

# TCFA Training Program Standard Program

## *Tai Chi 24*

24 style of Tai Chi is simplified national standard Tai Chi which is designed by China national specialist in 1950. Now it becomes popular internationally. It is suitable for all ages and easy to learn.

## 24 style of Tai Chi

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## Section One

### 1. Starting form

2. Stand naturally straight, arms hanging naturally and hands at your body sides, eyes look forward. (Note: head and neck erect, chin draw slightly inward, chests relaxed, relax up-downwards spiritually calm and concentrated) (Fig. 1)
3. Lift up left foot and put shoulder-width apart. (Note: weight equally distributed on both legs) (Fig. 2)
4. Arms up to the shoulder level, palms facing down. (Note: relax your shoulders and elbows) (Fig. 3)
5. Bend knees as you press palms down with elbows dropping at the same time. (Note: lowering the arms should coordinate with the bending knees, like you are sitting on the stool and your hands put in front of the desk) (Fig. 4).

### 1. Parting horse' mane left and right

1. Transfer weight to the right leg, circle right hand until forearm lies horizontally in front of right part of chest, while left hand moves in a downward curve until it comes under right hand, palms facing each other as if holding a ball. Move left foot to the side of right foot, toes on floor. Eyes look at right hand.
2. Turn body to the left and step with left foot to the left sideways about 45 degrees. As transferring the weight to the left foot, (70% on the left leg and 30% on the right leg), at the same time circle left hand to the left to eye level with palm facing obliquely up and elbow bent, and right hand circle to the side of right hip with palm facing down and fingers pointing forward. Eyes follow left hand.
3. Transfer weight back to right leg, changing directions by using left foot heel with toes up, move weight to the left leg, move right foot to the side of left foot, toes touch floor, at the

same time circle both hands to holding a ball gesture with left hand on the top, palms facing each other. Eyes look at left hand.

4. Turn body to the right and step with right foot to the right sideways about 45 degrees. As transferring the weight to the right foot, (70% on the right leg and 30% on the left leg), at the same time circle right hand to the right up to eye level with palm facing obliquely up and elbow bent, and left hand circle to the side of left hip with palm facing down and fingers pointing forward. Eyes follow right hand.
5. repeat movement 3, reversing "right" and "left"
6. repeat movement 4, reversing "right" and "left"

(Note: when circling, keep body upright, chest relaxed, use back as axle leading the movement, keep arms in curve without stretching. Move continually and smoothly with mental relaxed, synchronized in tempo)

## **2. Crane spreading its wings**

1. Body turn slightly to the left, weight transfer to left leg, draw right foot half a step towards left foot, arms circle to hold-ball gesture with left hand on top, look at left hand.
2. Body turn slightly to the right, with weight shifted to right leg and left foot toes on the floor, eyes looking at front. (relax shoulders and bend knees).
3. Lift up left foot, spreading arms with right hand circle up to right to the front of right temple, palm turned inward and left circle to left to the side of left hip, palm facing down with left foot toes touch floor. Look straight ahead.

Note: arms should be rounded when circling, foot should be coordinated with hands circling.

## **Brush knees left and right**

1. turn body slightly to left, circle right hand anti-clockwise down past abdomen and up to ear level with arm round and palm facing obliquely upward, while left hand circle clockwise up-right-downward to the front of right chest, palm facing obliquely downward. Eyes look right hand.
2. Left foot step left 45 degree with heel touch floor first, as weight transferring to left foot, circle right hand by ear and push forward at nose level with palm facing ahead. While left hand circle around left knee besides left hip, palm facing down. The weight has been transferred 80% to the left leg and 20% on the right leg. Body turn accordingly. Eyes look at fingers of right hand.
3. Sit back, shift weight slowly to right leg, change direction by using left foot heel on floor with toes up move outwardly, transfer weight to left leg, bring right foot forward to the side of left foot, toes on floor. At the same time circle left hand sideward with palm up to shoulder level, right hand circle up-left-downward to the front of left chest, body turns accordingly,

palm facing obliquely downward. Eyes look at left hand.

4. Repeat movement in 2, reversing "right" and "left".
5. Repeat movement in 3, reversing "right" and "left".
6. Repeat movement in 2, reversing "right" and "left".

Note: while circling, keep body erect and hips and should relaxed. Use back force while pushing hand forward, do not bend the body. Eyes, body, hands and legs should coordinate.

### **Strum guitar**

1. Transfer weight to left leg, and then move right foot half a step to the side of the left leg.
2. Shift weight to the right leg.
3. Raise left foot up and place it slightly forward, with heel on the floor, knee relaxed naturally, at the same time, circle both hands up to nose level with palms facing inwards. Eyes look at forefinger of left hand.

Note: relax shoulders, chest and hips. Coordinate eyes, foot and hands and arms around.

## Section Two

### 6. Surf rolling back

1. Turn the body to right, circle right hand down-back-upward past abdomen to shoulder level, palm up and turn left hand palm up at the same time. Eyes first follow right hand back as body turns and then turn to look at left hand.

Note: when turning body relax shoulders and hips, eyes coordinate with hands and body turn.

2. Lift left foot, make curved step backward with toes touch floor first, as the weight transferred to the left leg the whole foot on floor with toes turned outward. As the body turns to left, circle right hand and push forward by right ear with palm facing forward while left hand moves next to waste with palm up. You are sitting on your left leg with right foot toes point ahead on floor. Eyes look at right hand.

Note: relax shoulders, bend knees and relax hips while turning.

3. Continue circle left hand back-upward to shoulder level, palm facing up, as body turns to left. At the same time right hand turn palm up. Eyes first follows body turn to left backward and then turn to look at the right hand as palm turn up.
4. Repeat movements 2, 3, 2, 3 and 2, reversing "right" and "left".

Note: arms in curves when pushed out and drawn back. While pushing out hands using back force, keep waist and hips relaxed. When stepping back, the foot should move a bit sideways to leave distance between heels, do not bend body when pushing hand out. Coordinate eyes, with hands circle and body turns.

### Grasping the phoenix tail (left side)

1. Turn body to the right, circle right hand sideways up to shoulder level, palm facing up, continue circle right hand to hold ball gesture, palm facing down. At the same time, circle left hand right-downward, palm facing up, both hands facing each other in holding ball gesture right hand on top. As hands circling, transfer weight onto right leg and draw left foot to the side of right foot, toes on floor. Eyes look at right hand.
2. Turn body slightly to the left, take a step sideward about 45 degree with heel touch floor, while circling left hand fore-upward to eye level, at the same time, weight transferring to left leg and right hand circle down-backward stay next to the side of right hip with palm facing down. Eyes look at left hand.

Note: keep body straight; keep both arms round while pushing hands.

3. Turning body slightly to the left, while extending left hand forward. Bring up right hand until it is below left forearm. Body turn to right while pulling both hands down in a curve, past abdomen, at the same time transfer 80% weight to right leg. Hands continue circle up-backwards to shoulder level eyes look at right hand and hands continue circle by ear and put in front of chest with palms facing each other, while body turns to back-leftward to the same direction, with eyes coordinating to the same direction (to the left) at the same time. As circling both hands in front of chest, place right hand inside left wrist.
4. Squeeze both hands forward by using back force, while transfer weight from right leg to the left. Eyes look at left wrist.
5. Separate hands to shoulder-width and draw back, turn both palms downward in front of abdomen, sit back and shift weight onto right leg which is slightly bend, as weight transfer to right leg, raising left foot toes at the same time. Eyes look straight ahead.
6. Transfer weight slowly to left leg while pushing palms up-forward to shoulder level. Eyes look ahead.

Note: keep body erect when squeezing hands forward. Relax hips and using back force while pushing hands. Eyes coordinate with body and arm circles.

### **Grasping the phoenix tail (right side)**

1. Sit back and turn body to the right, transfer weight to right leg and change direction by using left foot heel, then shift weight to left leg, bring right foot at side of left foot with toes on floor, at the same time, circle right hand horizontally to the right and continue circle downward past abdomen, left hand circle accordingly to hold ball gesture with left hand on top, palms facing each other. Eyes look at left hand.
2. Repeat movements 2-6, under form 7, reversing "right" and "left".

### **Single Whip**

1. Sit back and shift weight gradually to left leg, turn body to left at the same time, left hand circle to left at eye level, palm facing out, and right hand circle to the same direction by abdomen to left ribs. Eyes look at left hand.

2. Body turns to right, shifting weight gradually onto right leg, circling right hand to right direction to eye level, left hand circle to right accordingly by abdomen to right ribs, as weight transferring to right. Drawing left foot to the side of right foot, turn right palm outward, bunch fingertips, turn downward from wrist for a "hook hand". Eyes look at right hand.
3. Turn body to left, while step left foot to left 45 degree, with heel on floor, while shifting weight to left leg, turn left palm outward, push left hand to left at eye level. Eyes look at left hand.

Note: relax shoulders, relax hips, do not bend body when push hands.

## Section Three

### 10 Floating clouds

1. Turn body to right by using the heel of left foot, turn toes of left foot inward, shift weight to right leg. At the same time, circle left hand down-rightward by abdomen to shoulder level, palm turns obliquely inward, while right hand is opening, palm facing outward. Eyes look at left hand.
2. Turn body to left, shift weight to left leg, at the same time, circle left hand to left by face to left shoulder level with palm turn slowly leftward, while right hand circle to left by abdomen up to left shoulder with palm slowly turning obliquely inward. As right hand circle upward, bring right foot next to the side of left foot. Eyes look at right hand.
3. Turn body gradually to right, shifting weight to right leg, at the same time, circle right hand continuously to right side by face, palm turn slowly outward, while left hand circle by abdomen to shoulder level with palm turns slowly obliquely inward. As left hand circle upward, take a side step with left foot. Eyes look at left hand.
4. Repeat movement 2, 3, 2.

Note: Use back forces as axis when body turns, keep hips and shoulder relaxed. Keep calm and eyes follow hands as hands circles to eye level. It is continue and slow movement.

### 11 Single whip

1. Body turns to right, shifting weight gradually onto right leg, circling right hand to right direction to eye level, left hand circle to right accordingly by abdomen to right ribs, as weight transferring to right leg.
2. Drawing left foot to the side of right foot, turn right palm outward, bunch fingertips, turn downward from wrist for a "hook hand". Eyes look at right hand.

3. Turn body to left, while set left foot to left 45 degree, with heel on floor, while shifting weight to left leg, turn left palm outward, push left hand to left at eye level. Eyes look at left hand.

Note: relax shoulders, relax hips, do not bend body when push hands.

## **12 High pat on horse**

1. sit on left leg, draw right foot half a step forward and shift weight onto the right leg
2. circle right hand backward to ear level, both palms facing up with elbows slightly bent, while body turns slightly to the right, eyes look at right hand
3. Turn body slightly to the left, pushing right palm forward by right ear, fingertips at eye level, while left hand circles to the front of left hip, palm up. At the same time, lift up left foot, with toes on floor. Eyes look at right hand.

Note: keep body erect, shoulders and hips relax.



## Section Four

### 13 Right kick

1. Body turn slightly to right, Both hands circle to cross, with left hand on the top of wrist of right hand, palms facing up at the same time, draw left foot a bit backward, toes touch floor.
2. Circle both hands up outward, at the same time lift up left foot, step 45 degree ahead for a left bow stance. Eyes look at ahead.
3. Transfer weight to left leg, while continue circling both hands down—in-upward until wrist cross in front of chest, with right hand in front of left hand, both palms turned inward. At the same time, draw right foot to the side of left foot with toes touch floor.
4. Hands continue circle up-sideward to shoulder level with elbows slightly bend and palms turned outward. At the same time, bend the right knee and lift up the leg and tick out slowly, foot toe up, right hand push ahead at the same direction as right foot and left hand push aside, palms facing out at the height of the shoulder. Eyes look at right hand.

Note: transfer weight gradually, so that you can balance well. Wrists are at shoulder level when hands are separated. When kicking right foot, left leg is slightly bent and kicking force should be focussed on heel. Hands coordinated with tick. Right arm is parallel with right leg.

### 14 Strike both ears with fists

1. Draw right foot back to thigh level. At the same time circle both hands at side of the body, above right knee level. Palms turn horizontally facing up. Eyes look at ahead.
2. Bend left knee, right foot drop ahead, hands back next to waste, change to fists.
3. Weight forwards turn to right leg in an bow step, fists strike ahead circle side ways, the same width and height as the head. Fists is about 10 cm apart. Eyes look at right fist.

Note: hold haed and neck erect. Keep back and hips relaxed. Fists loosely clenched. Shoulder and elbow relaxed.

### 15 Turn and left foot kick

1. Shift weight backwards to left leg, turning body left backwards with right heel on the floor, toes up turn inward, simultaneously release fists to palm and circle sideward with palms

facing outward. Eyes look at left hand.

2. Shift weight backwards to right leg; draw left foot next to right foot, toes on floor, at the same time hands circle sideward-inward-upward till both hands cross in front of chest with left hand in front with both hands facing inward. Eyes look at front left.
3. Lift left leg to hip level, at the same time hands circle sideward at shoulder level, elbows slightly bent and palms facing outward. Kick left foot heel ahead with toes up. Eyes look at left hand.

Note: when doing the kick relax shoulders and hips.

## Section Five

### 16 Squatting down and standing on left leg

1. Bend left leg and pull back to thigh level. Body turns rightward, left hand circle up-right sideward in front of the front right shoulder, hook the right hand. Eyes look at right hand.
2. Body turn leftward; bend right leg, crouching down slowly as weight loading on right leg. At the same time sliding, extending, stretching left leg sideward, left hand circle down along the left inner side of left leg, turning palm outward. Eyes look at left hand.
3. When squatting down, turn the body leftward by left heel toes up turn outward, right hand hook behind the body with the same height of the head.
4. Shift weight gradually forward to the left foot, left palm move continuously forward and upward eyes look at left hand.
5. When weight totally transferred to left leg, stand on left leg, lift up the right leg. Foot hanging naturally, at the same time right hand change from hook to palm lift up forward and upward to eye level. Elbow bent just above right knee, finger pointing up and palm facing left, left palm next to the hip, palm facing down. Eyes look at right hand.

Note: keep body erect, squatting down slowly according to your own ability as long as you can keep torso upright.

### 17 Squatting down and standing on right leg

1. Drop right foot down in front of left foot. Changing directions by using the left foot ball and right foot ball, turning body leftward, hook left hand and lift up leftward, as body turns, right hand circle in front of the head to the front left shoulder with fingers pointing up. Eyes look at left hand.
2. Body turn right-downward; bend left leg, crouching down slowly as weight loading on left leg. At the same time sliding, extending, stretching right leg sideward, right hand circle down along

the right inner side of right leg, turning palm outward. Eyes look at right hand.

3. When squatting down, turn the body rightward by right heel, toes up turn outward, left hand hook behind the body with the same height of the head.
4. Shift weight gradually forward to the right foot, right palm move continuously forward and upward, eyes follow right hand.
5. When weight totally transferred to right leg, stand on right leg, lift up the left leg, foot hanging naturally, at the same time left hand change from hook to palm lift up forward and upward to eye level. Elbow bent just above left knee, finger pointing up and palm facing right, right palm next to the hip, palm facing down. Eyes look at left hand.

## **18 Shuttle left and right**

1. Body turn slightly left as step left foot ahead, heel touch the ground and toes sideward. Hands circle to hold a ball position in front of left chest, with left hand on top. Right foot draw next to the inside of the left foot.
2. Body turn slightly rightward, right foot step ahead, right hand circle up forward, left hand circle back and downward, like rolling a ball. Eyes look at right hand.
3. As weight transfer forward to right foot, left hand push forward by ear, right hand push right side at head level, palms facing out. Eyes look at left hand.
4. Sit back on left foot, change direction by using right foot heel, toes turn outward, transfer weight right foot, draw left foot at side of right foot, at the same time hands hold to a hold ball position in front of right chest, with right hand on top.
5. Body turns slightly to left, left foot step ahead, left hand circle up forward, right hand circle back and downward till in front of right hip.
6. As weight transferring to right foot, right hand continue pushing forward by ear, left hand push left sideward at head level, palms facing out.

## **19 Needle in the sea**

1. Transfer weight on left leg, body turn slightly to left.
2. Draw right foot half a step forward. Shift weight to right leg, lift up left foot and drop with toes on floor.
3. At the same time, with body turning slightly to the right and then left, circle right hand anti clockwise down back up by right ear, in front of right chest and continue circle forward and downward to knee level, circle left hand clockwise up right ward till in front of the left hip. Right hand palm facing left and fingers pointing obliquely downward. Left hand palm facing down.

4. Eyes look at floor ahead.

Note: Do not bend body too much forward, bend knees, relax shoulders and hips.

## **20 Flash arms**

1. Turn body slightly to the right and step left foot 25 degree forward. As transfer weight 80 percent to the left leg, body turn slightly left and forward.
2. At the same time left hand circle anti clockwise and push forward, right hand circle clockwise by right temple out ward and push side ward.
3. Palms facing outward
4. Eyes look at left hand.

Note: Keep torso erect, back and hips relaxed. Do not straighten arms when push.

## **Section Six**

### **21 Turn, parry and punch**

1. Sit back shift weight onto right leg. Body turns right and back wards, left foot toes turn inward.
2. Shift weight on left leg, sit on left, circle right hand rightward-downward past abdomen to the side of left waste and change hands into fist, left hand circle by head to the left chest.
3. Draw right foot back, and step forward, body turns to right accordingly, punch right fist by circle up-forward and downward for a backhand punch, while left hand continue circle down to the side of left hip with palm turned down. Eyes look at right fist.
4. Sit back to left leg; right foot toes turn outward, transfer weight to right foot, left foot step ahead, left palm parry in front of the body at chest height, right fist circle back to the side of right hip. Eyes look at left hand.
5. As transfer weight forward to form an arch step, right fist punch forward at chest level, under left palm. Eyes look at right fist.

Note: Clench right fist loosely. When punch, keep body straight, using back force.

## **22 Close up in defence**

1. Left hand circle forward under right wrist, release right fist, palms turn facing up, right hand above.
2. Weight backward, bend right leg, left foot toe up, separate hands and pull them back slowly. Eyes look ahead.
3. Turn palms facing down in front of chest, hands push downward and forward at shoulder width and shoulder level, transfer weight forward to left leg to form arch step. Eyes look ahead.

Note: do not bend body, and straighten arms when pushing hands forward, relax shoulders.

## **23 Cross hands**

1. Sit back and bend right knee, transfer weight to right leg, body turn rightward, left foot toes turn inward, as body turns, circle both arms outward to shoulder level. At the same time, turn right foot toes slightly outward and shift weight onto right leg. Eyes look at right hand
2. Shift weight slowly to left leg, body turns leftward with right foot toes turn inward. Draw right foot towards left foot to shoulder width with foot parallel to each other, weight evenly lean on both legs. At the same time circle both hands inward to a cross with left hand on the top in front of chest. Palms facing inward. Eyes look at ahead.

Note: Do not lean forward when separating hands. Relax shoulders and keep arms rounded when circling. Keep body erect.

## **24 Finishing form**

1. Palms turn up forward and downward, hands dropping down slowly. Eyes look straight ahead.
2. Bring left foot next to right foot.

Note: Keep whole body relaxed and breathe deeply, as hands dropping down, breath out slowly.

### **Motto**

- Consciousness guide movement
- Back is axle for all movement

- All movement are round circling by using back force
- keep body erect and bend knees
- all movement should be circular, relaxed and soft, but not loose and inert.
- Continue movement like a flowing stream or flying cloud.
- Head, body, arms, legs, eyes and spirit should be coordinated.
- Breathing deeply and evenly and smoothly in harmony with your movement.

## Section One

### 3. Starting form

6. Stand upright with your arms and hands hanging naturally at your body sides. Your eyes should be looking straight ahead. (Figure 1.1)

*Note: Head and neck erect, chin drawn slightly backward, chest rising and falling slowly as you breathe in and out. Be spiritually calm and concentrated.*

7. Lift up the left foot and place shoulder-width apart. (Figure 1.2)

*Note: Weight is equally distributed on both legs.*

8. Raise both arms up slowly to shoulder level with the palms facing downwards. Keep the body erect. Hands should be shoulder-width apart. (Figure 1.3)

*Note: Relax your shoulders and elbows.*

9. Bend knees as you press palms downwards with elbows dropping at the same time. (Figure 1.4)

*Note: lowering the arms should be coordinated with bending the knees as if you are sitting down on a stool and placing your forearms and hands on top of a desk.*



1. Starting form

(Fig. 1.2)

(Fig. 1.3)

(Fig. 1.4)

#### **4. Parting horse's mane (left and right)**

1. Turn body slightly to right, and transfer weight to the right leg. At the same time, circle right hand until forearm lies horizontally in front of right side of chest, while left hand moves in a downward curve until it comes under right hand. Palms should be facing each other as if holding a ball. (Figure 2.1) Move the left foot to the side of right foot, with the toes on the floor. Eyes look at the right hand. (Figure 2.2)
2. Turn body to the left and step with the left foot to the left sideways about 45 degrees. (Figure 2.3) while transferring the weight to the left foot, (80% on the left leg and 20% on the right leg). At the same time rotate the left hand upward to eye level while extending the arm with palm facing obliquely up and elbow slightly bent. The right hand slides down to the side of the right hip with palm facing down and fingers pointing forward. Eyes follow the left hand. (Figure 2.4)
3. Transfer your weight back to the right leg, changing direction by swiveling on the heel of the left foot with toes up and turned outward. (Figure 2.5). Move weight slowly to the left leg. (Figure 2.6) Move the right foot to the side of the left foot with the toes touching the floor. At the same time circle both hands to the holding a ball position, this time with the left hand on the top and palms facing each other. Eyes look at the left hand. (Figure 2.7)
4. Turn body to the right and step with the right foot to the right sideways about 45 degrees (Figure 2.8) while transferring the weight to the right foot, (80% on the right leg and 20% on the left leg). At the same time, circle the right hand up to the right until approximately eye level, with the palm facing obliquely up and the elbow slightly bent. The left hand slides down to the side of the left hip with palm facing down and fingers pointing forward. Eyes follow the right hand. (Figure 2.9)
5. Sit back on the left leg and change your direction to the right by swiveling on the heel of the right foot with toes up and turned outward. (Figure 2.10) Transfer your weight to the right leg. (Figure 2.11) Move the left foot to the side of the right foot with the toes of the left foot touching the floor. At the same time circle both hands to the holding a ball position with the right hand on the top and palms facing each other. Eyes look at the right hand. (Figure 2.12)
6. Turn body to the left and step with the left foot sideways about 45 degrees. (Figure 2.13) while transferring the weight to the left foot, (80% on the left leg and 20% on right leg). At the same time rotate the left hand upward to eye level with palm facing obliquely up and elbow slightly bent. The right hand slides down to the side of right hip with palm facing down and fingers pointing forward. Eyes follow the left hand. (Figure 2.14).

*Note: When circling, keep the body upright and the chest relaxed. Use your back as an axis for the body to rotate around while leading the movement. Keep arms curved without stretching. Move continually and smoothly with the mind relaxed and synchronized.*





2. Parting horse's mane left Fig. 2.2



Fig. 2.2



Fig. 2.3



(Fig. 2.4)



(Fig. 2.5)



(Fig. 2.6)



Parting horse's mane right

(Fig. 2.8)





(Fig. 2.9)



(Fig. 2.10)



(Fig. 2.11)



(Fig. 2.12)



(Fig. 2.13)



(Fig. 2.14)

## 5. Crane spreads it's wings

4. Turn body slightly to the left and transfer your weight to the left leg. (Figure 3.1) Move the right foot half a step in towards the left foot and at the same time circle both hands to the holding a ball position with the left hand on top. Look at the left hand. (Figure 3.2)
5. Turn body slightly to the right and transfer your weight to the right leg. Eyes look straight ahead. (Figure 3.3)

*Note: Relax shoulders and bend knees.*

6. Lift up left foot. (Figure 3.4) Spread both arms with the right hand circling up to the right until parallel to the front of the right temple, palm turned inwards and left hand circling down to the side of left hip, palm facing down, fingers facing forwards. (Figure 3.5) Lower the left foot until the toes touch the floor. Look straight ahead. (Figure 3.6 and 3.6a)

*Note: Arms should be rounded when circling; foot movement should be coordinated with hands circling movement.*



3. Crane spreading its wings

(Fig. 3.2)

(Fig. 3.3)

(Fig. 3.4)



(Fig. 3.5)

(Fig. 3.6)

(Fig. 3.6a)

## Section One

### 1. Starting form

10. Stand naturally upright with your arms and hands hanging naturally at your body sides. Your eyes should be looking straight ahead. (Figure 1.1)

*Note: Head and neck erect, chin drawn slightly backward, chest relaxed, relax up-downwards spiritually calm and concentrated.*

11. Lift up the left foot and place shoulder-width apart. (Figure 1.2)

*Note: Weight is equally distributed on both legs.*

12. Raise arms up slowly to shoulder level, keeping the body erect, and the palms facing down. Hands are to be shoulder width apart. (Figure 1.3)

*Note: Relax your shoulders and elbows.*

13. Bend knees as you press palms down with elbows dropping at the same time. (Figure 1.4)

*Note: lowering the arms should coordinate with bending the knees, like you are sitting on a stool and your hands placed on top of a desk*



1. Starting form

(Fig. 1.2)

(Fig. 1.3)

(Fig. 1.4)

## 6. Part horse's mane (left and right)

7. Turn body slightly to right, and transfer weight to the right leg. At the same time, circle right hand until forearm lies horizontally in front of right part of chest, while left hand moves in a downward curve until it comes under right hand, palms facing each other as if holding a ball. (Figure 2.1) Move left foot to the side of right foot, with the toes on the floor. Eyes look at right hand. (Figure 2.2)
8. Turn body to the left and step with left foot to the left sideways about 45 degrees. (Figure 2.3) While transferring the weight to the left foot, (80% on the left leg and 20% on the right leg). At the same time rotate the left hand upward to the left to eye level while extending the arm with palm facing obliquely up and elbow still slightly bent, right hand slides down to the side of right hip with palm facing down and fingers pointing forward. Eyes follow the left hand. (Figure 2.4)
9. Transfer weight back to right leg, changing directions by swiveling the left foot heel with toes up and turning outward. (Figure 2.5). Move weight slowly to the left leg. (Figure 2.6) Move right foot to the side of left foot, with the toes touching the floor, at the same time circle both hands to holding a ball gesture with left hand on the top, palms facing each other. Eyes look at the left hand. (Figure 2.7)
10. Turn body to the right, and step with right foot to the right sideward about 45 degrees. (Figure 2.8) While transferring the weight to the right foot, (80% on the right leg and 20% on the left leg), at the same time circle right hand up to the right till up to eye level with palm facing obliquely up and elbow bent, and left hand slides down to the side of left hip with palm facing down and fingers pointing forward. Eyes follow right hand. (Figure 2.9)
11. Sit back on left leg, change direction by swiveling right foot heel with toes up and turned outward. (Figure 2.10) Transfer weight to the right leg. (Figure 2.11) Draw left foot to the side of right foot, with left foot toes touching floor, at the same time circle both hands to a hold-ball gesture with right hand on the top, palms facing each other. Eyes look at the right hand. (Figure 2.12)

12. Turn body to left and step with left foot to left sideward about 45 degrees. (Figure 2.13). While transferring weight to left foot, (80% on the left leg and 20% on right leg, at the same time rotate left hand to left, upward to eye level with palm facing obliquely down and elbow bent, and right hand slides down to the side of right hip with palm facing up and fingers pointing forward. Eyes follow the left hand. (Figure 2.14).

*Note: When circling, keep body upright, and chest relaxed. Use your back as an axis for the body to rotate around while leading the movement. Keep arms curved without stretching. Move continually and smoothly with the mind relaxed, synchronized.*



2. Parting horse' mane left

Fig. 2.2

Fig. 2.3

(Fig. 2.4)



(Fig. 2.5)



(Fig. 2.6)



Parting horse' mane right

(Fig. 2.8)



(Fig. 2.9)



(Fig. 2.10)



(Fig. 2.11)



(Fig. 2.12)



(Fig. 2.13)

(Fig. 2.14)

## 7. Crane spreads its wings

7. Turn body slightly to the left, and transfer weight to left leg. (Figure 3.1) Draw right foot half a step towards left foot, arms circle to a hold-ball gesture with left hand on top. Look at the left hand. (Figure 3.2)
8. Turn body slightly to the right, and transfer weight to right leg. Eyes looking straight ahead. (Figure 3.3)
9. *Note: Relax shoulders and bend knees.*
10. Lift up left foot. (Figure 3.4) Spreading arms with the right hand circling up to the right until to the front of the right temple, palm turned inwards and left hand circling down to the side of left hip, palm facing down, fingers facing forwards. (Figure 3.5) Lower left foot with toes touching the floor. Look straight ahead. (Figure 3.6)

*Note: Arms should be rounded when circling; foot should be coordinated with hands circling.*





3. Crane spreading its wings

(Fig. 3.2)

(Fig. 3.3)

(Fig. 3.4)



(Fig. 3.5)



(Fig. 3.6)



(Fig. 3.6a)

## Section Two

### 4. Brush knees left and right

7. Turn your body slightly to the left, circle the right hand anti-clockwise down past your abdomen and up to ear level with arm round and palm facing obliquely upward, whilst the left hand circles clockwise up, right and downward to the front and right side of chest with the palm facing obliquely downward. Eyes look at the right hand. (Figure 4.1, Figure 4.2)
8. Lift up the left foot. (Figure 4.3) and step to the left 45 degrees with heel touching the floor first. (Figure 4.4) As your body weight transfers to the left foot, circle the right hand past the ear and push forward at nose level with the palm facing ahead. At the same time the left hand circles around the left knee beside the front left hip with the palm facing down. The body weight should now be balanced with 80% on the left leg and 20% on the right leg. Body turned accordingly. Eyes look at fingers of right hand. (Figure 4.5)
9. Sit back and shift your weight slowly to the right leg and sit on the right leg. Change direction by pivoting on the heel of the left foot with toes up and pointing outwards. (Figure 4.6) Transfer your weight to the left leg and bring the right foot forward to the side of the left foot with toes touching the floor. At the same time circle the left hand sideways with palm up to shoulder level and the right hand circling up left and downward to the front and left side of chest. The body turns accordingly, palm facing obliquely downward. Eyes look at the left hand. (Figure 4.7)
10. Lift up the right foot and step to the right 45 degree with heel touching the floor first. (Figure 4.8) As your body weight transfers to the right foot, circle the left hand past the ear and push forward at nose level with the palm facing ahead. At the same time the right hand circles around right knee beside the front right hip with the palm facing down. The body weight should now be balanced with 80% on the right leg and 20% on the left leg. Body turned accordingly. Eyes look at fingers of left hand. (Figure 4.9)
11. Sit back and shift your weight slowly to the left leg and sit on the left leg. Change direction by pivoting on the heel of the right foot heel on floor with toes up and pointing outwards. (Figure 4.10) Transfer your weight to the right leg and bring the left foot forward to the side of the right foot with toes touching the floor. At the same time circle the right hand sideways with palm up to shoulder level and the left hand circling up right and downward to the front and right side of chest. The body turns accordingly, palm facing obliquely downward. Eyes look at the right hand. (Figure 4.11)
12. Lift up the left foot and step to the left 45 degrees with heel touching the floor first. (Figure 4.12) As your body weight transfers to the left foot, circle the right hand past the ear and push forward at nose level with the palm facing ahead. At the same time the left hand circles around the left knee beside the front left hip with the palm facing down. The body weight should now be balanced with 80% on the left leg and 20% on the right leg. Body turned accordingly. Eyes look at fingers of right hand. (Figure 4.13)

*Note: While circling, keep the body erect and the hips relaxed. Use back force while pushing hands forward and do not bend the body into the push. Eyes, body, hands, legs and feet should stay coordinated.*



4. Brush knees



(Fig. 4.2)



(Fig. 4.3)



(Fig. 4.4)



(Fig. 4.5)



(Fig. 4.6)



(Fig. 4.7)



(Fig. 4.8)



(Fig. 4.9)



(Fig. 4.10)



(Fig. 4.11)



(Fig. 4.12)



(Fig. 4.13)

## 5. Strum guitar

4. Transfer your weight to the left leg and then move the right foot half a step towards the left leg. (Figure 5.1)
5. Shift your weight to the right leg. (Figure 5.2)
6. Raise the left foot up and at the same time hold both hands up with palms facing inwards and slightly forward. (Figure 5.3) As both hands are raised up to eye level, place the left foot slightly forward with the heel touching the floor. The knees stay naturally relaxed. The shoulders should

also be relaxed with both palms facing each other at eye level. Eyes look at the forefinger your left hand. (Figure 5.4)

*Note: Relax shoulders, chest and hips. Eyes, body, hands, legs and feet should stay coordinated.*



5. Strumming a guitar



(Fig. 5.2)



(Fig. 5.3)



(Fig. 5.4)

## 6. Surf rolling back

5. Turn the body to the right and circle the right hand down, back and then upwards, past the abdomen to shoulder level ensuring the palm faces up with the left hand palm also turned up at the same time. Eyes firstly follow the right hand back as your body turns right and backwards. (Figure 6.1, Figure 6.2) and then turn back again to look at the left hand, palm turned up. (Figure 6.3)

*Note: When turning, ensure body, shoulders and hips are relaxed with eyes coordinated to the hands and body turn.*

6. Lift the left foot and make a curved step backward with toes touching the floor first. (Figure 6.4) As the weight is transferred to the left leg the whole foot should rest on the floor. With the body turning to the left, circle the right hand and push forwards past the right ear with the palm facing to the front. At the same time, the left hand moves beside the waist with the palm facing upwards. You should now be sitting on your left leg with the right foot toes pointing ahead on the floor. Eyes look at the right hand. (Figure 6.5)

*Note: Relax shoulders, bend knees and relax hips while turning.*

7. Continue to circle the left hand back and upwards to shoulder level with the palm facing up as your body turns to the left. At the same time turn the palm of the right hand upwards. Eyes firstly follow the left hand back as your body turns to left and backward (Figure 6.6) and then turn back again to look at the right hand, palm turned up. (Figure 6.7)
8. Lift the right foot and make a curved step backward with toes touching the floor first. (Figure 6.8) As weight is transferred to the right leg the whole foot should rest on the floor. With the body turning to the right, circle left hand and push forwards past the left ear with the palm facing to the front. At the same time the right hand moves beside the waist with the palm facing upwards. You should now be sitting on your right leg with the left foot toes pointing ahead on the floor. Eyes look at the left hand. (Figure 6.9)
9. Continue to circle the right hand back and upwards to shoulder level with the palm facing up as your body turns to right. At the same time turn the palm of the left hand upwards. Eyes firstly follow the right hand back as your body turns to the right and backward (Figure 6.10) and then turn back again to look at the left hand, palm turned up. (Figure 6.11)
10. Lift the left foot and make a curved step backward with toes touching the floor first. (Figure 6.12) As the weight is transferred to the left leg the whole foot should rest on the floor. With the body turning to the left, circle the right hand and push forwards past the right ear with the palm facing to the front. At the same time, the left hand moves beside the waist with the palm facing upwards. You should now be sitting on your left leg with the right foot toes pointing ahead on the floor. Eyes look at the right hand. (Figure 6.13)

11. Continue to circle the left hand back and upwards to shoulder level with the palm facing up as your body turns to the left. At the same time turn the palm of the right hand upwards. Eyes firstly follow the left hand back as your body turns to left and backward (Figure 6.14 and then turn back again to look at the right hand, palm turned up. (Figure 6.15)

12. Lift the right foot and make a curved step backward with toes touching the floor first. (Figure 6.16) As weight is transferred to the right leg the whole foot should rest on the floor. With the body turning to the right, circle left hand and push forwards past the left ear with the palm facing to the front. At the same time the right hand moves beside the waist with the palm facing upwards. You should now be sitting on your right leg with the left foot toes pointing ahead on the floor. Eyes look at the left hand. (Figure 6.17)

*Note: Maintain arms in curves when pushing out and drawing backwards. When pushing outwards with the hands, use back force and keep the waist and hips relaxed. Do not bend the body. When stepping back the foot should move out sideways a little to leave distance between heels and maintain balance. Coordinate eyes with hands circling and body turns.*



6. Surf rolling back



(Fig. 6.2)



(Fig. 6.3)



(Fig. 6.4)



(Fig. 6.5)



(Fig. 6.6)



(Fig. 6.7)



(Fig. 6.8)



(Fig. 6.9)



(Fig. 6.10)



(Fig. 6.11)



(Fig. 6.12)





(Fig. 6.13)



(Fig. 6.14)



(Fig. 6.15)



(Fig. 6.16)



(Fig. 6.17)

## Section Two

### 4. Brush knees left and right

13. Turn body slightly to left, circle right hand anti-clockwise down past abdomen and up to ear level with arm round and palm facing obliquely upward, while left hand circle clockwise up—

right-downward to the front of right chest, palm facing obliquely downward. Eyes look right hand. (Figure 4.1, Figure 4.2)

14. Lift up left foot. (Figure 4.3) Left foot step left 45 degree with heel touch floor first. (Figure 4.4) As weight transferring to left foot, circle right hand by ear and push forward at nose level with palm facing ahead. While left hand circle around left knee besides left hip, palm facing down. The weight has been transferred 80% to the left leg and 20% on the right leg. Body turn accordingly. Eyes look at fingers of right hand. (Figure 4.5)
15. Shift weight slowly to right leg, sit on right leg, change direction by using left foot heel on floor with toes up move outwardly. (Figure 4.6) Transfer weight to left leg, bring right foot forward to the side of left foot, toes on floor. At the same time circle left hand sideward with palm up to shoulder level, right hand circle up-left-downward to the front of left chest, body turns accordingly, palm facing obliquely downward. Eyes look at left hand. (Figure 4.7)
16. Right foot step right 45 degree with heel touch floor first. (Figure 4.8) As weight transferring to right foot, circle left hand by ear and push forward at nose level with palm facing ahead. While right hand circle around left knee till to the front right hip, palm facing down. The weight has been transferred 80% to right leg and 20% on the left leg. Body turn accordingly. Eyes look at fingers of left hand. (Figure 4.9)
17. Sit back, shift weight slowly to left leg, change direction by using right foot heel on floor with toes up move outwardly. (Figure 4.10) Transfer weight to right leg, bring left foot forward to the side of right foot, toes on floor. At the same time circle right hand sideward with palm up to shoulder level, left hand circle up-right-downward to the front of right chest, body turns accordingly, palm facing obliquely downward. Eyes look at right hand. (Figure 4.11)
18. Left foot step left 45 degree with heel touch floor first (Figure 4.12). As weight transferring to left foot, circle right hand by ear and push forward at nose level with palm facing ahead. While left hand circle around right knee till to the sides left hip, palm facing down. The weight has been transferred 80% to the left leg and 20% on the right leg. Body turn accordingly. Eyes look at fingers of right hand. (Figure 4.13)

*Note: While circling, keep body erect and hips and should relaxed. Use back force while pushing hand forward, do not bend the body. Eyes, body, hands and legs should coordinate.*



4. Brush knees



(Fig. 4.2)



(Fig. 4.3)



(Fig. 4.4)



(Fig. 4.5)



(Fig. 4.6)



(Fig. 4.7)



(Fig. 4.8)



(Fig. 4.9)



(Fig. 4.10)



(Fig. 4.11)



(Fig. 4.12)



(Fig. 4.13)

## 5. Strum guitar

7. Transfer weight to left leg, and then move right foot half a step to the left leg. (Figure 5.1)
8. Shift weight to the right leg. (Figure 5.2)
9. Raise left foot up and at the same time, hold both hands up with palms facing inwards and place it slightly forward. (Figure 5.3) As hands continually lift up to eye level, place left foot slightly forward, with heel touch floor, knee relaxed naturally, relax shoulders with both palms facing each other at eye level. Eyes look at forefinger of left hand. (Figure 5.4)

*Note: Relax shoulders, chest and hips. Coordinate eyes, foot and hands and arms around.*



5. Strumming a guitar



(Fig. 5.2)



(Fig. 5.3)



(Fig. 5.4)

## **6. Surf rolling back**

13. Turn the body to right, circle right hand down-back-upward past abdomen to shoulder level, palm up and left hand palm turn up at the same time. Eyes first follow right hand back as body turns. (Figure 6.1, Figure 6.2) And then turn to look at left hand. (Figure 6.3)

*Note: When turning body relax shoulders and hips, eyes coordinate with hands and body turn.*

14. Lift left foot, make curved step backward with toes touch floor first. (Figure 6.4) As the weight transferred to the left leg the whole foot on floor. As the body turning to left, circle right hand and push forward by right ear with palm facing forward while left hand moves next to waste with palm up. You are sitting on your left leg with right foot toes point ahead on floor. Eyes look at right hand. (Figure 6.5)

*Note: Relax shoulders, bend knees and relax hips while turning.*

15. Continue circle left hand back-upward to shoulder level, palm facing up as body turning to left. At the same time right hand turn palm up. Eyes first follows body turn to left-backward. (Figure 6.6) And then turn to look at the right hand as palm turn up. (Figure 6.7)

16. Lift right foot, make curved step backward with toes touch floor first. (Figure 6.8) As weight transferred to the right leg the whole foot on floor. As the body turning to right, circle left hand and push forward by left ear with palm facing forward while right hand moves next to waste with palm up. You are sitting on your right leg with left foot toes point ahead on floor. Eyes look at left hand. (Figure 6.9)

17. Continue circle right hand back-upward to shoulder level, palm facing up as body turns to right. At the same time left hand turn palm up. Eyes first follow body turn to right -backward. (Figure 6.10) And then turn to look at the left hand as palm turn up. (Figure 6.11)

18. Lift left foot, make curved step backward with toes touch floor first. (Figure 6.12) As the weight transferred to the left leg the whole foot on floor. As the body turns to left, circle right hand and push forward by right ear with palm facing forward while left hand moves next to waste with palm up. You are sitting on your left leg with right foot toes point ahead on floor. Eyes look at right hand. (Figure 6.13)

19. Continue circle left hand back-upward to shoulder level, palm facing up as body turns to left. At the same time right hand turn palm up. Eyes first follows body turn to left -backward. (Figure 6.14) And then turn to look at the right hand as palm turn up. (Figure 6.15)

20. Lift right foot, make curved step backward with toes touch floor first. (Figure 6.16) As the weight transferred to the right leg the whole foot on floor. As the body turns to right, circle left hand and push forward by left ear with palm facing forward while right hand moves next to waste with palm up. You are sitting on your right leg with left foot toes point ahead on floor. Eyes look at left hand. (Figure 6.17)

*Note: Arms in curves when pushed out and drawn back. While pushing out hands using back force, keep waist and hips relaxed. When stepping back, the foot should move a bit sideways to leave*

*distance between heels, do not bend body when pushing hand out. Coordinate eyes with hands circle and body turns.*



6. Surf rolling back



(Fig. 6.2)



(Fig. 6.3)



(Fig. 6.4)



(Fig. 6.5)



(Fig. 6.6)



(Fig. 6.7)



(Fig. 6.8)



(Fig. 6.9)



(Fig. 6.10)



(Fig. 6.11)



(Fig. 6.12)





(Fig. 6.13)

(Fig. 6.14)

(Fig. 6.15)



(Fig. 6.16)



(Fig. 6.17)

### Section Three

#### 7. Grasp phoenix tail (left)

7. Turn body to the right, circle right hand sideways up to shoulder level, palm facing down. At the same time, circle left hand right-downward, palm facing up, both hands facing each other in holding ball gesture right hand on top. As hands circling, transfer weight onto right leg and draw left foot to the side of right foot, toes on floor. Eyes look at right hand. (Figure 7.1)
8. Turn body slightly to the left, take a left step sideward about 45 degree with heel touch floor. (Figure 7.2) While circling left hand fore-upward to eye level, weight transferring to left leg and right hand circle down-backward stay next to the side of right hip with palm facing down. Eyes look at left hand. (Figure 7.3)

*Note: Keep body straight; keep both arms round when circling hands.*

9. Turning body slightly to the left, while extending left hand forward. Bring up right hand until it is below left forearm. Eyes look at left hand. (Figure 7.4)
10. Body turns slightly to right while pulling both hands down in a curve by abdomen, at the same time transfer 80% weight to right leg. (Figure 7.5) Hands continue circle back-up-forwards back to left direction, by shoulder, by ear (Figure 7.6) and put in front of chest. Place right hand

inside left wrist about 5 cm apart, right palm facing outward and left palm facing inward. As body turns and hands circling, eyes follow right hand coordinately. ( Figure 7.7)

11. Squeeze both hands forward by using back force, while transfer weight from right leg to the left. Eyes look at left wrist. Separate hands to shoulder-width. (Figure 7.8) Hands draw back, turn both palms downward in front of abdomen, sit back and shift weight onto right leg which is slightly bend, as weight transfer to right leg, raising left foot toes. Eyes look straight ahead. (Figure 7.9)

12. Transfer weight slowly to left leg while pushing palms up-forward to shoulder level. Eyes look ahead. (Figure 7.10)

*Note: Keep body erect when squeezing hands forward. Relax hips and using back force while pushing hands. Eyes coordinate with body and arm circles.*



7. Grasp phoenix tail (left)



(Fig. 7.2)



(Fig. 7.3)



(Fig. 7.4)



(Fig. 7.5)



(Fig. 7.6)



(Fig. 7.7)



(Fig. 7.8)



(Fig. 7.9)



(Fig. 7.10)



(Fig. 7.11)

## **8. Grasp phoenix tail (right)**

3. Sit back and turn body to the right, transfer weight to right leg and change direction by using left foot heel with toes turn inward, then shift weight to left leg, bring right foot at side of left foot with toes on floor, at the same time, circle right hand horizontally to the right and continue circle downward past abdomen, left hand circle accordingly to hold ball gesture with left hand on top, palms facing each other. Eyes look at left hand. (Figure 8.1, Figure 8.2, Figure 8.3, Figure 8.4)
4. Turn body slightly to the right; take a right step sideward about 45 degree with heel touch floor. (Figure 8.5) While circling right hand fore-upward to eye level, weight transferring to right leg with whole foot touch floor and left hand circle down-backward stay next to the side of left hip with palm facing down. Eyes look at right hand. (Figure 8.6)
5. Turning body slightly to the right, while extending right hand forward. Bring up left hand until it is below right forearm. Eyes look at right hand. (Figure 8.7)
6. Body turn left while pulling both hands down in a curve by abdomen, at the same time transfer 80% weight to left leg. (Figure 8.8) Hands continue circle up-back-forward by shoulder, by ear and put in front of chest. Place left hand inside right wrist about 5cm apart. Left hand facing outward, right hand facing inward. As body turns and hands circling, eyes following left hand coordinately. (Figure 8.9, Figure 8.10)
7. Squeeze both hands forward by using back force, while transfer weight from left leg to the right. Eyes look at left wrist. Separate hands to shoulder-width. (Figure 8.11) Hands draw back, turn both palms downward in front of abdomen, sit back and shift weight onto right leg which is slightly bend, as weight transfer to left leg, raising right foot toes. Eyes look straight ahead. (Figure 8.12)
8. Transfer weight slowly to right leg while pushing palms up-forward to shoulder level. Eyes look ahead. (Figure 8.13)



8. Grasp phoenix tail (right)



(Fig. 8.2)



(Fig. 8.3)



(Fig. 8.4)



(Fig. 8.5)



(Fig. 8.6)



(Fig. 8.7)



(Fig. 8.8)



(Fig. 8.9)



(Fig. 8.10)



(Fig. 8.11)



(Fig. 8.12)



(Fig. 8.13)



(Fig. 8.14)

## Section Four

### 9. Single Whip

4. Sit back and shift weight gradually to left leg, turn body to left at the same time, left hand circle to left at eye level, palm facing in and then turn out, and right hand circle to the same direction by abdomen to left ribs. Eyes look at left hand. (Figure 9.1, Figure 9.2, Figure 9.3)
5. Body turns to right, shifting weight gradually onto right leg, circling right hand to right direction to eye level, left hand circle to right accordingly by abdomen to right ribs, as weight transferring to right Leg. (Figure 9.4, Figure 9.5). Drawing left foot to the side of right foot with toes touch floor, turn right palm outward, bunch fingertips; turn downward from wrist for a “hook hand”.

Eyes look at right hand. (Figure 9.6)

6. Turn body to left, while step left foot to left 45 degree, with heel on floor, while shifting weight to left leg with whole foot on floor, turn left palm outward, push left hand to left at eye level. Eyes look at left hand. (Figure.9.7, Figure 9.8)

*Note: Relax shoulders, relax hips, do not bend body when push hands.*



9. Single Whip

(Fig. 9.2)

(Fig. 9.3)



(Fig. 9.4)

(Fig. 9.5)

(Fig. 9.6)



(Fig. 9.7)



(Fig. 9.8)

## 10 Floating clouds

5. Turn body to right, left foot turns inward, shift weight to right leg. At the same time, circle left hand down-rightward by abdomen to shoulder level, palm turns obliquely inward. (Figure 10.1, Figure 10.2) While right hand is opening, palm facing outward. (Figure 10.3) Eyes look at left hand.
6. Turn body to left, shift weight to left leg, at the same time, circle left hand to left at eye level with palm turn slowly leftward, while right hand circle to left by abdomen up to left should with palm slowly turning obliquely inward. As right hand circle upward, bring right foot next to the side of left foot. Eyes look at right hand. (Figure 10.4, Figure 10.5)
7. Turn body gradually to right, shifting weight to right leg. (Figure 10.6) At the same time, circle right hand continuously to right side at eye level, palm tune slowly outward, while left hand circle by abdomen to shoulder level with palm turns slowly obliquely inward. (Figure 10.7) As left hand circle upward, take a side step with left foot. Eyes look at left hand. (Figure 10.8, Figure 10.9)
8. Turn body to left, shift weight to left leg, at the same time, circle left hand to left at eye level with palm turn slowly leftward, while right hand circle to left by abdomen up to left should with palm slowly turning obliquely inward. (Figure 10.10) As right hand circle upward, bring right foot next to the side of left foot. (Figure 10.11) Eyes look at right hand.
9. Turn body gradually to right, shifting weight to right leg. (Figure 10.12) At the same time, circle right hand continuously to right side at eye level, palm tune slowly outward, while left hand circle by abdomen to shoulder level with palm turns slowly obliquely inward. (Figure 10.13) As left hand circle upward, take a side step with left foot. (Figure 10.14) Eyes look at left hand.
10. Turn body to left, shift weight to left leg. (Figure 10.15) At the same time, circle left hand to left by face with palm turn slowly leftward, while right hand circle to left by abdomen up to left should with palm slowly turning obliquely inward. (Figure 10.16) As right hand circle upward, bring right foot next to the side of left foot. (Figure 10.17, Figure 10.18, Figure 10.19) Eyes look



at right hand.

*Note: Use back forces as axis when body turns, keep hips and should relaxed. Keep calm and eyes follow hands as hands circles to eye level. It is continue and slow movement.*



10. Floating clouds



(Fig. 10.2)



(Fig. 10.3)



(Fig. 10.4)



(Fig. 10.5)



(Fig. 10.6)



(Fig. 10.7)



(Fig. 10.8)



(Fig. 10.9)



(Fig. 10.10)



(Fig. 10.11)



(Fig. 10.12)



(Fig. 10.13)



(Fig. 10.14)



(Fig. 10.15)



(Fig. 10.16)



(Fig. 10.17)



(Fig. 10.18)



(Fig. 10.19)

## 11 Single whip

4. Body turns to right, shifting weight gradually onto right leg, circling right hand to right direction to eye level, left hand circle to right accordingly by abdomen to right ribs, as weight transferring to right leg. (Figure 11.1)
5. Turn right palm outward, bunch fingertips, turn downward from wrist for a “hook hand”. Eyes look at right hand. (Figure 11.2)

6. Turn body to left, while set left foot to left 45 degree, with heel on floor. (Figure 11.3)  
While shifting weight to left leg, turn left palm outward, push left hand to left at eye level.  
Eyes look at left hand. (Figure 11.4)

*Note: Relax shoulders, relax hips, do not bend body when push hands.*



11. Single whip



(Fig. 11.2)



(Fig. 11.3)



(Fig. 11.4)

## Section Five

### 12 High pat on horse

4. Sit on left leg. Draw right foot half a step forward to left leg. (Figure 12.1)

5. Shift weight onto the right leg. Circle right hand backward to ear level, both palms facing up with elbows slightly bent, while body turns slightly to the right, eyes look at right hand. (Figure 12.2)
6. Turn body slightly to the left, pushing right palm forward by right ear, fingertips at eye level, while left hand circles to the front of left hip, palm up. At the same time, lift up left foot, with toes on floor. Eyes look at right hand. (Figure 12.3, Figure 12.4)

Note: keep body erect, shoulders and hips relax.



12. High pat on horse

(Fig. 12.2)

(Fig. 12.3)

(Fig. 12.4)

### 13 Right kick

5. Body turns slightly to right, circle both hands inward to cross, with left hand on the top of wrist of right hand, palms facing up, draw left foot a bit backward, toes touch floor. (Figure 13.1)

6. Continue circle both hands up outward, at the same time lift up left foot, step 45 degree ahead with heel touch floor. Eyes look at ahead. (Figure 13.2)
7. Transfer weight to left leg. (Figure 13.3, Figure 13.4) While continue circling both hands down—in-upward until wrist cross in front of chest, with right hand in front of left hand, both palms turned inward. At the same time, draw right foot to the side of left foot with toes touch floor. (Figure 13.5)
8. Band right knee and lift up the leg. (Figure 13.6) Hands continue circle up-sideward to shoulder level with elbows slightly bend and palms turned outward. At the same time tick out right leg slowly, foot toe up, right hand push ahead at the same direction as right foot and left hand push aside, palms facing out at the height of the shoulder. Eyes look at right hand. (Figure 13.7)

Note: transfer weight gradually, so that you can balance well. Wrists are at shoulder level when hands are separated. When kicking right foot, left leg is slightly bent and kicking force should be focussed on heel. Hands coordinated with tick. Right arm is parallel with right leg.



13. Right kick

(Fig. 13.2)

(Fig. 13.2a)



(Fig. 13.3)

(Fig. 13.4)

(Fig. 13.5)



(Fig. 13.6)



(Fig. 13.7)



(Fig. 13.7a)

## 14 Strike ears

4. Draw right foot back to thigh level. (Figure 14.1) At the same time circle both hands at side of the body, above right knee. Palms turn horizontally facing up. Eyes look at ahead. (Figure 14.2)
5. Bend left knee, right foot drop ahead, hands back next to waste. (Figure 14.3)
6. Hands change to fists. Weight forwards turn to right leg, fists strike ahead circle side ways, with the same width and height as the head. Fists are about 10 cm apart. Eyes look at right fist. (Figure 14.4)

Note: hold head and neck erect. Keep back and hips relaxed. Fists loosely clenched. Shoulder and elbow relaxed.



14. Strike ears



(Fig. 14.2)



(Fig. 14.3)?



(Fig. 14.4)



(Fig. 14.4a)

## 15 Turn and left kick

1. Shift weight backwards to left leg, turning body left backwards with right heel on the floor, toes up turn inward, simultaneously release fists to palm. (Figure 15.1) Continue circle hands sideward with palms facing outward. Eyes look at left hand. (Figure 15.2)
2. Shift weight backwards to right leg. (Figure 15.3) Draw left foot next to right foot, toes on floor, at the same time hands circle sideward-inward-upward till both hands cross in front of chest with left hand in front with both hands facing inward. Eyes look at front left. (Figure 15.4)



3. Lift left leg to hip level, at the same time hands circle sideward at shoulder level, elbows slightly bent and palms facing outward. Kick left foot heel ahead with toes up. Eyes look at left hand.

Note: when doing the kick relax shoulders and hips.



15. Turn and left kick

(Fig. 15.2)

(Fig. 15.3)

(Fig. 15.4)



(Fig. 15.4a)

(Fig. 15.5)

## Section Six

### 16 Squat and stand on left leg

6. Weight on right leg, bend left leg. (Figure 16.1) Body turns rightward, left hand circle up-right sideward in front of the front right shoulder, hook the right hand. Eyes look at right hand. (Figure 16.2)
7. Body turn leftward; bend right leg, crouching down slowly as weight loading on right leg. At the same time sliding, extending, stretching left leg sideward, left hand circle down along the left inner side of left leg, turning palm outward. Eyes look at left hand. (Figure 16.3)
8. When squatting down, turn the body leftward by left heel toes up turn outward, right hand hook behind the body with the same height of the head. (Figure 16.4)
9. Shift weight gradually forward to the left foot, left palm move continuously forward and upward. Eyes look at left hand. (Figure 16.5)
10. When weight totally transferred to left leg, stand on left leg. (Figure 16.6) Lift up the right leg, foot hanging naturally, at the same time right hand change from hook to palm lift up forward and upward to eye level. Elbow bent just above right knee, finger pointing up and palm facing left, left palm next to the hip, palm facing down. Eyes look at right hand. (Figure 16.7)

Note: keep body erect, squatting down slowly according to your own ability as long as you can keep torso upright.



16. squat and stand on left leg (Fig. 16.2)

(Fig. 16.3)



(Fig. 16.4)



(Fig. 16.5)



(Fig. 16.6)



(Fig. 16.7)

## 17 Squat and stand on right leg

6. Drop right foot down in front of left foot. (Figure 17.1) Changing directions by using the left foot heel and right foot ball, turning body leftward, as body turns, hook left hand and lift up leftward to shoulder level, right hand circle to left by face to the front left shoulder with

fingers pointing up. Eyes look at left hand. (Figure 17.2)

7. Body turn right-downward; bend left leg, crouching down slowly as weight loading on left leg. At the same time sliding, extending, stretching right leg sideward, right hand circle down along the right inner side of right leg, turning palm outward. Eyes look at right hand. (Figure 17.3)
8. When squatting down, turn the body rightward, right foot toes up turn outward, left hand hook behind the body with the same height of the head. (Figure 17.4)
9. Shift weight gradually forward to the right foot, right palm move continuously forward and upward, eyes follow right hand. (Figure 17.5)
10. Gradually transfer weight totally to right leg, bring left leg forward. (Figure 17.6). Stand on right leg, lift up the left leg with foot hanging naturally. At the same time left hand change from hook to palm lift up forward and upward to eye level. Elbow bent just above left knee, finger pointing up and palm facing right, right palm next to the hip, palm facing down. Eyes look at left hand. (Figure 17.7)



17. Squat and stand on right leg (Fig. 17.2)

(Fig. 17.3)



(Fig. 17.4)

(Fig. 17.5)

(Fig. 17.6)



(Fig. 17.7)

## Section Seven

### 18 Shuttle left and right

7. Body turn slightly left as left foot step 45 degrees left ahead. Hands circle to hold a ball position in front of left chest, with left hand on top. (Figure 18.1) Right foot draw next to the inside of the left foot. (Figure 18.2)
8. Body turn slightly rightward, right foot step 45 degrees to right ahead with heel touch floor. (Figure 18.3) Transfer weight gradually to right foot, at the same time circle right hand up forward, left hand back and downward, like rolling a ball. Eyes look at right hand. (Figure 18.4)
9. Continue transfer weight forward to right foot, left hand push forward by ear, right hand push right side at head level, palms facing out. Eyes look at left hand. (Figure 18.5)
10. Sit back on left foot, change direction by using right foot heel, toes turn outward. (Figure 18.6) Transfer weight right foot.. Draw left foot at side of right foot, at the same time hands hold to a hold ball position in front of right chest, with right hand on top. (Figure 18.7)
11. Body turns slightly to left, left foot step ahead with heel touch the floor. (Figure 18.8) As weight gradually transfer to left, left hand circle up forward, right hand circle back and downward till in front of right hip. Eyes look at left hand. (Figure 18.9)
12. Continue transfer weight to right foot, right hand continue pushing forward by ear, left hand push left sideward at head level, palms facing out. Eyes look at right hand. (Figure 18.10)



18. Shuttle left and right

(Fig. 18.2)

(Fig. 18.3)



(Fig. 18.4)

(Fig. 18.5)

(Fig. 18.6)



(Fig. 18.7)

(Fig. 18.8)

(Fig. 18.9)



(Fig. 18.10)

## 19 Needle in the sea

5. Transfer weight on left leg, body turn slightly to left. Draw right foot half a step forward. (Figure 19.1)
6. Shift weight to right leg, lift up left foot and drop with toes on floor. (Figure 19.2)
7. At the same time, with body turning slightly to the right and then left, circle right hand anti clockwise down back up by right ear, (Figure 19.3) in front of right chest (Figure 19.4) and continue circle forward and downward to knee level, circle left hand clockwise up right and down ward till in front of the left hip. (Figure 19.5) Right hand palm facing left and fingers pointing obliquely upward. Left hand palm facing down. Eyes look at floor ahead. (Figure 19.6)

Note: Do not bend body too much forward, bend knees, relax shoulders and hips.



19. Needle in the sea



(Fig. 19.2)



(Fig. 19.3)



(Fig. 19.4)



(Fig. 19.5)



(Fig. 19.6)



## 20 Flash arms

5. Turn body slightly to the right . Lift up left foot and step left foot 25 degree forward with heel touch the floor. (Figure 20.1, Figure 20.2)
6. As transfer weight 80 percent to the left leg, body turn slightly left and forward. Eyes look at left hand. At the same time left hand circle anti clockwise and push forward, right hand circle sideways at right temple's level, as right hand push side ward with palm turning outward. (Figure 20.3) Eyes look at left hand.

Note: Keep torso erect, back and hips relaxed. Do not straighten arms when push.



20. Flash arms

(Fig. 20.2)

(Fig. 20.3)

## Section Eight

### 21 Turn, parry and punch

6. Sit back shift weight onto right leg. Body turns right and back wards, left foot toes turn inward. (Figure 21.1)
7. Shift weight on left leg, sit on left, circle right hand rightward-downward past abdomen to the side of left waste and change hands into fist, left hand circle by head to the left chest. (Figure 21.2, Figure 21.2a)
8. Draw right foot back, (Figure 21.3, Figure 21.3a) and step 45 degree right forward. (Figure 21.3b) Body turns to right accordingly, punch right fist by circle up-forward and downward for a backhand punch, while left hand continue circle down to the side of left hip with palm turned down. Eyes look at right fist. (Figure 21.4, Figure 21.4a)
9. Sit back to left leg. (Figure. 21.5) Right foot toes turn outward. (Figure. 21.6) Transfer weight to right foot. (Figure. 21.7) Left foot step ahead. (Figure. 21.8) Left palm parry in front of the body at chest height, right fist circle back to the side of right hip. Eyes look at left hand. (Figure. 21.9)
10. As transfer weight forward 80 percent to left leg, right fist punch forward at chest level, under left palm. Eyes look at right fist. (Figure. 21.10)

Note: Clench right fist loosely. When punch, keep body straight, using back force.



(Fig. 21.1)



(Fig. 21.2)



(Fig. 21.2a)



(Fig. 21.3)



(Fig. 21.3a)



(Fig. 21.3b)



(Fig. 21.4)



(Fig. 21.4a)



(Fig. 21.5)



(Fig. 21.5a)



(Fig. 21.6)



(Fig. 21.7)



(Fig. 21.8)



(Fig. 21.9)



(Fig. 21.10)

4. Left hand circle forward under right wrist. (Figure 22.1) Release right fist, palms turn facing up, right hand above. (Figure 22.2)
5. Weight transfer backward to right leg. (Figure 22.3) Left foot toe up, separate hands and pull them back slowly. Eyes look ahead. (Figure 22.4)
6. Turn palms facing down in front of chest, hands push downward and forward at shoulder width and shoulder level, transfer weight gradually forward to left leg. Eyes look ahead. (Figure 22.5)

Note: do not bend body, and straighten arms when pushing hands forward, relax shoulders.



22. Close up in defense

(Fig. 22.2)

(Fig. 22.3)



(Fig. 22.4)

(Fig. 22.5)

## 23 Cross hands

3. Sit back and bend right knee, transfer weight to right leg, body turn rightward, left foot toes turn inward, as body turns, circle both arms outward to shoulder level. (Figure 23.1) At the same time, turn right foot toes slightly outward and shift weight onto right leg. Eyes look at right hand. (Figure 23.2)
4. Shift weight slowly to left leg, body turns leftward with right foot toes burn inward. (Figure 23.3) Draw right foot towards left foot to shoulder width with foot parallel to each other, weight evenly loan on both legs. At the same time circle both hands inward to a cross with left hand on the top in front of chest. Palms facing inward. Eyes look at ahead. (Figure 23.4)

Note: Do not lean forward when separating hands. Relax shoulders and keep arms rounded when circling. Keep body erect.



23. Cross hands

(Fig. 23.2)

(Fig. 23.3)

(Fig. 23.4)

## 24 Finishing form

3. Palms turn up forward and downward. (Figure 24.1) Hands dropping down slowly. Eyes look straight ahead. (Figure 24.2)
4. Bring left foot next to right foot. (Figure 24.3)

Note: Keep whole body relaxed and breathe deeply, as hands dropping down, breath out slowly.



24. Finishing form (Fig. 24.2) (Fig. 24.3)