

## Section Two Energy Collection Exercise

### 1. The method of increasing energy

**1** Place both feet shoulder-width apart, toes turned outwards slightly. Bend your knees and keep your hips relaxed, sitting down a little from your hips. Keep your body upright and your head erect naturally. Keep your chest and chin in and lower your waist. Relax all parts of your body, with your arms by your side, in a natural stance. Your palms should be open with your fingers straight and relaxed without tension, facing your thighs. Close both eyes lightly and look inside as if you can see your Dantian. Your teeth and lips should be touching each other gently, and your tongue should be gently touching your upper palette. Breathe naturally. (Fig 3-4)

**2** Carry on from the previous position. Rotate both palms outwards and raise both arms up to ear level, with elbows bending slightly. Breath in during this movement. (Fig 3-5)

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**3** Raise your arms above your head, with the elbows bent and your palms facing the top of your head (the arm movement should be in a circular motion from the starting position). Keep breathing in until the end of the movement. (Fig 3-6)

**4** Sink your body down slightly. Following the sinking of your body, your palms should press down to the Dantian. (Fig 3-7) As you press down, your arms and shoulders should be relaxed. Keep your palms in front of your Dantian for a few seconds and then separate them to your side, as in the starting position. Breathe out during this movement, and imagine the Qi sinking down to the bottom of your feet (Yongquan). (Fig 3-8)

**5** As you return your arms to the starting position, repeat the whole movement from the beginning, as many times as you like (preferably more than 8). This exercise will enable you to initiate your energy circulation and achieve a stronger Qi feeling.



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**Key to the movement:**

While you practice you should keep your breathing deep, long, smooth and gentle. It may not be easy for beginners to do so, but try to concentrate on your breathing as much as possible following the movement in and out. While you breathe in, imagine that both your arms, as they open, are collecting the energy from space and earth to your Baihui (central point on the top of your head). As you breathe out, imagine the energy flowing down from your Baihui to your Dantian. Keep it there for a few seconds (while your palms are in front of your Dantian). From your Dantian the energy flows down to Huiyin (perineum) and from there it splits and is delivered through both the inside of your legs, down to Yong Quan (central point at the sole of your feet). By this way you can maintain a very good energy level and get rid of the negative energy in your body and fortify yourself against disease and sickness.

**2. The method of grasping the energy**

**1** Stand upright with feet together and toes turned outward slightly. Bend your knees and keep your hips relaxed, sitting down a little from your hips. Keep your body upright and your head erect naturally. Keep your chest and chin in and lower your waist. Relax all parts of your body, with your arms by your side, in a natural stance. Breathe naturally and look forward. (Fig 3-9)

3-9



3-10



**2** Raise the left foot, breathing in. Step diagonally forward with your left foot, breathing out as you go, to form a Bow stance shifting your weight onto the front (left) leg, whilst bending your right knee. Lift both arms forward and up in a circle. Eyes look forward. (Fig 3-10)

**3** Change both palms into fists and at the same time shift your weight backwards in a circle. Imagine as if you are grabbing the energy pulling it down and backwards. Look forward and breathe in. (Fig 3-11, 3-12)

3-11



**4** Change both fists into palms and push forward in an upward circle. Breathe out. (Fig 3-13) Repeat this exercise from step 3 (Fig 3-11) 8 times.

**Key to the movement:**

You can repeat this movement on the right side as well, with the right foot stepping forward diagonally instead of the left. The rest of the movement is the same as above. The most important aspect of this movement is to shift your weight between your legs smoothly in a natural circular motion. Also let your Dantian connect with your Mingmen (the center of your lower back) so that they work together, as a unit.

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### 3. Rotate the energy in the Dantian

**1** Place both feet shoulder width apart, with toes turned outward slightly. Bend your knees and keep your hips relaxed, sitting down from your hips a little. Keep your body upright and your head naturally erect. Keep your chest and chin in and lower your waist. Relax every part of your body, with your left palm gently touching your navel, and your right palm covering the left one. Gently close both eyes and look inside as if you can see your Dantian. Your teeth and lips should be gently touching each other, and your tongue should be gently touching your upper palette. Breathe naturally. (Fig 3-14)

**2** Men start rotating your palms clockwise, women anticlockwise around navel in a circle. Begin with small circles and gradually enlarge them, expanding the circles around your chest and your lower abdomen. Complete a total of 36 circles. then, change the position of both palms, with the left covering the right, and start rotating them counter clockwise in the same circling motion for 24 times. Start with big circles around your chest and lower abdomen, and finish with small ones around your navel. (Fig 3-15, 3-16)

3-14



3-15



While you rotate your hands, your weight should follow the movement of the hands accordingly. You should also include your body in the movement by turning it to both sides in opposition to the weight movement (for example, if you shift your weight on your right leg, your body should turn to left slightly).

3-16



**Attention:** For women the position of the palms and the rotating direction should be opposite to what is described above. Begin with the right palm on top of your navel, and the left palm covering the right. Start rotating counter clockwise for 36 times. Then change the position of the palms (the left one covering the right one) and rotate clockwise for 24 times.

### 4. Taiji Hunyuan Stance

**1** Place both feet shoulder-width apart, with toes turned outwards slightly. Bend knees and keep hips relaxed, sitting down a little from hips. Keep body upright and head naturally erect. Keep chest

3-17



3-17a





and chin in and lower waist. Relax every part of your body, with arms held in a circle in front of chest and palms facing your body. Keep fingers relaxed and naturally straight. Bend elbows and drop them down slightly. Keep the head erect and the body naturally upright. Lightly focus the mind on a feeling of rising up through the top of the head (the crown, Baihui). Close both eyes slightly and look inside as if you can see your Dantian. Your teeth and lips should be gently touching each other, and your tongue should be gently touching your upper palette.

Both thighs should form a kind of 'rounded bridge' position. Both feet should be placed firmly on the floor with the outer edge of the sole and the heel feeling as if they were grabbing it. Keep the centre of the feet (Yongquan) lifted lightly and place your body weight exactly onto the centre of your feet. (Fig 3-17, 3-17a)

**Key to the movement:**

Concentrate your mind and focus on the exercise. Relax your whole body and let your internal energy flow inside your body naturally. The breathing requirements should be the same as in Chapter 3, Section One, part 3: The key points of exercising.

**5. Completing exercise**

Same as Chapter 3, Section One, part 4: Completing exercise on page 62

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## Chapter Four

### Illustration of The 18 Forms of Chen Style Tai Chi

#### Section One

#### Names of the Movements

- Form 1 Preparing Form
- Form 2 Buddha's Warrior Attendant Pounds Mortar
- Form 3 Lazy About Tying the Coat
- Form 4 Six Sealing and Four Closing
- Form 5 Single Whip
- Form 6 White Crane Spreads Its Wings
- Form 7 Walk Diagonally
- Form 8 Brush Knee
- Form 9 Stepping to Both Sides (Three Steps Forward)
- Form 10 Cover hands and Strike with Fist
- Form 11 High Pat on the Horse
- Form 12 Kick with the Left Heel
- Form 13 Jade Girl Works at Shuttles
- Form 14 Wave Hands
- Form 15 Turn Body with Double Lotus Kick
- Form 16 Cannon Fist Over Head
- Form 17 Buddha's Warrior Attendant Pounds Mortar
- Form 18 Finishing Form

## Section Two

### Illustrated Instruction of the Movements

#### Form 1 – Preparing Form

**1** Stand naturally upright with the feet together. Let both arms hang by the sides of the body, with the palms facing inward beside the thighs. Keep the head erect. Close the mouth lightly with the tongue gently touching the upper palate. Look straight ahead. (Figure 4-1)

4-1



4-2



4-3



**2** Bend both knees and relax the hips whilst sinking the body. Lift the left foot up and step out to the left, just a little wider than shoulder-width. Place the toe down first and then the whole foot. In this position both feet should be turned slightly outward and in firm contact with the ground. The arch of the foot (Yong Quan point) should be lifted lightly and free from the floor with the weight centered evenly through the feet. The body is relaxed, the chest slightly sunk, the shoulders relaxed, the weight rooted and the elbows dropped. Keep the head erect and the body naturally upright. Lightly focus the mind on a feeling of rising up through the top of the head (the crown). The eyes look straight ahead. (Figure 4-2)

#### Key requirements to the movement:

When stepping out to the left, the weight must first be transferred onto the right leg, then the left foot can be lifted in a controlled manner. As you move out to the left the toes contact the ground first, and then gradually through the foot to the heel. Transfer your weight across slowly.

The entire body relaxes and the internal energy (Qi) flows down to the Dantian (lower abdomen) then through the legs down to the Yong Quan point on the sole of the foot. While bending the knees and relaxing the hips, breathe out deeply as the body is sinking down. Mentally relax and calm down whilst retaining a concentrated spirit and consciousness. Think of nothing and try to achieve a state of Wuji, which is the state where there is no yin and yang division. This is the state that exists before Taiji. Taiji comes from Wuji.

**3** Raise both arms up slowly to shoulder level, with both palms facing down. Keep the shoulders relaxed and the elbows slightly bent. The knees and hips are relaxed and as the arms rise up, the body sinks down slightly. Both feet remain firmly on the floor. The eyes look straight ahead. (Figure 4-3)

#### Key requirements to the movement:

As the arms rise up and the body sinks down, the muscles of the chest, back, waist, ribs and abdomen must be relaxed. Do not let the shoulders rise up with the arms. Breathe in through the nose and do not hold the breath.

**4** As the body relaxes, it sinks down slowly from the hips and the knees bend slightly as well. The shoulders and the elbows relax, the arms draw in slightly towards the body with the elbows bent slightly and both hands press downward until they are in front of the lower abdomen with the palms facing downwards. (Figure 4-4)

#### Key requirements to the movement:

Whilst pressing down do not use tension, keep the movement relaxed. The body sinks down through use of the hips, knees and ankles so that the body remains upright. Do not lean from the waist! This position should look as if you are sitting on a chair. Exhale as you lower your hands and the body sinks. (Breathe out through the nose)

4-4



## Form 2 Buddha's Warrior Attendant Pounds Mortar

**1** Turn the upper body to the left slightly and shift the weight on to the right leg. Turn both palms in a clockwise direction and raise the arms so that the left hand has the palm facing outward and is located above the left knee at eye level. The right hand palm, facing up, is in front of the chest on the centre line of the body. Eyes look forward and left. (Figure 4-5)

### Key requirements to the movement:

Whilst turning the body and moving both palms up, relax and sink the hips. Co-ordinate the hips and the waist to utilize their combined strength and let this strength extend to both palms. Breathe in during this movement.

**2** Move the body weight onto the left leg and relax the left hip, turn the hands in an anti-clockwise direction so that the left palm changes to face diagonally upwards and the right palm changes to face outwards. Turn the body 90 degrees to the right, lifting the toes of the right foot. At the same time the hands follow the body movement towards the right. Eyes look forward. Breathe out during this movement. (Figure 4-6)

**3** Sink and shift the weight onto the right leg and lift the left foot up with the knee bent. Bend the right knee and relax the hip, the upper body sinks down and turns to the right, both palms keep pushing upward and outward; eyes look left forward. (Figure 4-7)

### Key requirements to the movement:

Sinking the upper body must be co-ordinated with lifting the left foot. Don't bend the waist and protrude the buttocks. Breathe in during this movement.



**4** Move the left foot out forward-left with the heel sliding along the floor, the toes lifted up and turned inward; Keep the weight on the right leg with both palms pushing to the rear-right, in an upward and outward direction. Transfer the weight from the right leg onto the left leg. The whole left foot is placed on the floor with the toes turned outward slightly. (Figure 4-8) Eyes look to the left and forward.

### Key requirements to the movement:

Keep the torso upright whilst the left foot slides diagonally forward, both palms push diagonally toward the back right. This forms a cross co-ordinated line of strength. Breathe out during this movement.

**5** Whilst transferring the weight, turn the upper body to the left about 45 degrees, both palms move down and forward in an arc with both arms rotating clockwise. The left palm moves to the front of the left side of the chest, with the elbow bent and the palm facing downward. The right palm moves down in front of the right leg above the knee, with the palm facing outward and fingers pointing behind. Eyes look forward. (Figure 4-9)



**Key requirements to the movement:**

Turning of the body, shifting the weight and moving the palms should be co-ordinated. Keep the pelvis down and move the hips forward. The left arm maintains a circular structure and keeps the 'Peng' (outward push) strength throughout. Keep the right elbow about 8 to 10 centimeters away from the body. The left knee should align vertically above the left ankle. Do not let the knee protrude forward. The right knee is bent and the hips are relaxed. Maintain an arched structure to the legs throughout the movement. Breathe in at the beginning and out at the end of this movement.

**6** Keeping the body weight on the left leg, step (move) the right leg forward placing the toes on the ground to create an 'empty stance' (no weight on the right leg). At the same time the right hand follows the right leg in a forward rising arc with the palm facing upward in front of the right side of the chest. The fingers of the left hand lightly touch the right forearm. Eyes look forward. (Figure 4-10)

**Key requirements to the movement:**

The right foot steps forward with the knees bent and the hips relaxed with light, flexible and natural footwork. The movement of the arms co-ordinates with the rise and fall of the body. Breathe in during this movement.

**7** The left palm turns upwards and sinks down to the front of the lower abdomen. At the same time the right hand forms a fist. Lower the back of the fist into the opened left palm. Eyes look forward. (Figure 4-11)

4-10



4-11



**Key requirements to the movement:**

Keep both hands and the abdomen about 8 to 10 cm. apart, both arms hold a feeling of rounded outward 'Peng' strength. The waist sinks down as the fist lowers into the left palm. Breathe out during this movement.

**8** Raise the right fist up to shoulder level in front of the body and at the same time, lift the right knee whilst maintaining relaxed hips and a bent left knee. The right toes point naturally downward and the lower leg is turned slightly inward to a position close to the left knee. Eyes look forward. (Figure 4-12)

**Key requirements to the movement:**

As the right hand and foot rise up, the left side sinks down. (One side of the body is in yin, the other is in yang.) Do not rise up on the supporting leg as the right knee lifts. The internal energy flows down along the body. As the fist rises, the shoulders stay relaxed and the right elbow is dropped down. Breathe in during this movement.

4-13



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**9** Stamp the right foot on the floor about shoulder-width apart from left foot and place it firmly on the floor. At the same time the back of the right fist strikes downward onto the center of the left palm, both arms are bent and maintain a feeling of rounded outward 'Peng' strength. Eyes look forward. (Figure 4-13)

**Key requirements to the movement:**

Stamping the foot and pounding the right fist is a co-ordinated power releasing movement. Keep the knees bent and hips relaxed. The internal energy flows down to the Dantian. Breathe out during this movement.

### Form 3 Lazy About Tying Coat

**1** Turn the body slightly to the left and transfer the weight to the right leg. Change the right fist into a palm that moves to the left a little, then upward and right in a circle to the front right side of the head. Throughout this movement the right arm rotates counter clockwise and the left palm rotates clockwise to press down to the side of the left hip. Eyes look forward left. (Figure 4-14)

**Key requirements to the movement:**

In order to use the body to lead the arm movement, the waist should be sunk and should turn before the right palm pushes up in a circle. The right palm movement should be co-ordinated with the movement of the left palm pressing down to generate an 'opening strength'. Breathe in slowly.

**2** The right arm rotates clockwise and the palm moves a little to the right, then presses down in a circle across the front of the body. Finally bring the right arm in front of the left chest with the palm facing upward. The left palm pushes to the left then rotates up counter clockwise in a circle and crosses with the right arm in front of the chest. The left arm stays on top of the inner right forearm with left palm facing outward. Transfer the weight on to the left leg and lift the right foot up to take a large step out to the right. When the foot moves, keep the inside of the right heel sliding on the floor with the toes lifted and turned inward. Eyes look right. (Figure 4-15)



**Key requirements to the movement:**

The step out should be co-ordinated with the crossing of both arms in front of the chest and the arm and foot movements should occur simultaneously and finish at the same time. The step out should be very light, natural and sensitive. Breathe out during this movement.

**3** Turn the upper body to the left and transfer the weight to the right. The right palm rotates clockwise then moves to the left a little and pushes upward. Eyes look right forward. (Figure 4-16)

4-16



4-17



**Key requirements to the movement:**

When transferring the weight, the hips move in an arc to the rear. Maintain the 'outward push strength' through the left elbow and right arm keeping space between the arms and the body - the armpits should be free and in a rounded shape. Breathe in during this movement.

**4** Turn the upper body to the right and rotate the right arm counter clockwise. The right palm pushes up and forward to the right in an arc to cross the front of the body until it is above the right knee with the fingers at eye level. The left palm rotates back slightly at the end of the movement and the body sinks down and turns back to the front. Keep the shoulders relaxed and the elbows lowered. The left arm rotates counter clockwise and moves down in a circle across the abdomen until it



reaches the left side of the waist; then rotating clockwise put the left palm on the left side of your waist, with the thumb at the back and fingers at the front. The weight is on the right leg. Eyes follow the right hand during the movement then look forward at the end of movement. (Figure 4-17)

**Key requirements to the movement:**

When pushing the right palm, use the waist to lead the shoulder and shoulder to lead the elbow. Relax the shoulder, drop down the elbow and the wrist, to allow the strength to go through to the tips of fingers. The internal energy should be flowing throughout the waist, shoulders, arms and ultimately to the fingertips. In the final position, the hips and waist are relaxed, the groin open, the shoulders sunk down and the elbows low. More percentage of the weight is on the right side and less weight on the left side with the right knee over the right heel (do not over bend the knee). The left leg extends with the knee bent slightly and left toes turned inward. The torso is naturally upright free and comfortable. Breathe out during this movement.

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**Form 4 Six Sealing and Four Closing**

**1** Turn your body to the right and transfer the weight slightly to that side. Move your left hand up in a circle until it is close to the right hand whilst at the same time the right arm follows the body to the right slightly and starts to press down a little. Eyes look at the tip of right middle figures. (Figure 4-18)

**Key requirement to the movement:**

When the left hand moves toward the right hand it should co-ordinate with the turning of the body and the weight transferring to the right. Both wrists sink and the fingers point up. Breathe in during this movement.

4-18



**2** Turn the upper body to the left and transfer the weight on the left leg. Rollback both of the arms in an arc down and left rotating them clockwise until they reach waist level. Eyes look forward right. (Figure 4-19)

4-19



**Key requirements to the movement:**

As both arms rollback, sink the weight and use 'lu' and 'peng' energy (rollback and ward off). Breathe out during this movement.

**3** Continue turning the body to the left rotating both arms clockwise. Both arms continue their arc left and up. Start to transfer the weight to the right slightly whilst the eyes look forward and left. (Figure 4-20)

**Key requirements to the movement:**

As both arms rollback, keep some weight in the right leg maintaining warding off strength throughout. Breathe in during this movement.

**4** Without stopping from the previous movement, continue to transfer the weight to the right leg, and bring both palms up to the front of the left shoulder. Both palms face diagonally down and out. Turn the body to right slightly with the eyes look forward and right. (Figure 4-21)

4-20



4-21



**Key requirements to the movement:**

When changing the hands from 'rollback strength' to 'palm pressing down strength', the movements of rollback are at the lower level while press down occurs at the higher level. These are led by a shift of the hips to the left followed by a turn of the waist to the right. The shoulders relax and the elbows sink down. Rotate the arms and wrists to turn the palms. Maintain 'warding off' strength without becoming stiff or too loose. Move and turn the body naturally, freely and smoothly. The in breath continues during this movement.

**5** Keep the weight right and turn the body to the right whilst sinking down slightly. Combine the strength of both arms and press down both palms to the front right over the knee in a rounded action. Move the left foot into the inside of the right foot with a distance of approx. 20 centimeters with the left ball of the foot on the floor. Eyes look forward, slightly down and right. (figure 4-22)

**Key requirements to the movement:**

As both palms press down, relax the hips and sink the weight. Relax the shoulders and drop the elbows to utilize their combined strength. The push co-ordinates with the body sinking. Breathe out during this movement.

**Form 5 Single Whip**

**1** Turn the body to the right slightly and rotate the left arm toward the centerline of the body with the palm facing up and the fingers extending slightly forward. Rotate the right arm clockwise and pull the right palm backward slightly with the palm facing upward. Keeping the weight on the right leg. The left knee turns inward slightly using the toes on the floor as a pivot. Eyes look at both palms. (Figure 4-23)

**Key requirements to the movement:**

Rotate both arms smoothly and freely, as opposed to just pulling back and pushing forward without rotation. Breathe in during this movement.

**2** Turn the body to the left and keep the weight on the right leg. Turn the left leg out using the toes on the floor as a pivot. Close the fingertips of the right hand into a hook hand and extend it to the upper right until it is at shoulder level, with the fingertips pointing down. Draw the left hand to the front of the lower abdomen with the palm facing upwards. Maintain warding off strength on the left elbow. Eyes look at the right hand. (Figure 4-24)

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4-23



4-24



**Key requirements to the movement:**

As the body turns to the left, change the right palm to a hook, keep the weight sinking down, the shoulders relaxed and the elbows dropped down. Use the waist as an axis to initiate movements in the arms and hands. This movement is an opening posture with an out breath.

**3** Turn the body to the right and transfer all the weight to the right leg, lift the left foot up with the left knee bent and turned in. Maintain the strength in the right wrist and keep the left palm steady, shoulders relaxed and elbows sunk down. Eyes look forward left. (Figure 4-25)

**Key requirements to the movement:**

The upper body should co-ordinate with the lower body. Keep the body upright and do not lean from the waist or protrude the buttocks. This movement is a closing posture with an in breath.

4-25



**4** Stand on the right leg and move the left foot out to the left side with the inside of the sole sliding on the floor lightly. As the left foot slides out, the left toe points up and in. The right wrist maintains the upward strength and the left hand sinks down to form a counterbalance. Eyes look forward to the left. (Figure 4-26)

**Key requirements to the movement:**

Keep the body upright and never lose the warding off strength. This movement is an opening posture with an out breath.

**5** Turn the body to the right slightly and transfer the weight to the left leg to form a left bow step, thrust the left palm up to the right chest and rotate the arm inward. Eyes look forward to glance at the left palm. (Figure 4-27)

**Key requirements to the movement:**

When transferring the weight to the left, sink and move the hips in a rear arc whilst turning the body at the same time. The left knee should not be bent beyond the left toe. The shoulder and elbow should not be raised up when rotating the left arm. Breathe in during this movement.

4-26



4-27



**6** As the body turns left, slightly rotate the left arm clockwise and push the left palm forward and then to the left side of the body in a forward circle. As the left palm reaches the left side of the body sink the elbow with the arm aligned over the leg. The body weight sinks down at the same time. Eyes follow the left palm to the side of body then return to look forward. (Figure 4-28)

**Key requirements to the movement:**

Keep left toes outward and right toes inward, relax the hips and bend the knees. The body remains upright and the top of the head is held up at attention lightly. Relax the shoulders and sink the elbows. Upper and lower limbs co-ordinate to give the posture its strength. This movement combines an external body opening posture with an internal body closing posture with an out breath.

4-28



4-29



**Form 6 White Crane Spreads Its Wings**

**1** Transfer the weight to the right leg and turn body to the left and turn the left toes out, change the right hook-hand into a palm and rotate the arm clockwise. Bring the left arm to the centre until both arms cross in front of the chest. Keep the left palm facing to the right with the fingers up and the right palm facing up with the fingers pointing forward. Eyes look forward and right. (Figure 4-29)

**2** Turn the body to the left further and transfer the weight on to the left leg. Step the right foot forward diagonally. Rotate the right arm to chest centre and apply warding off strength. (Figure 4-30)

**3** Turn the body to the right and transfer the weight to the right leg. From having both arms crossed and centered in front of the chest press the left palm down to hip level just above the left knee with the palm facing down. Simultaneously push the right palm up to the forward-right of the head with the palm facing out. Both of the arms form a circular structure. Draw the left foot to the forward-left of the right foot with the toes touching the floor. Eyes look forward. (Figure 4-31)

**Key requirements to the movement:**

Keep the stepping light and the left foot in an 'empty stance' with no weight on it. Keep the head erect, shoulders relaxed and body upright. Breathe in at the start and breathe out at the end.

4-30



4-31



### Form 7 Walk Diagonally

**1** Keep the feet stationery and turn the body to the left. The left palm moves back and rotates clockwise whilst the right palm circles left and rotates clockwise. Keep the shoulders relaxed and the elbows down. Eyes look forward left. (Figure 4-32)

4-32



4-33



**Key requirements to the movement:**

The waving and rotating of the arms should be led by the body with a quality similar to wind lightly swaying the branches of a tree. Breathe in during this movement.

**2** Put the left heel down on the floor and transfer the weight to the left foot whilst turning both the body and the right toes to the right. The left knee is bent and turned in slightly. As the body turns right the left hand circles to the centerline of the body in line with the nose with the palm facing right and the fingers up. At the same time rotate the right palm counter clockwise and press down to the right side of the thigh in a circle with palm facing down. Eyes look forward left. (Figure 4-33)

**Key requirements to the movement:**

Use the waist as a central axis and keep the head erect and the crown lifted. Breathe out during this movement.

**3** Transfer the weight to the right leg and raise the left foot with a bent knee. Push both palms to the upward-right with warding off strength. Eyes look forward left. (Figure 4-34)

**Key requirements to the movement:**

As both palms push up, sink the body down slightly and root all the weight in the right leg, with relaxed hips and bent knees. The upper body should be co-ordinated with the lower body. Breathe in during this movement.

**4** The body sinks further and the left foot takes a large step diagonally forward, sliding the inside heel along the floor with the toes up. Hold both arms up with 'warding off strength' throughout. Eyes look forward left. (Figure 4-35)

**Key requirements to the movement:**

As the left foot steps ( diagonally forward), push both arms up with warding-off strength and sink the waist. The upper body should co-ordinate with the lower body. Breathe out during this movement.

4-34



4-36



**5** As the body turns to the left, transfer the weight on to the left leg and rotate the left arm clockwise. Press the left palm down in a circle (just) below the left knee whilst rotating the arm in a clockwise movement. Push the right palm out and back whilst rotating the arm clockwise and then bring the hand back to be level with the ear rotating the arm counter clockwise with the palm facing into the face. Eyes look forward left. (Figure 4-36)

**6** Continue to turn the body to the left and keep the weight on the left leg. Close the left hand to form a Gou-shou - hook, then raise the Gou-shou (five fingers close together to form a hook) to shoulder level in an arc. The right palm pushes to the front of the chest. Eyes look forward. (Figure 4-37)

**Key requirements to the movement:**

Use the wrist to lead the movement when lifting the left Gou-shou.

4-37



4-38



**7** Turn the body to the right and push the right palm forward, and then to the right in an arc. Keep the shoulders and hips relaxed, with the chest in, knees bent, and waist and elbows sunk down. Eyes look forward. (Figure 4-38)

**Key requirements to the movement:**

The posture requires an upright, loose and open body with the legs forming an arch shape. The head is erect and the strength is held with mental awareness. Both the arms and feet should be located in a diagonal direction. This is called the Centralized Body Posture. Breathe out during this movement.

**Form 8 Brush Knee**

**1** The body sinks down with relaxed hips and bent knees whilst the left Goushou reverts to a palm. Push both arms down in a circular motion to bring them close together with the left arm rotating counter clockwise and the right arm clockwise. Both arms are located above the left knee with the right palm to the inside of the left forearm. The weight remains on the left leg and the eyes look forward and down. (Figure 4-39)

**Key requirements to the movement:**

Prior to pushing both arms down, both hands are lifted up in outward circles. As the body sinks down both arms push down in a closing movement as if pushing against water with co-ordinated strength. Breathe in on the rise and out on the sinking phase.

**2** Bring both palms up in front of the chest to the centerline with the left palm to the fore and the right palm behind. At the same time transfer the weight to the right leg and withdraw the left foot to the front left of the right foot with the toes touching the floor. Bend both knees and relax the hips. Eyes look directly forward. (Figure 4-40)

**Key requirements to the movement:**

Transfer the weight to the right leg in a downward circle and draw in the left foot naturally. Breathe in during this movement.

4-39



4-40



**Form 9**

**Stepping to Both Sides (Three Steps Forward)**

**1** Carry on from the previous movement and turn the body slightly to the right, lift the left foot up with the knee bent. At the same time rotate both arms counter clockwise pulling them down to the right side of the body. Keep all the weight on the right leg with the eyes looking ahead. (Figure 4-41)



**Key requirements to the movement:** Maintain the ward-off strength whilst pulling down both palms. Form a combined strength between the foot lifting and palms pulling down. Keep the balance stable when standing on the right leg. Breathe out during this movement.

**2** Turn the body to the left slightly and the left foot steps out forward with the heel on the floor keeping the toes up. Keep the weight on the right leg and rotate both arms clockwise pushing both palms up and forward. Eyes look forward. (Figure 4-42)



**Key requirements to the movement:** Step out naturally. Co-ordinating the body movement together with pulling both palms down and pushing up. Breathe in while rotating both arms and breathe out as the left foot steps out with the body sinking down.

**3** Turn the body to the left more and transfer the weight on to the left leg. Rotate the left arm clockwise further and press it down to the left side of the body. Rotate the right arm counter clockwise and push forward. Lift the right foot up with the knee bent. Eyes look forward. (Figure 4-43).

**Key requirements to the movement:** Keep the foot movements stable and rooted. Step out lightly, flexibly and naturally. For this movement breathe in at the beginning and breathe out at the end.

**4** The right foot steps forward and out with the heel landing on the floor first with toes lifted up. Keep the weight on the left leg and turn the body to the left with the left palm pressing down at the same time as pushing the right palm forward. Then transfer the weight forward onto the right leg with the whole of the foot on the floor. (Figure 4-44).

**Key requirements to the movement:** Stepping should be very light and natural, walk like a cat. The arms should co-ordinate with the stepping so that the same hand and foot move forwards together.

**5** Turn the right toe out then transfer the weight onto the right leg. Lift the left foot up and step out diagonally forwards. Turn the body to the right about 90 degrees whilst the left foot steps out and the right arm rotates counter clockwise with the palm sunk down slightly. Rotate the left arm counter clockwise pushing it backwards, then rotate the left arm clockwise and bring the left palm up to the side of the left ear in an arc,



finally the left palm crosses over the right forearm at the front of the chest with the weight on the right leg. Eyes look forward. (Figure 4-45)

**Key requirements to the movement:**

The body should not rise up whilst stepping out the foot and transferring the weight. Keep the ward off strength in full as both palms cross. Keep the body upright. Breathe in at the beginning and breathe out at the end.

**Form 10 Cover hands and Strike with Fist**

**1** Carry on from the previous movement and turn the body to right slightly with the weight transferring to the left. Both hands press down and separate to the left and right with the left arm rotating clockwise and the right arm rotating counter clockwise. Eyes look forward. (Figure 4-46)



**Key requirements to the movement:**

Whilst separating both hands, the body leads the hands. Sinking down is balanced with a flexible circling movement. Breathe in during this movement.

**2** Transfer the weight to the right leg with the body turning to the left slightly. Rotate the right arm clockwise and change the right palm to a fist then bring it close to the right waist with the fist facing up. Rotate the left arm counter clockwise and bring the left palm up in front of the chest with the palms facing and the eyes looking forward. (Figure 4-47)

**Key requirements to the movement:**

Whilst holding the fist to form a 'closing strength', keep your posture upright but sink the body down. Relax the hips and bend the knees slightly. Concentrating the strength on the right leg, prepare the energy to be released. Breathe in during this movement.

**3** Transfer the weight on to the left leg by pushing the right foot against the floor with strength and turning the body to the left instantly with the left hip relaxed. At the same time punch the right fist forward with a counter clockwise spiral motion and strike the left elbow backwards simultaneously. The left palm is placed on the left ribs. Eyes look forward over the right fist. (Figure 4-48)

**Key requirements to the movement:**

Rotating the waist turn the hips whilst the energy is releasing. Punch the right fist forwards instantly with the left elbow striking backward to form a united counter-balanced strength.



**Form 11 High Pat on the Horse**

**1** Carry on from the previous movement. Keep your weight at the same position, with the body turning right. Change the fist into a palm and pull it back to the side of the right hip in an arc with the right arm rotating counter clockwise slightly and the palm facing down. At the same time push the left palm forward in front of the body with fingers pointing up and the palm facing forward. Eyes look forward. (Figure 4-49)



**Key requirements to the movement:**

Separating of the hands is lead by turning the waist and crotch. The body remains upright and both arms keep hold of the ward off strength, as if the strength fully expands in all directions. During this movement breathe in at the beginning and breathe out at the end.

**2** Turn the body to the left with the weight transferring to the right. At the same time turn the right toes in and bring the right palm up in an arc to the right side of the body at the level of the right shoulder with the arm rotating clockwise and the palm facing up. Then bring the right palm to the front of the right shoulder with the arm rotating counter clockwise and the palm facing forward. Whilst moving the right arm, bring the left palm slightly in, with the arm rotating counter clockwise and the palm facing up. The eyes follow the right palm to the end then look over the left palm. (Figure 4-50)



4-50



4-51a

**Key requirements to the movement:**

Stretch out the chest and relax the hips, whilst bringing the right palm downwards rotating it clockwise. This movement contains the intention of closing while it's open. During this movement breathe in.



4-51

**3** Turn the body to the left with your weight remaining on the right leg. Withdraw the left foot back to the inside of the right foot in an arc with the toes touching the floor all the time. At the same time push the right palm forward-right in an arc, with the shoulder relaxing and the elbow sinking down. Pull the left palm back to the front of the lower abdomen in an arc with palm facing upwards. Eyes look forward. (Figure 4-51 and 4-51a)

**Key requirements to the movement:**

Turn the body to the left whilst simultaneously pushing the right palm to the forward-right, with all the body co-ordinated together. During this movement breathe out.

**Form 12 Kick with the Left Heel**

**1** Carry on from the previous movement. Move the left palm out to the forward-left with the arm rotating counter clockwise slightly and the palm facing out, rotate the right arm clockwise with the palm facing out. At the same time transfer the weight to the left leg, whilst lifting your right foot up then move it out to the right side in a large step. (Figure 4-52)

**2** Change both hands into fists and keep them softly closed, whilst moving and crossing them in front of your abdomen the fists should face toward the body. At the same time bend the left knee and lift your left foot up with the toes relaxed, hanging under your bottom (groin). Eyes look forward-left. (Figure 4-53 and 4-53a)



4-52



4-53

**Key requirements to the movement:**

Lift the right foot while the body sinks down, with the knee bent and the hips relaxed. The upper body co-operates with the lower body. Both elbows hold ward off strength and are ready to release energy. During this movement breathe in.

**3** Use the right leg to support the weight and centre the gravity of the body. Lean the body to the right slightly and kick the left foot out at the level of the lower waist, with your heel. The strength of kicking should come from the waist and hips. At the same time strike both fists to the left and right side of the body and the strength should reach to the surface of the fists. (Figure 4-54)

**Key requirements to the movement:**

Keep your body balanced on the right leg while both fists and the left foot strike and kick out simultaneously. When the movement closes it is like a hedgehog curling up and when the movement opens, whilst breathing out, it is like a snake striking; an explosion of Qi energy. During this movement breathe out.



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**Form 13 Jade Girl Works at Shuttles**

**1** Carry on from the previous movement, place the left foot on the floor. Change both fists into palms and then cross them in front of the abdomen with the left arm rotating counter clockwise and the right arm rotating clockwise. (Figure 4-55)

**2** Transfer the weight to the left leg and turn the body to the right. Both palms following the movement of the body, turn to the right and are placed in front of the chest with the fingers pointing up. The right palm is in front of the left palm furthest away from the body with the left palm beside the right elbow. At the same time turn the right knee out and keep the toes on the floor. While turning the body to the right, turn the left toes in. Eyes look forward. (Figure 4-56)

**Key requirements to the movement:**

While turning the body the waist should be used to direct the shoulders and the shoulders used to direct the elbows, then deliver the ward off strength onto the hands. During this movement breathe in at the beginning and out at the end.





4-58

**3** Bend the knees and relax the hips, sink the body down with both hands pressing down and the right arm rotating counter clockwise with the left arm rotating clockwise. Eyes look forward. (Figure 4-57)

**Key requirements to the movement:**

Do not bend the body while pressing both palms down and sinking the body. During this movement continue breathing out.

**4** Both arms lift up with the right arm rotating clockwise and the left arm rotating counter clockwise. At the same time both feet jump up off the ground, lift the right foot before the left. (Figure 4-58)

**Key requirements to the movement:**

Use the hands to lead the strength and coordinate the whole body whilst jumping lightly. During this movement breathe in.



4-59

**5** Both feet stamp on the floor with the left foot first then the right. Both hands press down with the right arm rotating counter clockwise and the left arm rotating clockwise. Eyes look forward. (Figure 4-59)

**Key requirement to the movement:**

Both hands should press down heavily with strength, forming a united movement. Keep the body upright and breathe out.

**6** Push both palms up with the right arm rotating clockwise and the left arm rotating counter clockwise. At the same time lift the right foot up with the knee bent. Eyes look forward. (Figure 4-60)

**Key requirements to the movement:**

Keep the body balanced, rooted and united whilst pushing both palms up and lifting the foot up.

**7** Stand on the left leg and rotate the right leg counter clockwise, slightly, then kick out with the heel. At the same time the right palm pushes out forward with the arm rotating counter clockwise. The left elbow strikes back with the left arm rotating clockwise. Eyes look forward. (Figure 4-61)

**Key requirements to the movement:**

Release the whole body's strength into the right foot, right palm and left elbow together. Stand firmly on the left leg. During this movement breathe out.

**8** The right foot steps forward and lands on the floor, transferring the weight onto the right leg push forward with the right hand. Turn the body to the right slightly and lower the left palm. Eyes look forward. (Figure 4-62)

**Key requirements to the movement:**

This movement is a transition movement for jumping. The right foot jumps up and kicks forward immediately after landing on the floor. During this movement breathe in at the beginning and out at the end.



4-60



4-61



4-62

**9** Push the right foot against the floor and the left foot leap forward onto floor. Turn your body to the right, 180 degrees, and land on the floor on your left foot. At the same time the left palm pushes forward and the right palm moves to the right. The right foot moves across the back of the left foot, keeping the toes on the floor. Eyes look to the left. (Figure 4-63)



4-63



4-64

**Key requirements to the movement:**

This is a transition movement. It can be practiced in a continuous motion. It requires landing on the floor lightly and in a balanced fashion.

**10** Carry on turning the body to the right for 180 degrees and transfer the weight onto the right leg. The left toes follow the body and turn inward. Both hands pull back to the right with the right arm rotating counter clockwise and the left arm rotating clockwise. The position is shown on the diagram. Eyes look forward-left. (Figure 4-64)

**Key requirements to the movement:**

Whilst sinking and turning the body both arms hold the ward off strength. During this movement breathe in.

**Form 14 Wave Hands**

**1** Carry on from the previous movement, move the right palm down in an arc to the front of the abdomen with the arm rotating clockwise and the palm facing to the left. At the same time the left palm moves across the front of the body, then pushes to the front of the left shoulder in an arc with the arm rotating clockwise and the palm facing outward-left. Transfer the weight onto the left leg, and then move the right foot to cross behind the left, place the toes on the floor. (Figure 4-65)



4-65

**2** Turn your body to the right slightly and transfer the weight onto the right leg with the whole right foot landing fully onto the floor. Lift your left foot up and move out a step to the left with the heel touching the floor first, keeping the toes lifted up. At the same time move the right hand up, across the front of the body, then push it to the front of the right shoulder with the arm rotating counter clockwise. Push the left palm to the left side, then press down in front of the abdomen in an arc with the arm rotating counter clockwise. Eyes look forward. (Figure 4-66)



4-66

**3** Turn the body to the right slightly and move the right palm down in an arc to the front of the abdomen with the arm rotating clockwise and the palm facing to the left. At the same time the left palm moves across the front of the body then pushes out in front of the left shoulder, but in an arc, with the arm rotating clockwise and the palm facing outwardly left. Transfer your weight onto the left leg, and then move the right foot across and behind the left foot, making sure only the toes land onto the floor. (Figure 4-67)