

Preparing Form

Standing with feet together and arms relaxed at side of body. First keep body calm, breath naturally, bend knees slightly and relax hips Suspend from the crown (head up and neck extended upwards) Sink chest, round back Sink shoulders down and drop elbows Relax waist, sink hips.

Posture 1 - Lazily Tying Coat

1. Commencing form - Move weight to right leg completely. - Raise left leg, step to the left of your body with shoulder-width distance, left tiptoe touchdown first, then solidly plant left foot by gently transferring weight to both legs equally.
2. Move both hands forward from both sides of your body, keep palm center downward. Lift up from shoulder, elbow to hand, bring hands to shoulder height. Drop your hands gently down to the hips, joint by joint from shoulder to elbow to hand.
3. Move both palms left, left palm raise obliquely to temple height, left palm facing outwards away from body. Right palm facing left with middle finger nose height.
4. Two hands rotate to the right, moving with gentle upward arc, the hip arcs back moving to the left, turn right tiptoe out for move 40 degrees, keep left palm nose level. Right palm temple level, transfer weight to left foot.
5. Shift weight from left hip to right hip, both hands held firmly with same positions as before.
6. Lift left leg, left elbow on top of left knee with a gap of one fist space between.
7. Left leg step to the left rear 45 degrees, with one and a half shoulder width space, keep both feet parallel, keep weight over right leg, left knee hold firmly rotated out to the left. Left hand over chest with palm facing right. Right palm outward. 8. Slightly turn right, turn over both palms, keep left hand ahead of chest, right hand right palm facing upwards above right knee.
9. Turn body and left foot left with 45 degree, transfer weight from right to left, meanwhile hold up left palm.
10. Lift right hand together with right leg, to cross under and touch the middle of left forearm in front of chest, left palm upright in line with the sternum, palm center facing right, right palm faces the person's face, with right finger tips angled obliquely to the left.
11. Right foot move to right side with one and one half shoulder widths of distance between right and left feet. Keep both feet parallel, toes in line.
12. Sink body, transfer weight from left to right leg, push right palm out wards, right palm turn over from in to out, turn waist to right. Left and right hands now move together at the same time, sink left hand in front of abdomen with palm center upward. Right arm swings right elbow to right side, right palm outward to right side. Right middle finger tip in line with nose. Knees spread outward from center of body. Look at top of right middle finger. Keep elbow and right knee in line vertically.

Posture 2 - Six Sealing and Four Closing

1. Turn center of left palm over facing downward. Rotate right forearm with right palm facing the face. Sink right palm facing upwards to abdomen level.
2. Right wrist contacts and crosses over top of left wrist, lift upward to shoulder level, keep weight over the right leg. Left wrist and left palm rotates inwards. Right palm and wrist rotate outwards. Both back of the wrists are in firm contact with each other in a crossed position. Cross hands pressing outwards, transfer weight to left, look at both palms.

3. Rotate to right palm with center upward. Left hand keep open grasping position to temple level, right hand upward movement to shoulder level, meanwhile transfer weight from left to right leg.
4. Left hand and right hand are raised upwards to head level on each side of the body. Raise both hands above head level with both palms facing upward, then move fingertips to under both ears, turn waist right and press both finger tips together down the front of right thigh. Meanwhile, left foot slides towards the center of the body, keep one shoulder apart, left ball touch ground, put left toe tip in line with the middle of the right foot.

Posture 3 - Single Whip

1. Spreading your hands apart, both palms turn upward, transfer weight from left to right leg, right hand forms an open fist, brushes across the left open palm, sink the body, bend the knees, the weight is over the right leg, left palm facing upward in front of the abdomen.
2. Sinking the gravity, lift left leg, left knee touches left elbow, step out left leg a big step, transfer weight from the right to the left leg. Left palm raised up to middle line to nose level, head turns with the left palm to the left side, sink down, keep weight at left.

Posture 4 - White crane spreads wings

1. Right hand opens palm, drops to naval. Sweep both of your palms upward circular from left to right higher than your head, alternately, the weight shift from left to right.
2. Put left palm in front of the middle of the chest, right palm upward above right knee. Turn your body and left foot to the left, keep weight right.
3. Transfer weight to the left, left hand raised up extended, lift right hand and foot together, both wrists cross and touch each other. left palm vertical facing right, right palm facing your face.
4. Right leg small step sideways 45 degrees, right palm turn over outward, transferring the weight from left to the right leg, spreading both hands apart, meanwhile lift left leg, at same time, left foot raises up onto the ball of the foot, slides toward the right foot, left toe tip is in line with the right instep. Left palm facing the ground with fingers spread above the left knee, right palm facing away from the body at temple level. Look at the right middle finger, keep weight right.

Posture 5 - Oblique form

1. Pivoting over the left ball, right hand up above the head middle line, drops vertically down to the abdomen. rotating right palm to the right side with palm facing the ground, finger spread. At the same time, left palm rotate to the left side, raised up over the head, do a circular motion from back to front to the chest level, vertical palm. Pivoting over left ball and right heel, transfer weight from left to right, to the right 45 degrees.
2. Transfer weight from left to right, lift left leg, keep left elbow and knee close with one fist apart. Meanwhile, lift right arm, right forearm crosses left forearm with the right palm facing the face, left palm vertical facing right, left middle fingertip keep nose level. Slightly rotating your body left, right palm slides upwards and rotate with right palm facing outwards, right arm sweeps to the right, palm facing outside temple level. Left hand stays in front of chest, 45 degrees up from horizontal. Keep weight right.

Posture 6 - Hidden Thrust Punch

1. Left palm move down to left knee, change to open fist, meanwhile right hand fingertips touch under right ear. Left hand raises up to the center of the chest, right elbow press down, move weight to left.
2. Change both palms to fists, right fist extends forward under the left fist, left fist comes to the left hip.

Posture 7 - Crossing Hands

1. Left fist opens with the left palm facing the side of body, extends left, right fist opens with the palm facing chest.
2. Left palm upward, right palm downward, both facing each other. Both hands come together in front of the middle chest. Left wrist touches the right middle forearm. Rotate right palm, facing away from the chest, sharpening move right elbow to the right torquing the body to the right. Both feet rotate to the right together sharply. Keep weight slightly left,

Posture 8 – Buddha & Warrior Attendant Pounds Mortar

1. Both palms spread apart with center facing each other, left finger tips facing upward with center downward, locate above the left knee. right hand open to right upward, right arm form semi circle, meanwhile, move weight to right.
2. Rotate left palm, rotate left foot to the right, left palm center facing right. Left hand lift with left leg, left foot moves forward and to the right towards the body center in one movement, left palm moves upward, right palm moves downward, switch weight from right to left at the same time.
3. Lift left palm forward, right hand move forward with right leg, left hand palm down touches middle of right forearm with right palm facing upward. Ball of right foot slides forward in front of left foot, left knee bends downward. Rotate left palm upwards towards the right wrist, right hand closes into a close fist, sink down, right fist lifts up to nose level with raised right knee. Meanwhile, left palm drop in front of abdomen, palm center upward, right fist drop with right leg together, right fist stop at the center of left palm, stamp right foot, keep weight at left.

Closing form

1. Right fist opens to an open palm. Spread left hand and right hand apart, raise to shoulder height with palms facing down to the ground, hands come down, knees straighten together. Hands to the sides of body, weight in the middle, shift the weight from the middle to the right leg, left foot raises to the left tip toe, place left tip toe one fist distance apart from the right foot. Weight move to the middle. Closing.

Note: this is a very general description, the final details will be taught by the teacher face to face.