

Sun Arthritis Form

Set 1

- Movement 1 - Commencement Form
- Movement 2 - Opening and Closing Hands
- Movement 3 - Single Whip (right)
- Movement 4 - Waving Hands in the Cloud (right)
- Movement 5 - Opening and Closing Hands
- Movement 6 - Brush Knee and Twist Step (left)
- Movement 7 - Playing the Lute
- Movement 8 - Step Forward To Deflect Downwards, Parry and Punch
- Movement 9 - Block and Close
- Movement 10 - Pushing the Mountain
- Movement 11- Opening and Closing Hands

Set 2

- Movement 12 - Single Whip (left)
- Movement 13 - Waving Hands in the Cloud (left)
- Movement 14- Opening and Closing Hands
- Movement 15 - Brush Knee and Twist Step (right)
- Movement 16 - Playing the Lute
- Movement 17 - Step Forward To Deflect Downwards, Parry and Punch
- Movement 18 - Block and Close
- Movement 19 - Pushing the Mountain
- Movement 20- Opening and Closing Hands

Set 3

- Movement 21 - Brush Knee and Twist Step (right)
- Movement 22 - Leisurely tying coat
- Movement 23 -Opening and Closing Hands
- Movement 24 - Single Whip (left)
- Movement 25 - Punch Underneath Elbow
- Movement 26 - Brush Knee and Twist Step (left)
- Movement 27 - Brush Knee and Twist Step (right)
- Movement 28 - Brush Knee and Twist Step (left)
- Movement 29 - Leisurely Tying Coat
- Movement 30 - Opening and Closing Hands
- Movement 31 - Closing Form