ↑ |