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Sun style tai chi 98

"The natural course of things is always followed. This prevents one from harming their post-heaven strength. Focus is on beneficial cultivation of one's natural life force as the core of training. All people - men, women, the old, and the young - may practice in order to replace temerity with bravery; and stiffness with pliability. Those of you who are weak, who suffer from fatigue and injury or illness, or who have weakened your qi from the practice of other martial arts to the point that you no longer have the strength to train, all of you may practice Tai Ji Quan. With practice, the qi will quickly return to a balanced state and will become strong, while the spirit naturally returns to a state of wholeness. Disease will be eliminated and the length of life increased." - Sun Lu-Tang, A Study of Taijiquan, 1924. Translated by Tim Cartmell, p. 60. Sun Style Tai Ji Quan Sun Style of Taijiquan International Standard Competition 73 Movements Form. Research by Michael P. Garofalo, M.S.. Notes from 2005-2012. This webpage includes an introduction, information on the Sun Taijiquan form, a large collection of quotations about Sun Taijiquan, a detailed bibliography, extensive links, references to video and DVD resources, and suggestions for learning the international competition Sun 73 form. A detailed comparative list of the names of each of the 73 movements is provided, with source references, and the movement names are given in English, Pinyin Chinese, Chinese characters, French, German, and Spanish. A detailed description of the first 40 movements is provided along with instructions, commentary and general comments. Black and white line illustrations for each movement sequence (1-40) are provided. This is the most detailed and complete webpage on the subject of the Sun Taijiquan 73 Competition Form available on the Internet. I will complete my study and analysis of the Sun Taijiquan International Competition 73 Movement Form by 2015. I only know and regularly practice movements 1-50 of this competition form at the present time. Sun Lu Tang's Internal Martial Arts: Taijiquan, Baguazhang, Hsing I Quan, Weapons, and Qigong Students of Sun Taijiquan now have more English language resources on the Traditional 98 Form created by Grandmaster Sun Lutang and published in 1921. For examples: Traditional Sun Style Taijiquan By Tim Cartmell and Troyce Thome. Boston, McGraw Hill Learning Soulutions, 2010. 222 pages. ISBN: 0078039142. This is the most detailed instruction that I have seen on the Traditional Taijiquan 98 movement form created by Grandmaster Sun Lutang. Saddleback College Course CPS7, Mission Viejo, California. VSCL. Traditional Sun Style Taijiquan. Instructional DVDs by Tim Cartmell. "This 5 DVD set includes complete and precise instruction of the entire traditional Sun style Taijiquan form. Every posture and movement of the long form is covered in full detail, in addition the DVDs also include detailed instruction of postural alignment, power building exercises, footwork, methods of partner testing for every posture in the form and numerous demonstrations of the martial applications of the form movements." This article possibly contains original research. Please improve it by verifying the claims made and adding inline citations. Statements consisting only of original research should be removed. (March 2016) (Learn how and when to remove this template message) Part of a series onChinese martial arts (Wushu) Styles of Chinese martial arts List of Chinese martial arts Terms Chin Na Fa Jin Kung fu (term) Neigong Neijia Qi Qigong Shifu Yin and yang Historical locations Kunlun Mountains Mount Emei Mount Hua Shaolin Monastery Wudang Mountains Legendary figures Guan Yu Bodhidharma Zhang Sanfeng Fong Sai-yuk Yim Wing-chun Li Ching-Yuen Eight Immortals Five Elders Historical individuals Emperor Taizu of Song Yue Fei Hung Hei-gun Dong Haichuan Yang Luchan Chan Heung Wu Quanyou Wong Fui-hung Sun Lutang Li Shuwen Huo Yuanjia Wang Zi-Ping Chen Fake Ip Man Ten Tigers of Canton Modern celebrities Bruce Lee Bolo Yeung Sammo Hung Jackie Chan Jet Li Donnie Yen Vincent Zhao Zhang Jin (actor) Dennis To Related Hong Kong action cinema Kung fu film Vietnamese martial arts Wushu (sport) Wuxia vte List of T'ai chi ch'uan forms, postures, movements, or positions in order of number of forms: Hand forms 4 - Chen 4 Step is a subset of Chen Old Frame One (Zhu Tian Cai) 4 - Chen 4 Step is a subset of Chen Beijing Branch (Wang Xiaojun) [1] 5 - Yang 5 Step (Wang Xiaojun)[2] 8 - Yang Standardized 8 - Chen Standardized 9 - Chen Old Frame (Master Liu Yong) 10 - Yang Introductory Form (also often called 8-step) 11 - Chen created by Liming Yue after many years of study with Chen Zhenglei and Kongjie Gou 12 - Chen (Based on the movements from Feng Zhiqiang's Chen Style Xinyi Hunyuan Taijiquan system. Taught by the SF Wushu Team) 12 - Yang 13 - Chen (created by Master Chen Bing based on the movements from (Old Frame, First Routine, Lao Jia Yi Lu)) 13 - Chen (aka Five Element Chen) subset of either Old Frame One or Small Frame (Zhu Tian Cai) 13 - Dong Yue (East Mountain) Combined 13 - Wudang (Zhang SanFeng - Wudang Nei Jia Quan) - Shi San Shi 13 - Yang Family 13-Form 13 - Chu style Yang form Long 108 and Short 37 movements 14/16 - Guangbo (Guang-Bo) (a mixture of Chen, Yang, Wu, and Qigong that was done by factory workers in China) 16 - Yang Standardized 16 - Chen Standardized 16 - Actually Chen 4 Step (see above) popularly repeated in four directions of the compass (Zhu Tian Cai) 16 - Yang Family 16-Form 18 - Chen (Chen Zhenglei) 18 - Wudang (Zhang SanFeng - simplified new form) 19 - Chen (Chen Xiao Wang) 20 - 5 Section Taijiquan (Yang Simplified) 20 - 5 Section Chen Taijiquan (Chen Simplified) 20 - Simplified form of Chen Xiaojia (Small frame of Chen T'ai Chi Ch'uan) 24 - Yang ('Simplified', Beijing, 'New Style') Standardized 24 - Chen Shi (Chen style) Xinyi Hunyuan Taijiquan (24 Form by Feng Zhiqiang) 24 - Zhao Bao 24 - Jingquanshitaijiquan (24 Forms - T'ien Ti Tao/Tiandidao) 26 - Yang 28 - Yang 28 - Wudang Taiji 32 - Combined Form 32 - Chen Standardized "Fist" (New Frame) 32 - Yang 34 - Wudang short 35 - Sun Standardized Short 36 - Chen Standardized, Beijing Branch (Tian Xiuchen and Kan Guixiang) [3] 36 - Fu style short form tai chi ch'uan 36 - Wu Short Form 37 - Wu (Wang Pei-sheng) Short 37 - Yang (Zheng, Cheng Man-ch'ing) Short 37 - Taiji 37 (Dr. Shen Hongxun) Short 39 - Chen (Chen Xiao Wang) 39 - Chen (Old frame 39) 39 - Chen (New frame 39) 40 - Yang competition 40 - Sun Family Modern Short Form 40 - Jingquanshitaijiquan (40 Steps or 24 Forms - T'ien Ti Tao/Tiandidao) 41 - Sun 41; Tai Chi for Arthritis (TCA), created by Dr. Paul Lam of the Tai Chi for Health Institute, Sydney, Australia. Sun 20; Basic 6 moves, performed on Right and Left. Sun 41; additional 6 moves, also performed both sides. 42 - Yang 42 - Chen (Old form cannon fist) 42 - Combined Style Competition Form 42 - Sun Traditional Short 43 - Yang (Jiang Yu Kun) 43 - Zhao Bao 46 - Yang Competition 46 - Wu competition 48 - Old Combined Style Competition Form[4] 48 - Chen Shi (Chen style) Xinyi Hunyuan Taijiquan (48 Form by Feng Zhiqiang) 49 - Yang Family Demonstration and Competition Form ("Short" Form) 49 - Wu (Hao) short form 50 - Lee-style short form 53 - Fu style advanced tai chi 54 - Wu Jianquan family (Wu Daxin) competition form 56 - Chen Competition 56 - Zhao Bao 64 - Yang (Kuang Ping style) 64 - Chen Style Taijiquan Practical Method Erlu 66 - Combined Standardized (Lost, original content unknown) 67 - Movements Combined Tai-Chi Chuan form 67 - Fu style tai chi lightning palm 67 - Hwa Yu T'ai Chi Long Form 71 - Chen Erlu (Cannon Fist), Beijing Branch (Chen Fake) [5][6] 72 - Huang Sheng Shyan Form[citation needed] 73 - Sun Competition 74 - Chen (Old Frame, First Routine, Lao Jia Yi Lu) 77 - Yang Extended Renovation 81 - Wu (Hao) Old Form 81 - Chen Style Taijiquan Practical Method Yilu 81 - WoLong, Divine Fractal Form 83 - Chen Yilu, Beijing Branch (Chen Fake)[7] 83 - Beijing Northern Wu Style Taijiquan 83 - Chen New Form (Chen Village) 88 - Yang Standardized (which appears to differ slightly from traditional forms of similar length) 95 - Shanghai Jianchuan T'ai Chi Association Wu Style Tai Chi Fast Form 96 - Wu (Hao) long form 96 - Ma Yungsheng "New Taijiquan" 96-steps as taught in Nanjing Central Kuoshu Academy. Currently it is also known as Ma-family Taijiquan and as it covers the 8 directions, some called it Taiji-baqua quan. 97/98 - Sun Traditional Long 103 - Yang long form (The moves can also add up to 85, 88, 108 or 150 depending on how they are counted.) 105 - Fu style Tai Chi Ch'uan 108 - Taoist Tai Chi form, As done by Taoist Tai Chi Society 108 - Chen 108 - Wu Jianquan long form 119 - Wudang long 120 - Tchoung Ta-chen - Annotated Form 127 - Yangjia Michuan Taiji Quan - Yang Family Hidden Tradition 140 - Lee-style form 144 - Chen Style Taijiquan Practical Method Combined Yilu-Erlu 180 - Wu Long Form 185 - Lee-style Tai Chi dance (Tiàowǔ 跳舞) 229 - Tchoung Ta-chen - Long Form Weapon forms 13 - Dong Yue (East Mountain) Combined Sword 13 - Wu Jianquan Spear 13 - Beijing Northern Wu Style Tai Ji Shi San [13] Dao. 13 - Posture Poem Yang family tai chi chuan Saber Form 13 - Yang family Broadsword (Dao) 14 - Chen Taiji Halberd (Guandao/Dadao), Chen Beijing Branch 16 - Yang Standardized Sword 16 - Yang/Combined Standardized Spear 18 - Chen 'Health' Standardized Sword 20 - Chen sword Xiaojia 23 - Chen long stick (gun), Chen Beijing Branch 23 - Chen Broadsword 24 - Wu Jianquan Spear 27 - 5 Section solo Taijijian 30 - Chen Taiji Halberd (GuanDao/DaDao). 32 - Yang/Combined Sword 32 - Divine Staff of T'ien Ti Tao/Tiandidao. 36 - Chen Sword, Beijing Branch(Tian Xiuchen)[8] 36 - Chen Broadsword, Beijing Branch(Tian Xiuchen)[9] 36 - Chen Shi (Chen Style) Xinyi Hun Yuan broadsword 36 - Yang Shi Tai Chi Fan 40 - Chen Broadsword 42 - T'ai Chi Dao of T'ien Ti Tao/Tiandidao. 42 - Competition Sword Tai Chi Jian (complements 42 Tai Chi Chuan competition forms) 46 - Chen Broadsword, Beijing Branch (Tian Qiutian)[10] 48 - Chen Hand Fan (Ma Chunxi)[11] 48 - Chen Shi (Chen Style) Xinyi Hun Yuan sword 49 - Chen Sword 54 - Yang Sword 56 - Fu style tai chi seven star sword 58 - Chen Sword, Beijing Branch (Chen Fake) 60 - Wu style Tai Ji Jian (Created by Master Chian Ho Yin) 62 - Chen Single Sword 64 - 5 Section 2 person Taijijian 67 - Movement Yang family tai chi chuan Sword Form 84 - Wu Style Heaven and Earth Sword Form (Qian Kun Jian) 92 - Wudang Single Sword 108 - Wu Jianquan Sabre (Dao) 109 - Wu Jianquan Sword (jian) 216 - Lee style T'ai Chi Ch'uan sword 270 - Lee style T'ai Chi Ch'uan Stick (Staff) See also Wikiquote has quotations related to: Tai chi chuan Chen-style (陳氏) Yang-style (楊家) Wu-style of Wu Ch'uan-yu and Wu Chien-ch'uan (吳家) Wu or Wu/Hao-style of Wu Yu-hsiang (武家) Sun-style (孫家) Yangjia Michuan-style (楊家柳槐) Lee-style (李氏) Pushing hands References ^ ^ ^ ^ List of denotations and illustrations. This form, established in 1976, combined techniques from Chen, Yang, Wu, and Sun forms, and was used as a Competition Form until it was replaced by the 42 Form Competition Form. ^ ^ ^ ^ ^ Tina Chunn characters) and English Retrieved from "

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