

International Wushu Competition Routines

Examined and Approved By
China Wushu Association,
The People's Republic of China

Translated By Xie Shoude

Hai Feng Publishing Co., Ltd.



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Brief Introduction of the Translator

Mr. Xie Shoude, an editor for the "Chinese Wushu (Martial Arts) Magazine" sponsored by Chinese Wushu Association of China, who has practised Chinese wushu since childhood, and passed the national examination and went to the Wushu Department in Beijing Institute of Physical Education and Sports in 1977. After graduation, he was employed as an editor by the China People's Sports Publishing House, subordinated to State Physical Culture and Sports Commission. In 1983, he was invited to Japan to teach wushu, especially in Taijiquan and Eight-diagram-palm exercise. In 1987, he was invited as an instructor to the international wushu coaches seminar and also as a judge to the National Wushu Academic Papers Symposium held by the Chinese Wushu Association and Chinese Wushu Research Institute of China. And now, he has written and published some books, namely "A Common English-Chinese and Chinese-English Wushu Glossary", "International Wushu Competition Routines" and "Competition Routines for Four Style Taijiquan."

Foreword

Wushu, as an international competitive sport is truly developing on a worldwide scale in leaps and bounds. There is an urgent need to standardize wushu competition routines in order that Chinese and foreign competitors may compete on equal footing. Thus, the Chinese Wushu Research Institute of China organized a group of professors, specialists, famous wushu trainers and top level artists to develop a set of seven standard competition routines, namely, Changquan (Long Boxing), Nanquan (Southern Style Boxing), Taijiquan, Daoshu (Broadsword Play), Qiangshu (Spear Play), Jianshu (Sword Play) and Gunshu (Cudgel Play).

These seven competition routines, which are improved in content, specification of movements, compact structure, routine layout, number of movements and series of movements and competition time limits, all conform with the international wushu competition rules.

The compilers and writers for these competition routines are as follows:

Deng Changli	Pang Lintai
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Bai Wenxiang	Yuan Wenqing
Liu Yuping	Huang Jiangang
Zhang Shan	Fu Quanzhi
Zhang Guangde	Peng Ying
Li Wenying	Men Huifeng
Chen Lihong	Ji Yue'e
Li Tianji	Li Deyin

These routines have been examined and verified by the Chinese Wushu Association of China and distributed in a great number of their books and teaching video tapes.

We believe that wushu has a very bright future as an international competitive sport.

Finally, we would like to extend our thanks to Mr. Xu Jialiang, senior editor of the China People's Sports Publishing House, who gave us a great deal of help to examine the English translation of this book.

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CHANGQUAN (LONG BOXING) COMPETITION ROUTINE

**Changquan is a form of boxing in which the movements are extended, agile and changeable, quick and forceful and strongly rhythmic, and include jumping and leaping, opening and dodging, turning and folding and undulating techniques.

Names of Movements in Changquan (Long Boxing) Routine

Section I

1. Ready Position
2. Press Palm with Feet Together
3. Uppercut Palm with Feet Together
4. Raise Palm with Arm Straight in Resting Step
5. Step Forward and Slap Kick
6. Bow Step Push Palm
7. Grasp and Hold Hand in Bow Step
8. Snap Kick and Push Palm
9. Punch Fist in Left Bow Step
10. Smash Fist with Feet Together
11. Step Forward and Slap Kick
12. Lift Knee and Punch Fist
13. Jumping Spin Lotus Kick
14. Step Forward and Snap Kick
15. Bending Sideways Balance
16. Smash Fist with Feet Together
17. Punch Fist in Horse-Riding Step
18. Bow Step Push Palm
19. Slap Lotus Kick
20. Chop Fist in High Empty Step
21. Jumping Front Kick
22. Raise Knee and Push Palm
23. Step Forward and Jumping Whirlwind Kick
24. Horse-Riding Step and Hammer Strike
25. Front Cross-Step and Swinging Palms
26. Step Forward and Slap Kick
27. Circle Arms and Slap Floor in Crouch Step
28. Circle Arms and Smash Fist
29. Push Palm with Feet Together
30. Step Forward and Front Kick
31. Hook Hand in Empty Step
32. Lift Knee and Flash Palm

Section II

33. Thread Palm in Crouch Step
34. Push Palm and Kick with Heel
35. Giant Leap
36. Slap Ground in Crouch Step
37. Push Palm and Side Sole Kick

38. Large-Twining Hold, Punch and Block in Horse-Riding Step
39. Parry with Elbow in Horse-Riding Step
40. Block and Punch in Bow Step
41. Flash Palm in Side Bow Step

Section III

42. Sweeping Side Punch and Push Elbow in Bow Step
43. Punch Fist in Back Cross-Legged Balance
44. Flash Palm in Cross-Legged Resting Step
45. Thread and Slice Palm in Back Cross-Step
46. Raise Palm with Arm Straight in Semi-Horse-Riding Step
47. Punch Fist and Snap Kick
48. Punch Fist in Back Cross-Step
49. Inside Slap Crescent Kick in Circular Walking Step
50. Squat Down and Slap Floor
51. Cut Palm in Crouch Step

Section IV

52. Circle Arms and Smash Fist
53. Lift Knee and Uppercut with Fist
54. Skip Step and Butterfly
55. Step Forward and Slap Kick
56. Bow Step Uppercut Palm
57. Bow Step Hook Elbow
58. Support with Hands and Sweep Backward with Leg
59. Circle Arms and Smash Fist
60. Flash Palm in Empty Step
61. Hold Fist in High Empty Step
62. Closing Form

Changquan Competition Routine Diagram

Section I

Form 1 Ready Position

- 1) Stand upright with feet together. Hang the arms at sides of the body. Eyes look straight ahead. (fig. 1)
- 2) Turn the body 45 degrees to the right. Eyes look forward. (fig. 2)

Form 2 Press Palms with Feet Together

- 1) Raise the arms sideward and upward in arcs to over the head with palms facing obliquely upward. Eyes follow the right hand. (fig. 3)
- 2) Bend the elbows and press the palms downward past in front of the chest to the sides of the body. Eyes look forward-left. (fig. 4)

Form 3 Uppercut Palm with Feet Together

Uppercut both palms sideward and upward to shoulder level at sides of the body, thumb-sides of the palms facing upward. Eyes look at the left palm. (fig. 5)

Form 4 Raise Palm with Arm Straight in Resting Step

- 1) Turn the upper body to the left and step to the right with the right foot. At the same time, uppercut the right palm in a downward and forward arc to horizontal level, palm facing upward, and pull the left palm backward to in front of the right side of the chest with the elbow bent and palm facing rightward. Eyes look at the right palm. (fig. 6)
- 2) Turn the upper body to the right and step backward with the left foot to form a cross-legged step. At the same time, block over the head with the right palm forearm rotating inward, elbow bent slightly and palm facing upper-front, and move the left palm downward to beside the right ribs, wrist bent upward. Eyes look at the left palm. (fig. 7)
- 3) Swing the left palm downward and upward in an arc to shoulder level where the wrist bent upward. Eyes look at the left palm. (fig. 8)



fig. 1



fig. 2



fig. 3

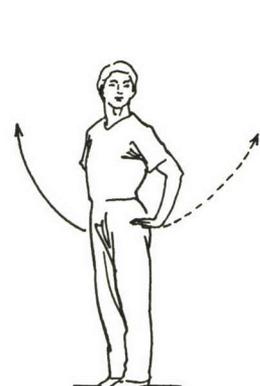


fig. 4

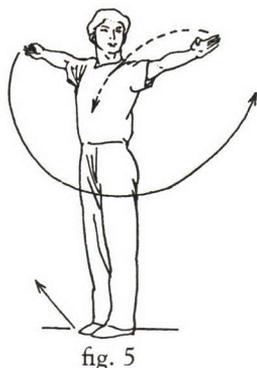


fig. 5



fig. 6



fig. 7



fig. 8

Form 5 Step Forward and Slap Kick

1) Take a step leftward with the left foot and move the right palm downward to shoulder level at the right side, palm facing forward. (fig. 9)

2) Turn the upper body to the left. Simultaneously swing the left palm upward and the right palm downward, forward and upward in an arc to the upper-front, slapping the centre of left palm with the back of right palm. Eyes look forward. (fig. 10)

3) Kick forward and upward with the right leg, toes pointed and slap the back of the right foot with the right palm in front of the forehead, moving the left palm to the upper-left. Eyes look at the right foot. (fig. 11)

4) Turn the upper body to the left and drop the right foot forward. At the same time, lower the palms sideways to level at the sides of the body, palms facing downward. Eyes look at the right palm. (fig. 12)

Form 6 Bow Step Push Palm

1) Turn the body to the rear-right, stand on the right leg with knee straight and raise the left leg with knee bent and toes pointed. At the same time, swing the left palm downward, leftward and upward in an arc over the head, and the right palm upward and rightward in an arc to the right side. Eyes follow the right palm. (fig. 13)

2) Drop the left foot to the left to form a semi-horse step. At the same time, press the left palm downward over the left knee with elbow bent, palm facing downward and

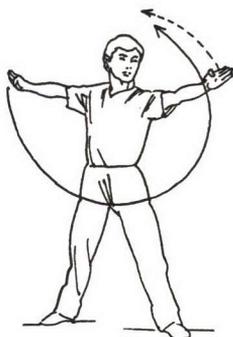


fig. 9



fig. 10



fig. 11



fig. 12



fig. 13



fig. 14

fingers pointing forward, and pull the right palm to the right flank, palm facing upward. Eyes look leftward. (fig. 14)

3) Bend the left knee and straighten the right leg to form a left bow step. At the same time, turn the upper body to the left and push the right palm forward, fingertips pointing upward. Eyes look at the right palm. (fig. 15)

Form 7 Grasp and Hold Hand in Bow Step

Slightly bend the right elbow with forearm rotating outward and grasp the right hand outward, downward, inward and upward in a small circle into a fist, the centre of fist facing inward, while changing the left palm into a fist and pulling back to the left flank. Eyes look at the right fist. (fig. 16)

Form 8 Snap Kick and Push Palm

Stand on the left leg with the knee straight and lift the right leg with the knee bent and toes pointed first, then snap and kick forward at hip level with the right foot. At the same time, push the left palm forward, fingertips pointing upward and pull the right fist to the right flank. Eyes look at the left palm. (fig. 17)

Form 9 Punch Fist in Left Bow Step

1) Squat the left knee and drop the right foot backward straightening the right leg to form a left bow step. At the same time, punch the right fist forward while changing the left palm into a fist and pulling back to the left flank. Eyes look at the right fist. (fig. 18)

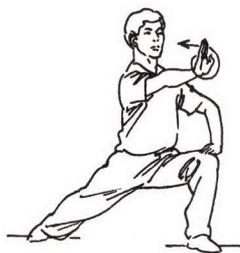


fig. 15

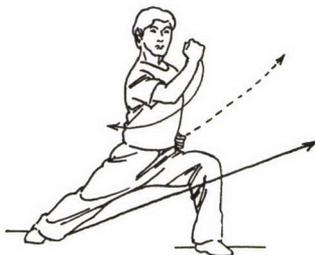


fig. 16



fig. 17



fig. 18



fig. 19



fig. 20

2) Turn the upper body to the right and punch the left fist forward. Simultaneously pull the right fist back to the right flank. Eyes look at the left fist. (fig. 19)

Form 10 Smash Fist with Feet Together

1) Shift the centre of gravity mainly onto the right leg bending the knee, straightening the left leg, and turning the toes of the left foot inward to form a right bow step. At the same time, change the left fist into a palm and move slightly downward, and raise the right hand sideward and upward with forearm rotating inward, elbow bent and fist changing into a palm. Eyes look at the left palm. (fig. 20)

2) Turn the body to the left, stand on the left leg with knee straight and lift the right leg with knee bent. At the same time, swing the left palm downward, rightward, upward and leftward in a circle to in front of the abdomen, and the right palm inward and downward past the front of the chest, continuing rightward and upward to the upper-right changing palm into a fist. Eyes look forward. (fig. 21)

3) Stamp the right foot on the inside of the left foot bending knees into a half-squatting position. At the same time, hold the left palm slightly upward with forearm rotating outward and palm facing upward, while smash the right fist downward on the left palm in front of the abdomen using the back of fist as a force point, forearm rotating outward and elbows bent slightly. Eyes look at the right fist. (fig. 22)

Form 11 Step Forward and Slap Kick

1) Turn the upper body to the right and step forward with the left foot. At the same time, uppercut the left palm leftward and swing the right hand upward and rightward to the right side changing the fist into a palm. (fig. 23)



fig. 21



fig. 22

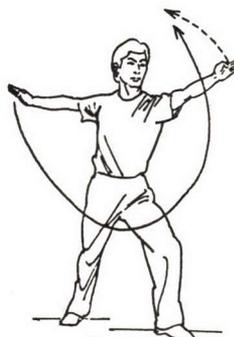


fig. 23



fig. 24

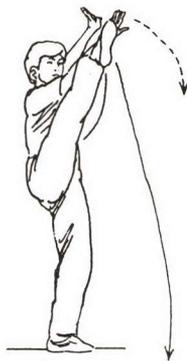


fig. 25



fig. 26

2) Turn the upper body to the left. Simultaneously swing the left palm upward and the right hand downward and upward to the upper-front slapping the center of the left palm with the back of the right palm. Eyes look forward. (fig. 24)

3) Swing and kick forward and upward with the right leg, knee straight and toes pointed. Simultaneously slap the back of the right foot in front of the body with the right palm. Eyes look at the right palm. (fig. 25)

Form 12 Lift Knee and Punch Fist

1) Turn the upper body to the right and drop the right foot to the forward-right toes rotating inward. At the same time, press the left palm downward to shoulder level, and pull the right hand downward to the right flank changing the right palm into a fist. Eyes look at the left palm. (fig. 26)

2) Turn the body to the left, straighten the right leg upward and lift the left leg with knee bent in front of the body. At the same time, punch rightward with the right fist, and pull the left palm backward to in front of the right shoulder bending the wrist upward and palm facing rightward. Eyes look at the right fist. (fig. 27)

Form 13 Jumping Spin Lotus Kick

1) Turn the upper body slightly to the left and drop the left foot to the left. At the same time, push the left palm leftward from the front of the right shoulder, and pull the right fist inward to the right flank. Eyes look at the left palm. (fig. 28)

2) Take a step to the forward-left with the right foot. Eyes look at the left palm. (fig. 29)

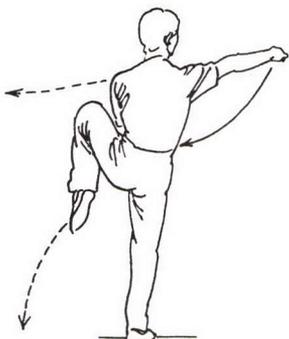


fig. 27



fig. 28

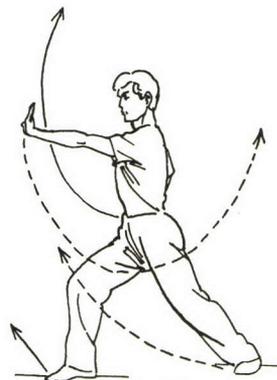


fig. 29



fig. 30



fig. 31

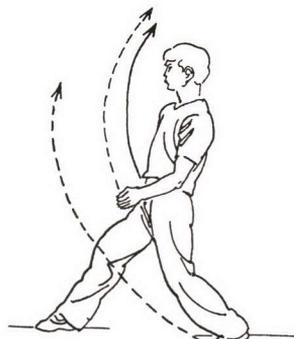


fig. 32

3) Jump to the upper-front with the right leg raising the left leg with knee bent. At the same time, turn the upper body to the left, push the right palm to the upper-right and swing the left palm downward and leftward in an arc to shoulder level at the left side of the body. Eyes look forward-left. (fig. 30)

4) Orderly drop the right and left foot to the forward-right. At the same time, turn the upper body slightly to the right, and lower the right palm downward to the right side of the body at level. Eyes look at the right hand. (fig. 31)

5) Continuing, turn the upper body slightly to the right and step forward-right with the right foot. At the same time, lower both hands downward and inward at the sides of hips. Eyes look forward. (fig. 32)

6) Continuing, turn the body to the right, swing the left leg to the upper-right with leg straight and jump up with the right leg. At the same time, swing both palms forward and upward slapping the centre of the left palm with the back of the right palm at the upper-front of the head. Eyes look forward. (fig. 33)

7) Continuing, turn the body to the right in the air. At the same time, swing and kick the right foot upward and rightward in an arc with the leg straight and toes pointed, and sequentially slap the back of the right foot in front of the face with the left and right palms. Eyes look at the right foot. (fig. 34)

8) Simultaneously land both feet on the floor bending knees into a full-squatting position while slapping the floor with both palms. Eyes look at the palms. (fig. 35)

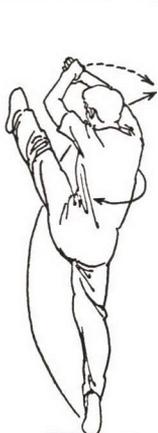


fig. 33

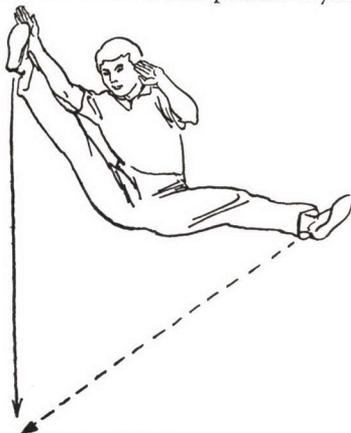


fig. 34



fig. 35

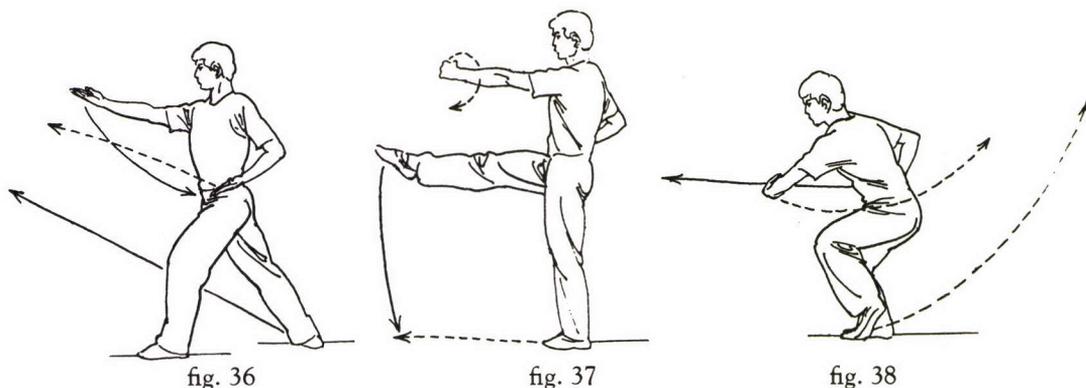


fig. 36

fig. 37

fig. 38

Form 14 Step Forward and Snap Kick

1) Raise the body and step forward with the left foot. At the same time, uppercut the right palm forward and upward to shoulder level palm facing upward, and pull the left palm to the left flank. Eyes look forward. (fig. 36)

2) Straighten the left leg, raise the right leg with knee bent first, then snap the right foot forward. At the same time, changing both palms into fists, punch the left fist forward and draw the right fist to the right flank. Eyes look forward. (fig. 37)

Form 15 Bending Sideways Balance

1) Drop the right foot to the front and follow a step to the inside of the right foot with the left foot to form a T-step. At the same time, changing the left fist into a palm, press it downward to in front of the abdomen, palm facing downward. Eyes look forward. (fig. 38)

2) Turn the upper body to the left and bend forward, straighten the right leg as a standing leg and extend the left leg backward to the upper-rear of the body with knee straight and toes pointed. At the same time, thrust the right palm forward and extend the left palm backward at the left side of the body. Eyes look at the right palm. (fig. 39)

Form 16 Smash Fist with Feet Together

1) Drop the left foot backward to form a right bow step. At the same time, press the right palm inward and downward with forearm rotating inward and palm facing downward. Eyes look leftward. (fig. 40)

2) Turn the body to the left, stand on the left foot with the leg straight and lift the

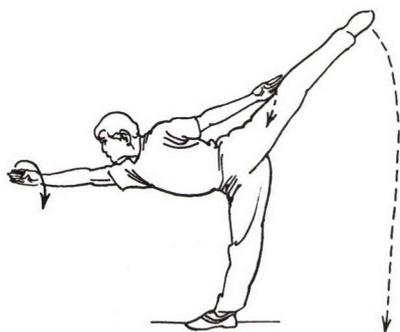


fig. 39



fig. 40

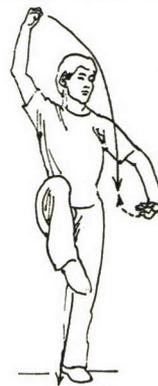


fig. 41



fig. 42

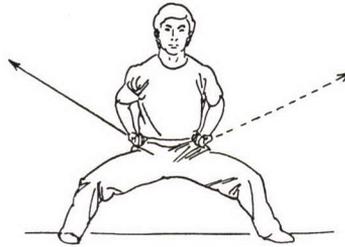


fig. 43



fig. 44

right leg with the knee bent in front of the body. At the same time, circle the left arm downward, rightward, upward, leftward and downward until the palm reaches in front of the abdomen, and swing the right palm inward and downward past the front of the chest, then rightward and upward to the upper-right changing the palm into a fist. Eyes look forward. (fig. 41)

3) Stamp the right foot on the inside of the left foot bending knees into a half-squatting position. At the same time, turn the left palm upward forearm rotating outward, and smash the right fist downward on the centre of the left palm in front of the body with the back of the right fist, elbows bent slightly. Eyes look at the right fist. (fig. 42)

Form 17 Punch Fist in Horse-Riding Step

1) Step leftward with the left foot to form a horse-riding step. Simultaneously pull both fists back to the sides of both flanks, the hearts of both fists facing upward. Eyes look forward. (fig. 43)

2) Punch both fists sideward at sides of the body. Eyes look at the left fist. (fig. 44)

Form 18 Bow Step Push Palm

1) Draw the fists back at the sides of the flanks. Eyes look straight ahead. (fig. 45)

2) Turn the body leftward to form a left bow step. At the same time, open both fists into palms, and push the right palm rightward and the left palm leftward. Eyes look at the right palm. (fig. 46)

Form 19 Slap Lotus Kick

1) Shift the centre of gravity onto the right leg and step obliquely backward with the left foot. At the same time, block the right palm over the head and thread the left palm inward and downward past the front of the chest to under the right armpit. Eyes look rightward. (fig. 47)

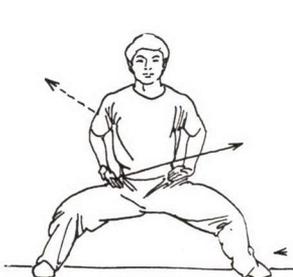


fig. 45



fig. 46



fig. 47

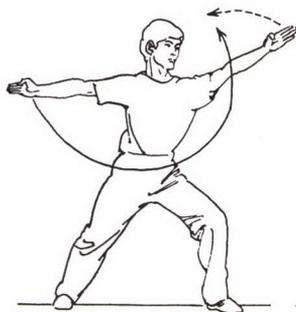


fig. 48



fig. 49



fig. 50

2) Step forward with the left foot to form a left bow step. At the same time, arc the left palm forward and upward and lower the right palm backward. Eyes look at the left palm. (fig. 48)

3) Turn the upper body to the left. Simultaneously swing the right palm downward, forward and upward in an arc to the upper-front of the head where slap the centre of the left palm with the back of the right palm. Eyes look at both palms. (fig. 49)

4) Straighten the left leg, swing and kick the right leg in a leftward, upward and rightward arc with knee straight and toes pointed, while sequentially slap the back of the right foot in front of the face with the left and right palms. Eyes look at the right foot. (fig. 50)

5) Drop the right foot to the right while lower both palms sideways at the sides of the body. Eyes look rightward. (fig. 51)

Form 20 Chop Fist in High Empty Step

1) Turn the upper body to the left and move the centre of gravity leftward. At the same time, clench the right fingers into a fist and arch it downward and forward in front of the body, and place the left palm on the inside of the right upperarm. Eyes look at the right fist. (fig. 52)

2) Turn the body to the right shifting the centre of gravity onto the right leg and straightening the right knee, and move the left foot to in front of the right foot to form a left high empty step. At the same time, chop the right fist upward and rightward in an arc to the right side, and describe the left palm a downward, leftward and upward curve to the upper-left of the head where snap it with the palm facing upward. Eyes look at the right fist. (fig. 53)

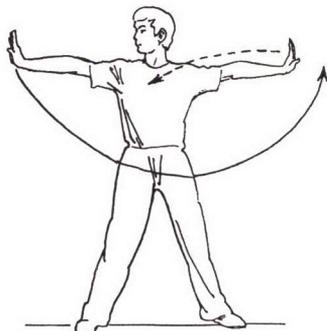


fig. 51

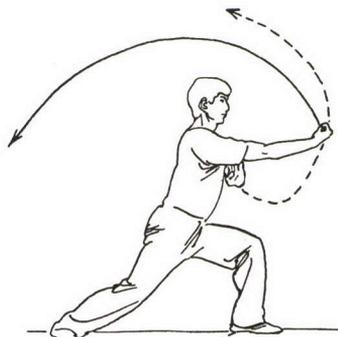


fig. 52



fig. 53

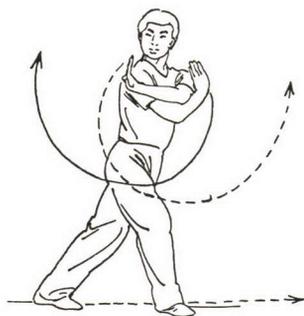


fig. 54



fig. 55



fig. 56

Form 21 Jumping Front Kick

1) Shift the centre of gravity onto the left leg and cover a step to the left past the front of the left foot with the right foot. At the same time, lower the left palm rightward and downward to in front of the right shoulder, and swing the right hand downward, inward and upward to in front of the left shoulder arms crossing in front of the chest and fingers of both palms pointing upward. Eyes look to the left. (fig. 54)

2) Step to the left with the left foot, simultaneously arch both palms downward, sideward and upward to horizontal level at sides of the body. Eyes look at the left palm. (fig. 55)

3) Jump up with the left foot and beat it with the right foot. At the same time, snap both palms upward. Eyes look at the left palm. (fig. 56)

4) Orderly land on the floor with the right and left foot, and extend both wrists. Eyes look to the left. (fig. 57)

5) Turn the body to the left and step forward with the right foot. At the same time, lower both palms downward at sides of the body. Eyes look forward. (fig. 58)

6) Swing the left leg forward and upward and jump up with the right leg. At the same time, swing both palms forward and upward to the upper-front of the head where slapping the centre of the left palm with the back of the right palm. Eyes look forward. (fig. 59)



fig. 57

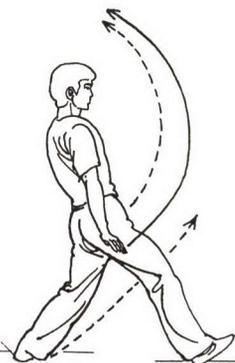


fig. 58



fig. 59



fig. 60

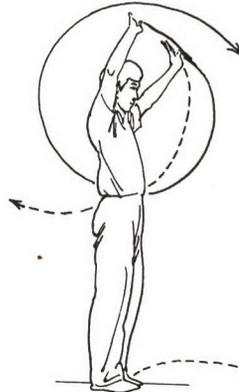


fig. 61

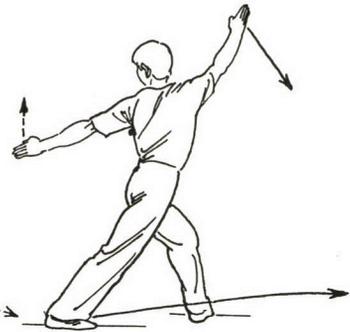


fig. 62

7) In the air, swing and kick forward and upward with the right leg, straightening the knee and toes pointed, and control the left leg with the knee bent in front of the body. At the same time, slap the back of the right foot in front of the face with the right palm, and raise the left palm to the upper-left. Eyes look at the right foot. (fig. 60)

8) Simultaneously land both feet on the floor. (fig. 61)

Form 22 Raise Knee and Push Palm

1) Turn the upper body to the left and step forward with the left foot toes rotating outward. At the same time, swing the left palm downward and leftward past the front of the abdomen to the lower-left, and circle the right palm downward past the front of the abdomen, continuing leftward, upward and leftward to the upper-right. Eyes look at the left palm. (fig. 62)

2) Turn the upper body slightly to the left and step forward with the right foot. At the same time, move the left palm slightly upward to level and lower the right palm downward at side of the body. Eyes look at the left palm. (fig. 63)

3) Turn the body to the rear-left using the ball of the right foot as a pivot and standing on the right leg with the knee straight, and raise the left leg with knee bent and toes pointed. At the same time, push the right palm rightward past the right flank, fingertips pointing upward, while pull the left palm backward to the front of the right shoulder. Eyes look at the right palm. (fig. 64)



fig. 63



fig. 64

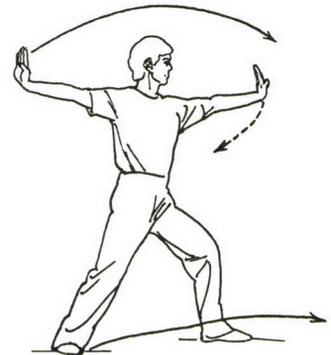


fig. 65

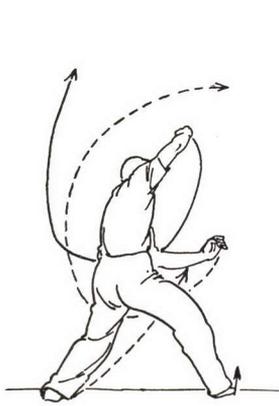


fig. 66

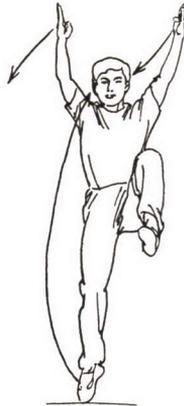


fig. 67

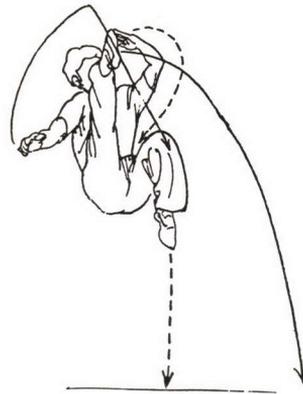


fig. 68

Form 23 Step Forward and Jumping Whirlwind Kick

1) Drop the left foot to the left, simultaneously push the left palm leftward fingertips pointing upward. Eyes look at the left palm. (fig. 65)

2) Turn the body to the left and step forward with the right foot toes rotating inward and lowering the upper body slightly downward. At the same time, swing the right palm upward to the upper-right of the body, and pull the left palm inward and downward to in front of the right side of the abdomen. Eyes look to the lower-front. (fig. 66)

3) Shift the centre of gravity onto the right leg, turn the body to the rear-left swinging the left leg leftward, backward and upward with knee bent, while jump up with the right leg. With body turning, swing both arms downward, leftward and upward in arcs over the head. (fig. 67)

4) Swing and kick the right foot upward and inward, slap the ball of the right foot in front of the face with the left palm in the air. (fig. 68)

Form 24 Horse-Riding Step and Hammer Strike

Continuing, turn the body to the left in the air, then drop both feet to form a horse-riding-step. At the same time, changing both palms into fists, smash the right fist downward to in front of the abdomen, the centre of fist facing upward and elbow bent, and draw the left fist to the left flank. Eyes look at the right fist. (fig. 69)

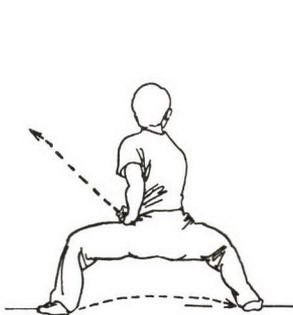


fig. 69

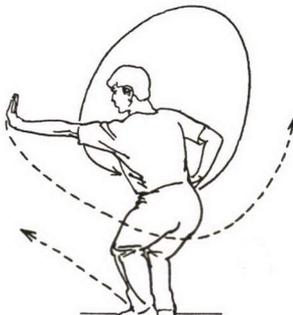


fig. 70

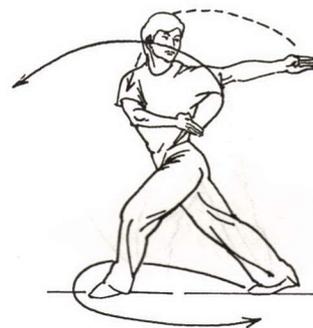
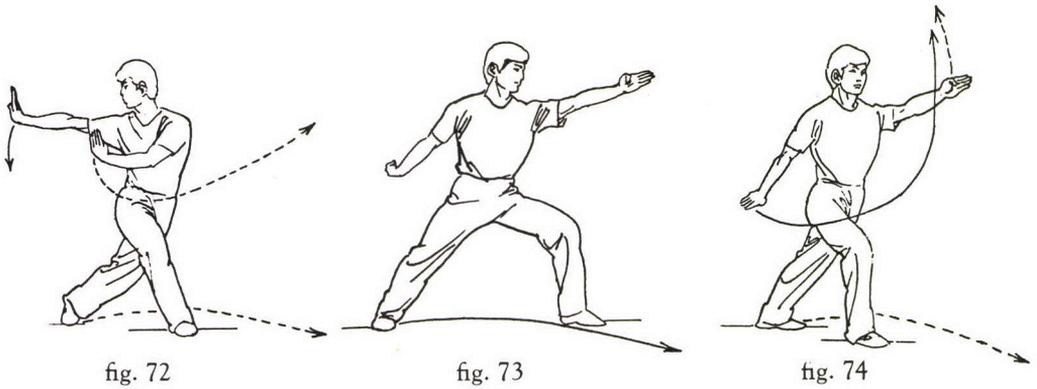


fig. 71



Form 25 Front Cross-Step and Swing Palms

1) Shift the centre of gravity onto the right leg and draw the left foot to the inside of the right foot with feet together, bending knees into a half-squatting position. At the same time, changing both fists into palms, push the left palm leftward, the little finger side of the palm facing leftward and fingers pointing upward, and pull the right palm back to the right flank. Eyes look at the left palm. (fig. 70)

2) Turn the upper body to the left and step forward-left with the left foot toes rotating outward. With the body turning, swing the left palm downward and leftward to shoulder level with the arm straight, and circle the right palm backward, upward and downward to in front of the left side of the chest with elbow bent. Eyes look at the left palm. (fig. 71)

3) Step round the front of the left foot to the left with the right foot to form a cross-step. At the same time, swing both palms upward and rightward, ending the right palm at shoulder level and the left palm on the inside of the right upperarm. Eyes look at the right palm. (fig. 72)

Form 26 Step Forward and Slap Kick

1) Take a step to the left with the left foot to form a left bow step. Simultaneously arch the left palm downward and leftward to shoulder level, and lower the right hand slightly downward changing the palm into a hook-hand, its tip pointing upward. Eyes look at the left palm. (fig. 73)

2) Step forward with the right foot and change the right hook-hand into a palm. (fig. 74)

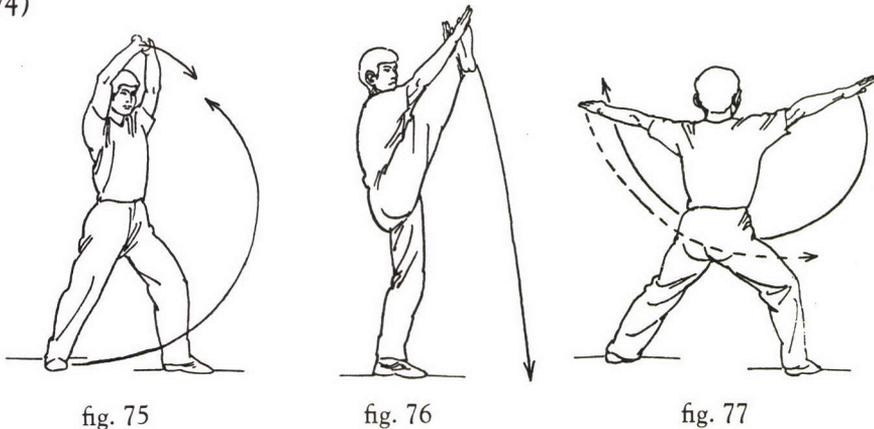




fig. 78

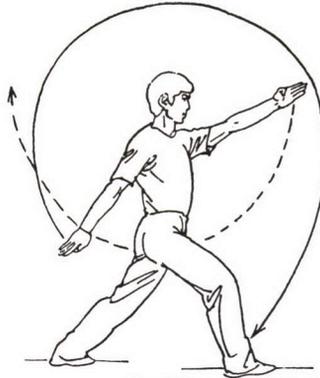


fig. 79

3) Step forward with the left foot, simultaneously swing both palms upward to the upper-front of the head where slapping the centre of the left palm with the back of the right palm. Eyes look forward. (fig. 75)

4) Swing and kick forward and upward with the right leg, keeping the knee straight and toes pointed. At the same time, slap the back of the right foot in front of the face with the right palm, and move the left palm to the upper-left. Eyes look at the right foot. (fig. 76)

Form 27 Circle Arms and Slap Floor in Crouch Step

1) Turn the body to the left and drop the right foot to the right side with toes rotating inward. At the same time, lower both palms downward at sides of the body, palms facing downward. Eyes look forward. (fig. 77)

2) Turn the body leftward to form a left bow step. At the same time, swing the right palm downward and forward, and the left palm downward and backward. Eyes look at the right palm. (fig. 78)

3) Turn the body rightward to form a right bow step. At the same time, continuing swing the right palm upward, rightward and backward behind the body, and the left palm leftward, upward and forward to in front of the body. Eyes look at the left palm. (fig. 79)

4) Shift the centre of gravity onto the left leg bending the knee into a full-squatting position and straightening the right leg to form a right crouch step. At the same time, continuing circle the right palm upward, rightward and downward, then slap the floor at the inside of the right leg, while swing the left palm downward and leftward ending it at the left side of the body. Eyes look at the right palm. (fig. 80)

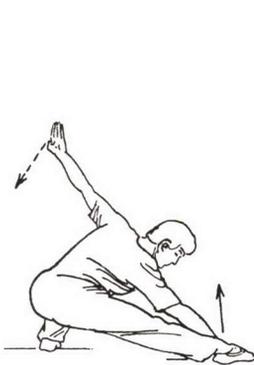


fig. 80



fig. 81



fig. 82



fig. 83



fig. 84



fig. 85

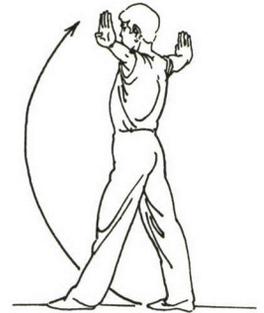


fig. 86

Form 28 Circle Arms and Smash Fist

1) Move the centre of gravity rightward to form a right bow step. At the same time, raise the right arm at the right side of the body with elbow bent, and press the left palm slightly downward. Eyes look forward-left. (fig. 81)

2) Turn the body slightly to the left, shift the centre of gravity onto the left leg with knee straight and lift the right leg with knee bent and toes pointed. At the same time, circle the left arm downward, rightward, upward and leftward until its palm reaches in front of the abdomen, and swing the right palm downward, rightward and upward past the front of the chest to the upper-right where changing the palm into a fist. Eyes look forward. (fig. 82)

3) Stamp the right foot to the inside of the left foot bending knees into a half-squatting position. At the same time, smash the right fist downward on the centre of the left palm in front of the abdomen. Eyes look at the right fist. (fig. 83)

Form 29 Push Palm with Feet Together

1) Straighten both legs with feet together. Simultaneously change the left palm into a fist and pull both fists to the flanks. Eyes look forward. (fig. 84)

2) Push both palms sideways at shoulder level. Eyes look forward. (fig. 85)

Form 30 Step Forward and Front Kick

1) Step forward with the left foot. (fig. 86)

2) Quickly kick the right leg forward and upward with knee unbent and foot hooked. (fig. 87)

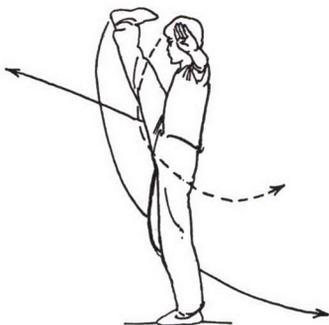


fig. 87



fig. 88

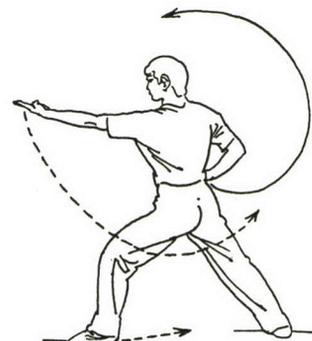


fig. 89



fig. 90



fig. 91



fig. 92



fig. 93

Form 31 Hook Hand in Empty Step

1) Drop the right foot backward to form a left bow step. At the same time, thrust the right palm forward past the right flank, palm facing upward, and parry the left palm downward and backward, palm facing upward. Eyes look at the right palm. (fig. 88)

2) Turn the upper body slightly to the right. Simultaneously thrust the left palm forward past the left flank and over the right palm while pull the right palm back to the right flank. Eyes look at the left palm. (fig. 89)

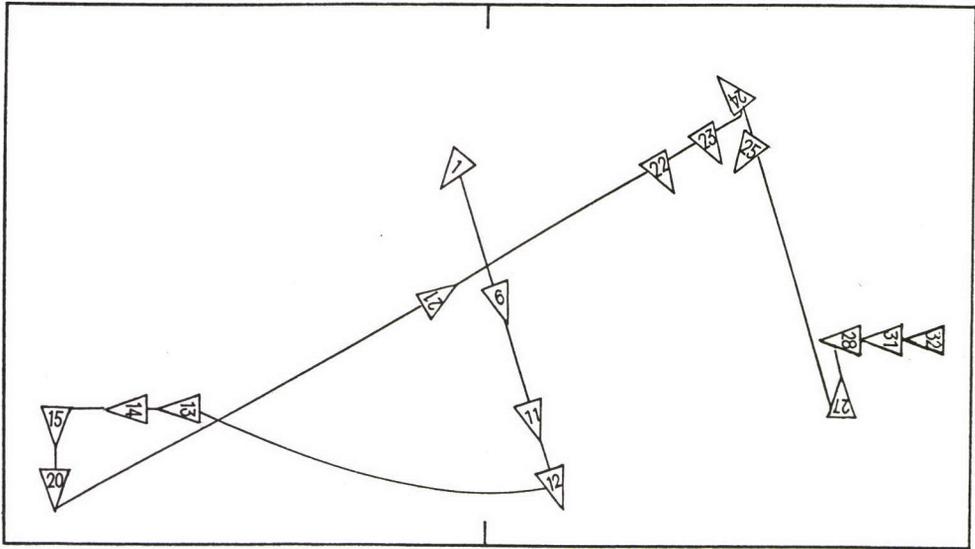
3) Turn the upper body slightly to the left and shift the centre of gravity onto the right leg with knee bent, then draw the left foot half a step backward, toes touching the floor. At the same time, hook the left palm downward and backward to behind the body forming a hook-hand, and swing the right palm backward and upward over the head. Eyes look at the lower-front. (fig. 90)

4) Lower the centre of gravity to form a left empty. At the same time, uppercut the left hook-hand forward in an arc to shoulder level, the tip of the hook-hand pointing downward, while drop the right palm downward ending at the inside of the left forearm. Eyes look at the left hook-hand. (fig. 91)

Form 32 Lift Knee and Flash Palm

1) Move the left hand to in front of the right shoulder changing the hook-hand into a palm, and pull the right palm backward to under the left armpit. Eyes look forward. (fig. 92)

2) Straighten the right leg and lift the left leg with knee bent and toes pointed. At the same time, separate both palms downward and sideward, the left palm changing into a hook-hand ending on the left side of the body at shoulder level, and the right palm snapping its wrist upward at the upper-right of the head, palm facing upward. Eyes follow the right palm first, then look forward. (fig. 93)



Layout of Movements in Section I

Section II

Form 33 Thread Palm in Crouch Step

1) Turn the body to the right and drop the left foot to the rear-left to form a right bow step. At the same time, press the left palm upward and forward to in front of the body at shoulder level, and pull the right palm downward to the flank. Eyes look at the left palm. (fig. 94)

2) Thread out from the top of the back of the left palm with the right palm while turn the upper body slightly to the left and pull the left palm backward to under the right armpit. Eyes look at the right palm. (fig. 95)

3) Bend the right knee into a full-squatting position and straighten the left leg to form a left crouch step. At the same time, thread the left palm downward and forward along the inside of the left leg. Eyes look at the left palm. (fig. 96)



fig. 94



fig. 95

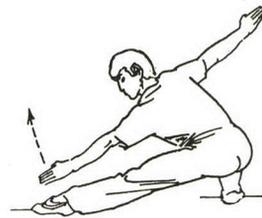


fig. 96



fig. 97

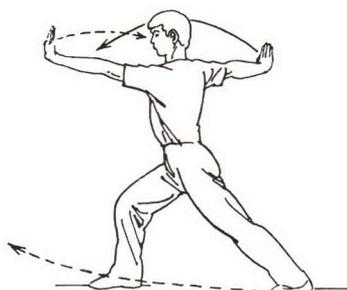


fig. 98

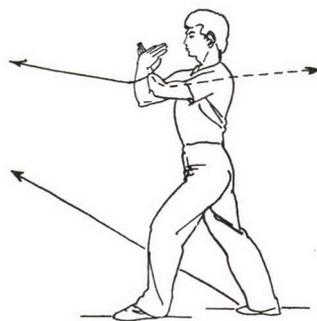


fig. 99

Form 34 Push Palm and Kick with Heel

- 1) Move the weight forward to form a left bow step. (fig. 97)
- 2) Step forward-right with the right foot and slightly raise both palms upward with elbows straight. Eyes look forward. (fig. 98)
- 3) Turn the body slightly to the left and step forward with the left foot. Simultaneously cross both palms in front of the chest with elbows bent, the left palm placed on the outside and palms facing inward. Eyes look at the palms. (fig. 99)
- 4) Shift the centre of gravity onto the left leg with knee straight and kick to the right side with the right heel. At the same time, push both palms sideward at sides of the body. Eyes look at the right palm. (fig. 100)

Form 35 Giant Leap

- 1) Drop the right foot forward. Simultaneously swing the right palm upward, leftward and downward in an arc to in front of the left side of the chest, and lower the left palm slightly downward changing into a hook-hand. Eyes look forward-right. (fig. 101)
- 2) Step forward with the left foot, simultaneously arch the right palm downward and forward. Eyes look at the right palm. (fig. 102)
- 3) Swing the right leg forward and upward and jump to the upper-front with the left leg. At the same time, swing both palms forward and upward, left palm blocking over the head and right palm resting at the right side of the body while opening the chest and extending the belly in the air. Eyes look at the right palm. (fig. 103)



fig. 100

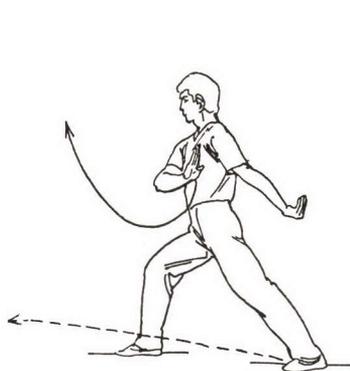


fig. 101

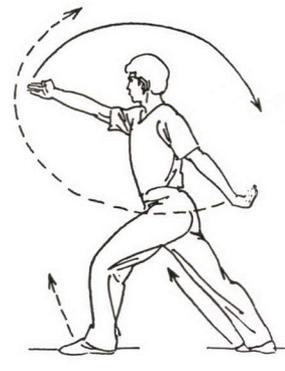


fig. 102

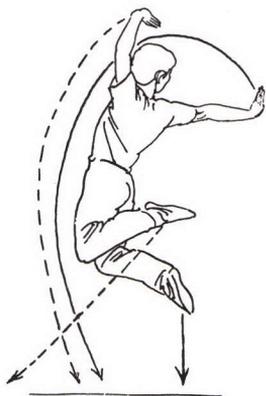


fig. 103



fig. 104



fig. 105

Form 36 Slap Ground in Crouch Step

Orderly land on floor with the right and left foot to form a left crouch step. At the same time, slap the floor on the inside of the left leg with both palms. Eyes look at the left palm. (fig. 104)

Form 37 Push Palm and Side Sole Kick

1) Raise the body and shift the centre of gravity to the left. At the same time, push both palms sideways past the front of the chest at sides of the body. Eyes look at the left palm. (fig. 105)

2) Take a back cross-step with the right foot. At the same time, lose the palms inward crossing them in front of the chest and facing inward, placing the right forearm on outside. Eyes look leftward. (fig. 106)

3) Stand on the right leg with knee straight and lift the left leg with knee bent. (fig. 107)

4) Lean the upper body leftward and kick the left foot to the upper-left using the sole as a force point. At the same time, push the left palm leftward and the right palm rightward, fingertips pointing forward. Eyes look at the left foot. (fig. 108)

Form 38 Large-Twining Hold, Punch and Block in Horse-Riding Step

1) Drop to the left with the left foot and erect the body. Eyes look leftward. (fig. 109)



fig. 106

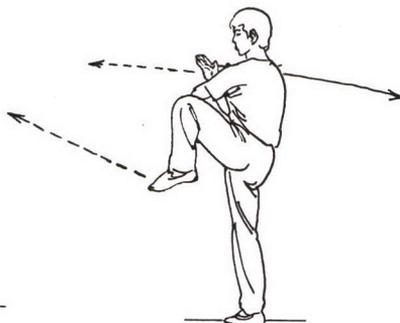


fig. 107

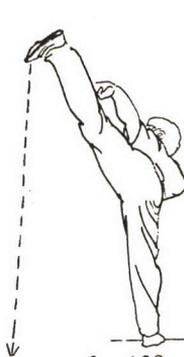


fig. 108

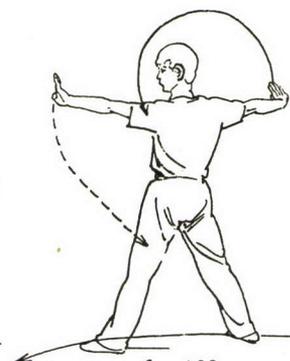


fig. 109



fig. 110

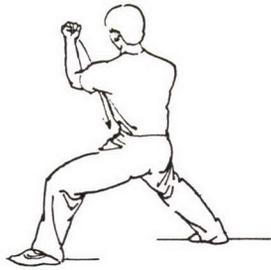


fig. 111

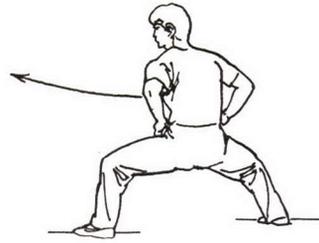


fig. 112

2) Take a back cross-step with the right foot. At the same time, move the right palm upward and downward and grasp the left shoulder with the right hand, while parry backward with the left palm changing it into a hook-hand. Eyes look leftward. (fig. 110)

3) Step leftward with the left foot while change the left hook-hand into a fist, move it backward and upward, then press the elbow downward to in front of the chest with elbow bent, the heart of fist facing inward. Eyes look at the left fist. (fig. 111)

4) Bend both knees into a horse-riding step and continuing sink the left elbow downward, at the same time, change the right palm into a fist and pull it to the right flank. Eyes look leftward. (fig. 112)

5) Turn the upper body to the left bending the left knee and straightening the right leg to form a left bow step. Simultaneously punch the right fist forward. Eyes look at the right fist. (fig. 113)

6) Move the weight backward and turn the upper body to the right to form a horse-riding step. At the same time, punch the left fist leftward and block to the upper-right over the head with the right fist. Eyes look at the left fist. (fig. 114)

Form 39 Parry with Elbow in Horse-Riding Step

Parry inward with the left forearm as a force point, elbow bent and forearm rotating outward, at the same time, pull the right fist downward to the right flank. Eyes look at the left forearm. (fig. 115)



fig. 113

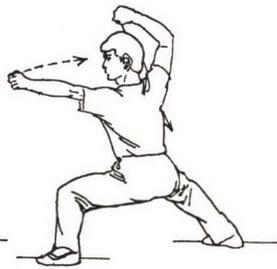


fig. 114

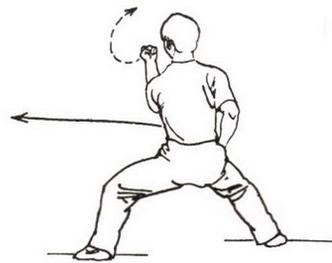


fig. 115



fig. 116



fig. 117



fig. 118



fig. 119

Form 40 Block and Punch in Bow Step

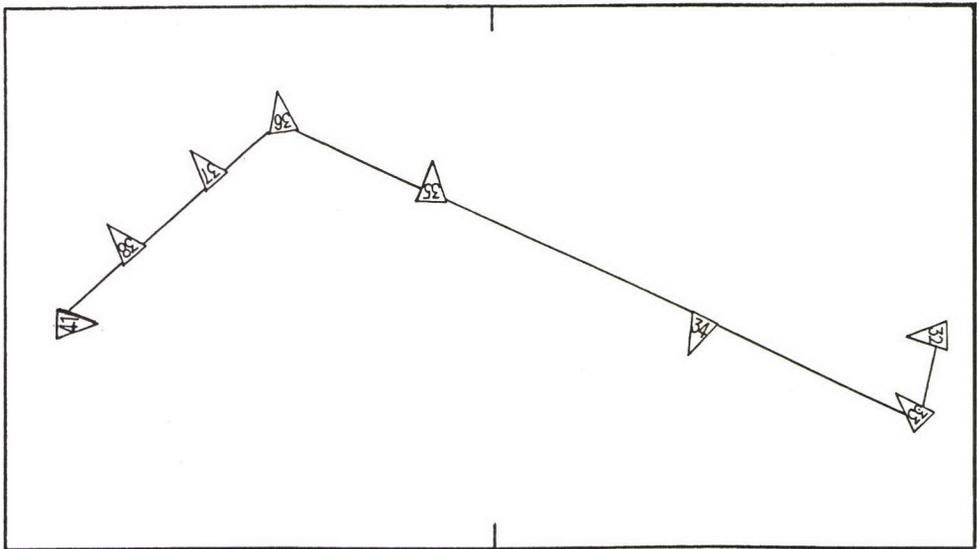
Turn the upper body to the left bending the left knee and straightening the right leg to form a left bow step. At the same time, block the left forearm over the head turning it inward, and punch the right fist forward. Eyes look at the right fist. (fig. 116)

Form 41 Flash Palm in Side Bow Step

1) Change the right hand into a palm and cross both arms in front of the chest placing the left arm on outside. (fig. 117)

2) Turn the body to the left, the right foot raised from the floor, sequentially and lightly jump up with the left leg dropping the right foot to the place of the left foot and the left foot resting on the inside of the right shank. Eyes look rightward. (fig. 118)

3) Take a step with the left foot using its sole sliding on the floor to the left creating a formation of the side-bow-step. At the same time, swing both palms downward and sideward, ending the left hand at the left side and changing the left palm into a hook-hand, and blocking the right palm at the upper-right. Eyes look forward. (fig. 119)



Layout of Movements in Section II



fig. 120

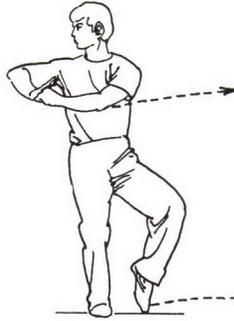


fig. 121

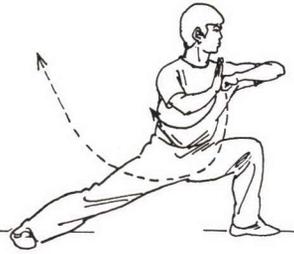


fig. 122

Section III

Form 42 Sweep Side Punch and Push Elbow in Bow Step

1) Turn the upper body to the left and shift the centre of gravity onto the left leg to form a left bow step. At the same time, clench the fingers of the right hand into a fist and sweep the right fist leftward-upward past in front of the body to the left side beating the centre of the left palm. Eyes look at the right fist. (fig. 120)

2) Turn the body to the right, raising the right foot from the floor, following stamp the floor with the right foot while raising the left foot and resting on the inside of the right shank. At the same time, pull both hands to in front of the right side of the chest with elbows bent, changing the left palm into a fist, and the right fist into a palm and resting on the knuckles of the left fist. Eyes look leftward. (fig. 121)

3) Step leftward with the left foot bending the knee and straightening the right leg to form a left bow step. At the same time, elbow to the left with the left elbow. Eyes look at the left elbow. (fig. 122)

Form 43 Punch Fist in Back Cross-Legged Balance

1) Turn the body to the right and shift the weight rightward. At the same time, change the right palm into a fist and pull it to the right flank, while arch the left hand downward and forward. Eyes look at the left palm. (fig. 123)

2) Bend the right knee into a half-squatting position and draw the left foot with its back touching the back of the right knee. At the same time, clench the fingers of the left hand into a fist and pull it to in front of the left shoulder forearm rotating inward, while punch the right fist rightward. Eyes look at the right fist. (fig. 124)

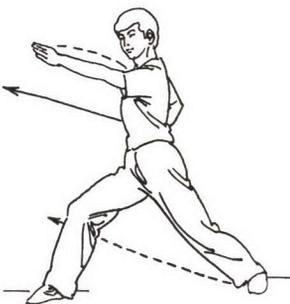


fig. 123

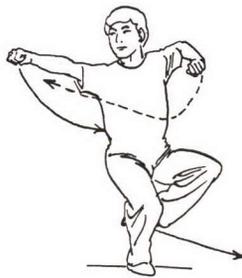


fig. 124

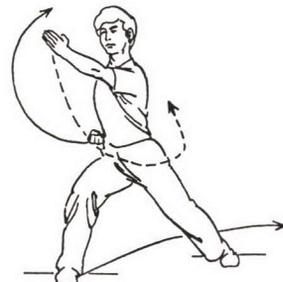


fig. 125



fig. 126

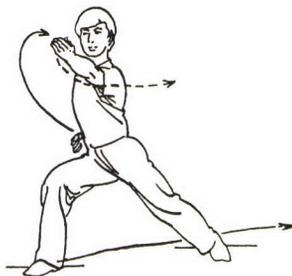


fig. 127



fig. 128

Form 44 Flash Palm in Cross-Legged Resting Step

1) Drop the left foot to the left, pull the right fist back to the right flank, simultaneously change the left fist into a palm and thrust forward right past the left flank. Eyes look at the left palm. (fig. 125)

2) Step to the rear-left behind the left foot with the right foot to form a cross-legged resting stance. At the same time, parry the left palm downward and backward changing it into a hook-hand while the right palm describes a rightward and upward to the upper-right where snap the wrist, palm facing outward. Eyes look leftward. (fig. 126)

Form 45 Thread and Slice Palm in Back Cross-Step

1) Step to the rear-left with the left foot straightening the knee to form a right bow step. At the same time, change the left hook-hand into a palm and thread forward past the left flank while pull the right palm back to the right flank. Eyes look at the left palm. (fig. 127)

2) Step to the rear of the left foot with the right foot legs crossed. At the same time, swing the left palm leftward and backward, forearm rotating inward while slice the right palm rightward and forward in a plane arc, palm facing upward. Eyes look at the right palm. (fig. 128)

Form 46 Raise Palm with Arm Straight in Semi-Horse-Riding Step

Take a step to the forward-left with the left foot to form a semi-horse-riding step. At the same time, clench the fingers of the right hand into a fist and pull it to the right flank while swing the left palm downward and upward to the left side of the body where tilt the palm upward with the arm straight. Eyes look at the left palm. (fig. 129)



fig. 129

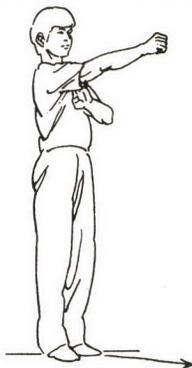


fig. 130



fig. 131



fig. 132



fig. 133

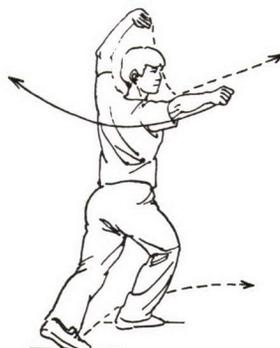


fig. 134

Form 47 Punch Fist and Snap Kick

1) Draw the right foot to the inside of the left foot with feet together straightening the legs. Simultaneously punch the right fist forward and pull the left palm backward to the inside of the right upperarm. Eyes look at the right fist. (fig. 130)

2) Step forward with the right foot. (fig. 131)

3) Step forward with the left foot. (fig. 132)

4) Shift the centre of gravity onto the left leg and raise the right leg with knee bent, sequentially snap and kick forward with the right foot toes pointed. At the same time, pull the right fist back to the right flank and push the left palm forward. Eyes look at the left palm. (fig. 133)

Form 48 Punch Fist in Back Cross-Step

Turn the body to the left, drop the right foot forward with toes rotating and step to the rear of the right foot with the left foot ball landing on the floor to form a back cross-step. At the same time, swing the left palm downward, leftward and upward in an arc to the upper-left where snap the palm so it facing upward, while punch the right fist to the right. Eyes look at the right fist. (fig. 134)

Form 49 Inside Slap Crescent Kick in Circular Walking Step

1) Step to the forward-left with the left foot. Simultaneously move the left palm downward to in front of the right shoulder, then push it leftward. Eyes look at the left palm. (fig. 135)



fig. 135



fig. 136



fig. 137

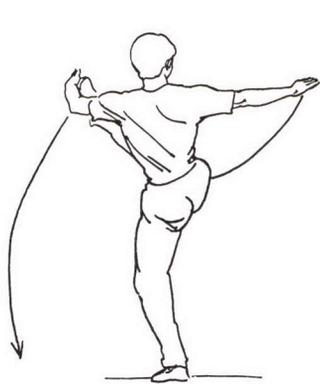


fig. 138

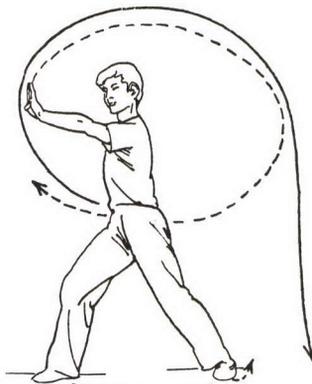


fig. 139



fig. 140

2) Step to the forward-left with the right foot. (fig. 136)

3) Turn the body to the left and step to the forward-left again with the left foot. (fig. 137)

4) Continuing, turn the body to the left and straighten the left leg. With turning of the body, swing and kick the right leg forward, upward and leftward in an arc to in front of the body where slapping the ball of the right foot with the left palm. (fig. 138)

5) Continuing, turn the body to the left and drop the right foot to the left side. Following the turning of the body, both palms move horizontally leftward. (fig. 139)

Form 50 Squat Down and Slap Floor

Turn the body to the left rotating the toes of the left foot outward and step to the inside of the left foot with the right foot bending both knees into a full-squatting position. At the same time, circle the right palm upward and downward and slap downward on the floor, while changing the left palm into a hook-hand and swinging it upward, and downward to the rear of the body, the tip of the hook-hand pointing upward. Eyes look at the right hand. (fig. 140)

Form 51 Cut Palm in Crouch Step

1) Turn the body to the left and step to the front with the left foot to form a left bow step. At the same time, thrust the right palm lower-front past the right flank while change the left hook-hand into a palm and pull it to the inside of the right arm. Eyes look at the right palm. (fig. 141)



fig. 141

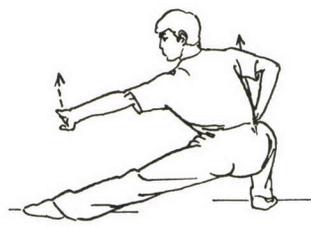
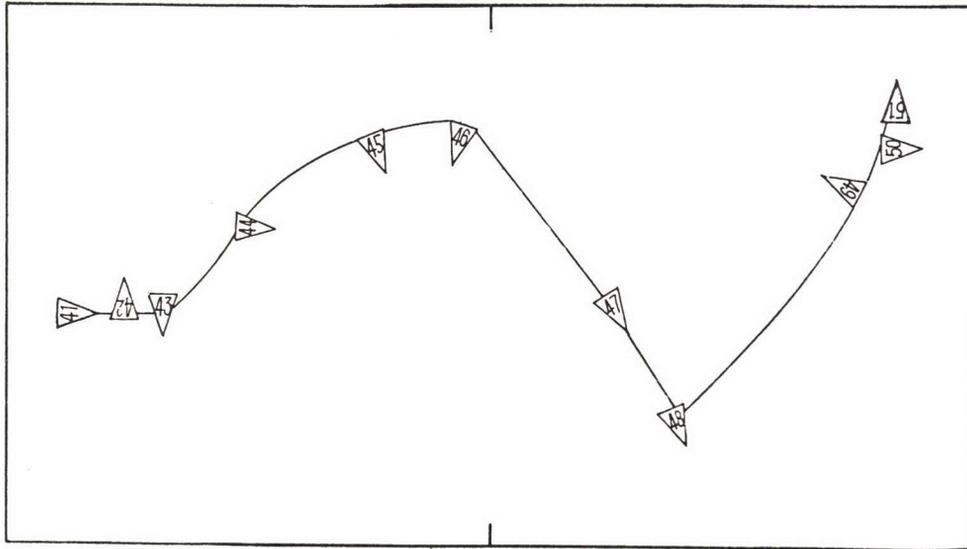


fig. 142

2) Shift the centre of gravity backward onto the right leg bending the knee into a full-squatting position and straightening the left leg to form a left crouch step. At the same time, push the left palm to the lower-left with the little finger side of the palm as force point, palm facing downward and fingers pointing inward, and while change the right palm into a fist and pull it back to the right flank. Eyes look at the left palm. (fig. 142)



Layout of Movements in Section III

Section IV

Form 52 Circle Arms and Smash Fist

1) Raise the upper body slightly to the right to form a right bow step. At the same time, move the left palm slightly upward, and open the right fist and raise the forearm up to chest level with elbow bent and turning the palm to face downward. Eyes look at the left palm. (fig. 143)

2) Turn the body to the left, raise the right leg with knee bent and toes pointed, and straighten the left leg. At the same time, circle the left palm downward, rightward, upward and leftward past in front of the body to in front of the abdomen, while swing the right palm downward, rightward and upward to the upper-right of the head where clenching the fingers of the right hand into a fist. Eyes look forward. (fig. 144)

3) Stamp floor at the inside of the left foot with the right foot bending knees into a half-squatting position. At the same time, smash the right fist downward on the centre of the left palm in front of the abdomen with the right forearm rotating outward and the elbows bent slightly. Eyes look at the right fist. (figs. 145)

Form 53 Lift Knee and Uppercut with Fist

1) The right foot steps backward to form a left bow step. At the same time, change

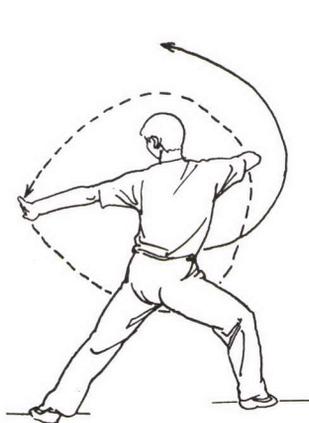


fig. 143

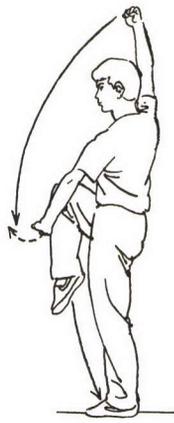


fig. 144



fig. 145

the right fist into a palm and push forward, while pull the left palm back to the left flank. Eyes look at the right palm. (fig. 146)

2) The left foot steps backward with knee bent. Simultaneously push the left palm forward and pull the right palm to the right flank. Eyes look at the left palm. (fig. 147)

3) Step forward with the left foot rotating the toes outward as the upper body turns to the rear-left. At the same time, parry upward, downward and leftward to in front of the left shoulder with the right palm while pull the left palm backward to under the right armpit arms crossed and the right arm placed on the outside. Eyes look leftward. (fig. 148)

4) Step to the right with the right foot rotating the toes inward. At the same time, describe the right palm upward and rightward, and swing the left palm downward and leftward to horizontal level. Eyes look at the left palm. (fig. 149)

5) Turn the body to the left using the ball of the right foot as a pivot and lift the left leg with knee bent. At the same time, clench the fingers of the right hand into a fist and hook downward, rightward and upward to the eye level with arm curved slightly and the knuckles of the fist facing the upper-right while the left palm pulls backward and press on the right forearm. Eyes look at the right fist. (fig. 150)

Form 54 Skip Step and Butterfly

1) Drop to the left with the left foot, meanwhile slightly swing the left palm horizontally leftward and change the right fist into a palm. Eyes look at the left palm. (fig. 151)

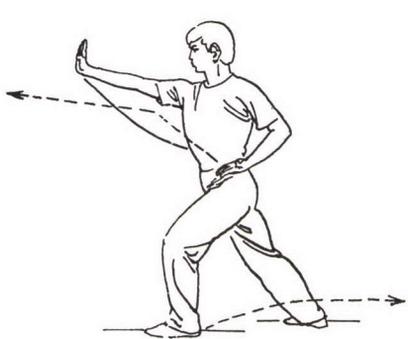


fig. 146



fig. 147

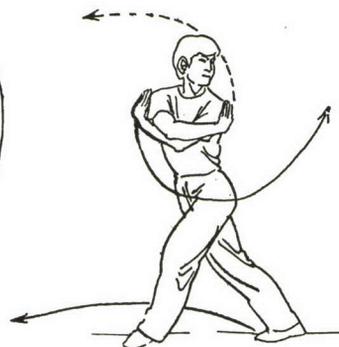


fig. 148



fig. 149

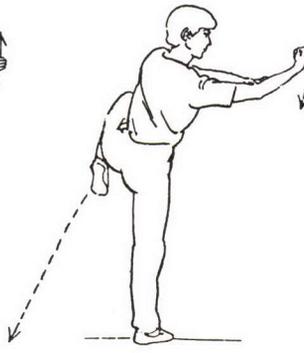


fig. 150

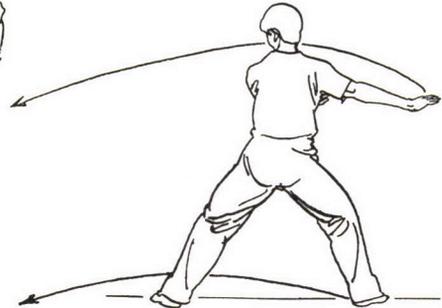


fig. 151

2) Step to the outside of the left foot with the right foot toes rotating inward as the body turns to the rear-left. Following the turning of the body, swing both arms in plane arcs. (fig. 152)

3) Continue turning the body to the rear-left, raise the left foot slightly upward and sequentially leap to the left with the right foot. (fig. 153)

4) Orderly land on the floor with the right and left foot. (fig. 154)



fig. 152

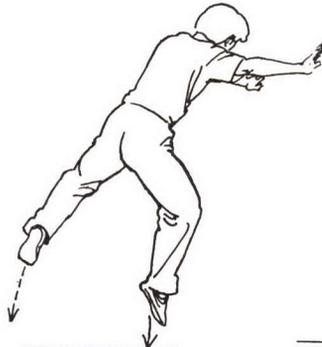


fig. 153

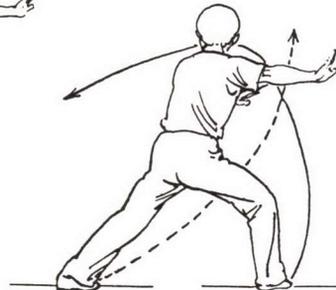


fig. 154

5) Bend the upper body forward and swing to the rear-left, and the arms followed swing horizontally leftward. At the same time, quickly raise the right leg to the upper-left while jump and swing the left leg to the upper-left so the body spinning in a full plane circle in the air. (fig. 155)

6) Orderly land on the floor with the right and left foot. (figs. 156-157)

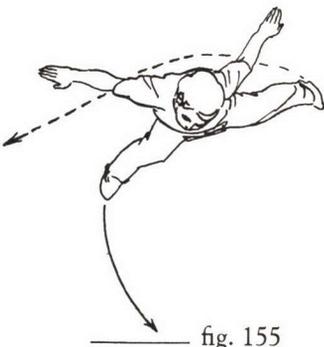


fig. 155

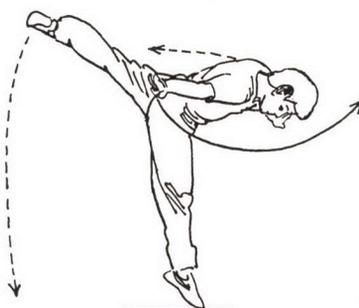
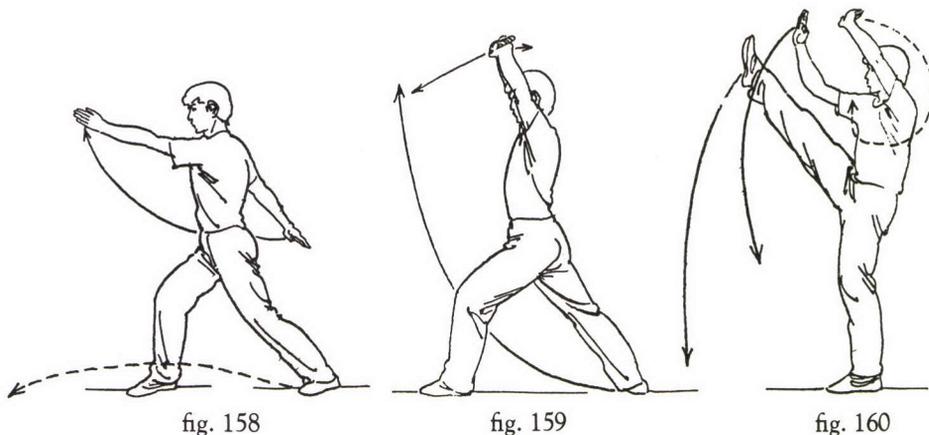


fig. 156



fig. 157



Form 55 Step Forward and Slap Kick

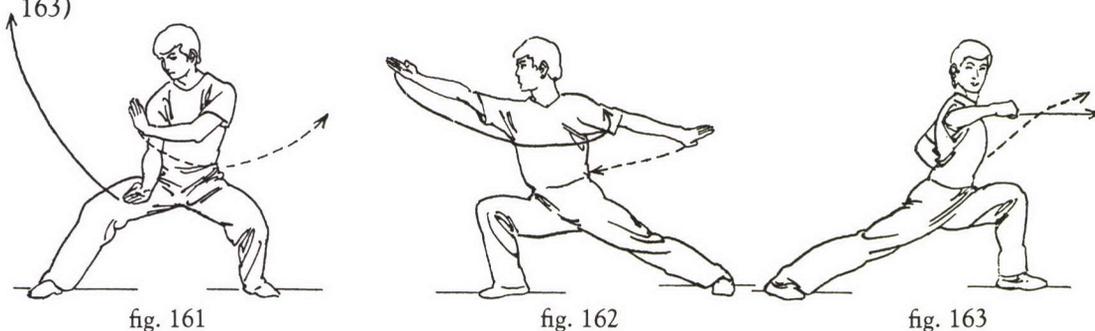
- 1) Turn the upper body to the left and step forward with the right foot. At the same time, slightly move the right palm downward. Eyes look at the left palm. (fig. 158)
- 2) Step forward with the left foot while swing the right palm downward, forward and upward to the upper-front over the head where slapping the centre of the left palm with the back of the right palm. Eyes look forward. (fig. 159)
- 3) Straighten the left leg, swing and kick the right leg to the upper-front. At the same time, slap the back of the right foot with the right palm slightly moving the left palm leftward to the upper-left. Eyes look at the right palm. (fig. 160)

Form 56 Bow Step Uppercut Palm

- 1) Turn the body slightly to the left and drop the right foot forward to form a semi-horse step. At the same time, arch the left palm backward, downward and rightward to in front of the right shoulder, and chop the right palm downward. Eyes look at the right palm. (fig. 161)
- 2) Shift the centre of gravity rightward bending the right knee and straightening the left leg to form a right bow step. At the same time, uppercut to the upper-right with the right palm and swing the left palm to the lower-left. Eyes look at the right palm. (fig. 162)

Form 57 Bow Step Hook Elbow

Turn the body to the left and shift the weight mainly onto the left leg bending the left knee and straightening the right leg to form a left bow step. With the turning of the body, changing palms into fists, bend the right elbow creating a hooking-elbow at the right side of the body, and pull the left fist to the left flank. Eyes look at the right elbow. (fig. 163)



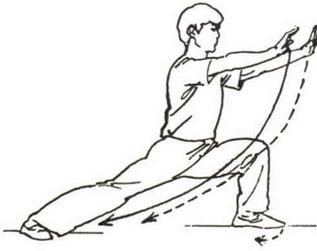


fig. 164



fig. 165

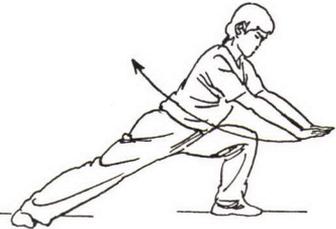


fig. 166

Form 58 Support with Hands and Sweep Backward with Leg

- 1) Extend both hands forward changing the fists into palms. (fig. 164)
- 2) Bend the left knee into a full-squatting position rotating the toes inward and straightening the right leg to form a right crouch. At the same time, twist the upper body rightward, and move both palms rightward and downward to support on the floor at the inside of the right leg. Eyes look at the right palm. (fig. 165)
- 3) Continuing, twist the upper body to the rear-right and sweep the right leg backward in a full circle sliding the ball of the right foot on the floor, the right heel slightly raised upward and using the ball of the left foot as a pivot, while both palms push the floor. Then, slightly erect the upper body to form a left bow step and move the palms to the lower front of the body. Eyes look at the palms. (fig. 166)

Form 59 Circle Arms and Smash Fist

- 1) Shift the weight mainly onto the right leg and turn the upper body to the right bending the right knee and straightening the left leg to form a right bow step. At the same time, bend the right elbow bringing the right palm to in front of the right side of the chest. Eyes look leftward. (fig. 167)
- 2) Turn the body to the left, straighten the left leg and lift the right leg with knee bent and toes pointed. At the same time, circle the left palm downward, rightward, upward, leftward and downward in a full circle to in front of the abdomen, while swing the right palm downward, rightward and upward past the front of the chest to the upper-right where clenching its fingers into a fist. Eyes look straight ahead. (fig. 168)
- 3) Stamp with the right foot downward on the floor at the inside of the left foot bending the knees into a half-squatting position. At the same time, turn the left palm to face upward, and smash the right fist downward on the centre of the left palm using the back of the right fist as a force point. Eyes look at the right fist. (fig. 169)



fig. 167



fig. 168



fig. 169



fig. 170

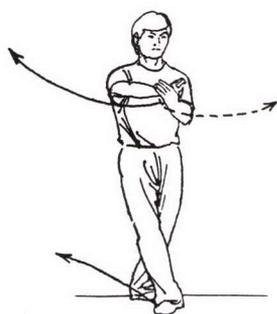


fig. 171



fig. 172

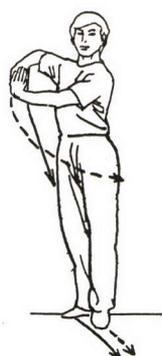


fig. 173



fig. 174

Form 60 Flash Palm in Empty Step

Slightly turn the body rightward and step backward with the right foot shifting the entire weight onto the right leg and slightly moving the left foot to in front of the right foot to form a left empty step. At the same time, changing the right fist into a palm, raise it up to the upper-right, while extend the left palm to the lower-front. Eyes look forward-left. (fig. 170)

Form 61 Hold Fist in High Empty Step

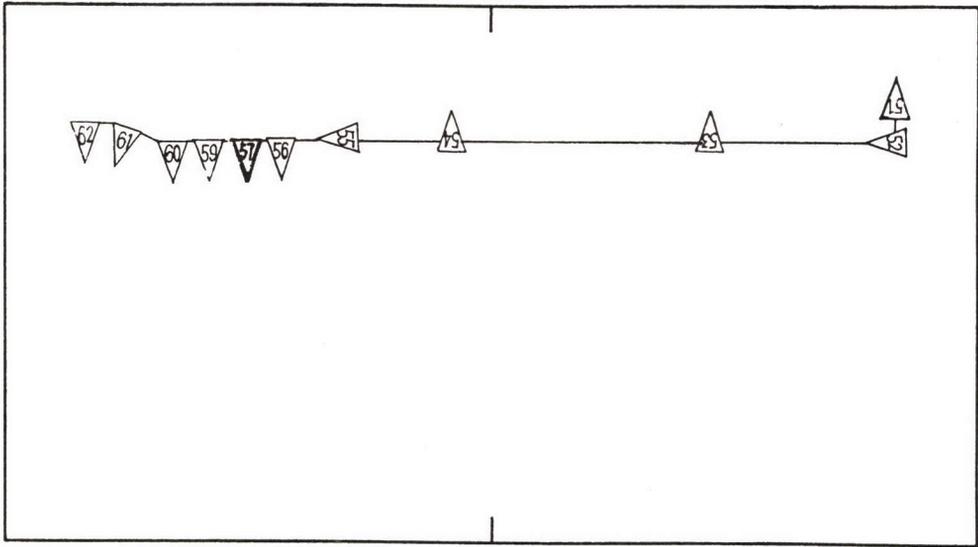
1) Obliquely step backward with the left foot, simultaneously slap the palms each other in front of the chest. Eyes look at the right palm. (fig. 171)

2) Turn the body slightly to the right and step obliquely backward with the right foot. Simultaneously separate both palms sideways at sides of the body. Eyes look rightward. (fig. 172)

3) Shift the centre of gravity onto the right leg with the right knee straight and pull the left foot to in front of the right foot to form a high left empty step. At the same time, bend the right elbow and clench the fingers of right hand into a fist in front of the right side of the chest while the left palm moves in a plane rightward arc with the centre of the palm touching the knuckles of the right fist. Eyes look forward-left. (fig. 173)

Form 62 Closing Form

Step forward a half step with the left foot, following draw the right foot to the inside of the left foot with feet together and legs straight. Hang the arms at sides of the body. Eyes look straight ahead. (fig. 174)



Layout of Movements in Section IV

NANQUAN (SOUTHERN STYLE BOXING) COMPETITION ROUTINE

**Nanquan is a form of boxing in which the movements are quick, forceful, firm and stable, footwork steady and agile, and body straight and centred. A few leg techniques are also employed. In addition, for enhancing the degree of force sound is sometimes uttered when applying power.

Names of Movements in Nanquan (Southern Style Boxing) Routine

Section I

1. Ready Position
2. Hold Fists with Feet Together
3. Stamp Feet and Hold Fists
4. Punch Fist in Left Bow Step
5. Punch Fist in Left Bow Step
6. Flail Fist in High Empty Step
7. Punch Fist in Dragon-Riding Step
8. Punch Fist in Left Bow Step
9. Intercept Bridge in Left Bow Step
10. Circle Bridge and Thrust Palm in Left Bow Step
11. Cut with Palms in Horse-Riding Step
12. Raise Palms in Horse-Riding Step
13. Push with Single-Finger Palms in Horse-Riding Step
14. Push with Single-Finger Palms in Horse-Riding Step
15. Thrust Palms and Sink Bridges in Horse-Riding Step
16. Block with Forearms in Right Bow Step
17. Press Elbow in Dragon-Riding Step
18. Open Step with Double Tiger's-Paw Hands
19. Push Palm in Dragon-Riding Step
20. Spin and Inside Crescent Kick in Flight
21. Side Drop, Scissor Kick and Side Sole Kick
22. Carp Kip-up
23. Empty Step and Crane's-Beak Hand
24. Stand on One Leg with Double Tiger's-Paw Hands
25. Double Tiger's-Paw Hands in Left Bow Step
26. Turn Body, Flail Fist and Thrust Palm
27. Punch Fist and Kick with Heel
28. Cover Fist in Kneeling Step
29. Strike with Fist in Dragon-Riding Step
30. Cut Bridge at Level in Horse-Riding Step

Section II

31. Turn Body, Parry and Cover with Fist
32. Nail Kick and Punch Fist in Bow Step
33. Grasp Hand, Tread Kick and Push with Both Palms
34. Slap Floor in Single Butterfly Step
35. Push with Butterfly Hands in Right Bow Step
36. Kylin Step and Push with Butterfly Hands in Bow Step

37. Block and Punch in Right Bow Step
38. Swingover Punch in Left Side Bow Step
39. Swingover Punch in Right Bow Step
40. Step Forward, Parry and Cover with Fist
41. Flail Fist in Back Cross-Step
42. Turn Body, Parry and Cover with Fist
43. Hook and Strike with Fist in Dragging Step
44. Push Palm in Horse-Riding Step
45. Parry, Cover, Sweep and Strike with Fist in Bow Step
46. Punch Downward in Cross-Legged Step
47. Parry with Both Hands in Horse-Riding Step
48. Double Tiger's-Paw Hands and Kneeling Step

Section III

49. Slap Kick and Punch Fist in Semi-Horse-Riding Step
50. Press Elbow in Single Butterfly Step
51. Punch Fist in Back Cross-Step
52. Step Forward and Punch, Turn Body and Cover with Fist
53. Punch Fist in Horse-Riding Step

Section IV

54. Turn Body and Cover Fist, Bow Step and Roll Bridge
55. Push with Double Single-Finger Palms in Right Bow Step
56. Step Forward, Parry and Cover with Fist
57. Hook and Strike with Fist in Dragging Step
58. Punch Fist in Dragging Step
59. Flail Fist in Back Cross-Step, Turn Body and Cover with Fist
60. Block with Both Palms in Bow Step
61. Turn Body, Parry and Cover with Fist, and Step Backward and Punch Fist
62. Push with Both Palms in Left Bow Step
63. Push Palm and Punch Fist in Empty Step
64. Hold Fists on Hips with Feet Together
65. Closing Form

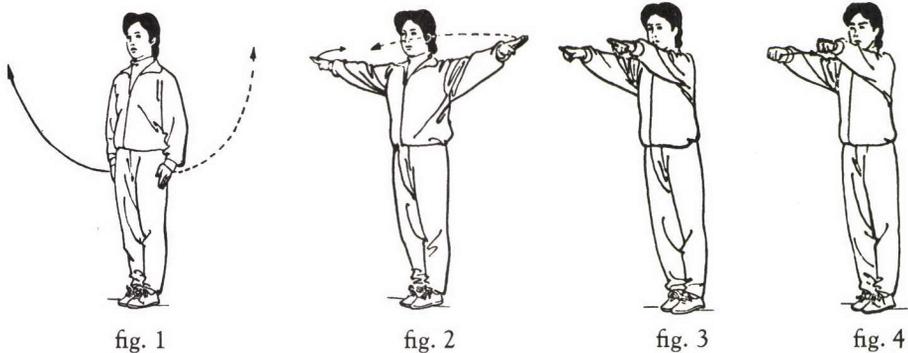


fig. 1

fig. 2

fig. 3

fig. 4

Nanquan Competition Routine Diagram

Section I

Form 1 Ready Position

Stand upright with feet together hanging the arms at sides of the body. Face the forward-right of the arena and look straight ahead. (fig. 1)

Form 2 Hold Fists with Feet Together

1) Raise the arms sideways to horizontal level palms facing downward, then swing the arms forward and inward in plane arcs to in front of the body, palms still facing downward. Eyes look forward. (figs. 2-3)

2) Clench the fingers of both hands into fists and pull them backward to in front of the chest with elbows bent, the centres of fists facing downward. Eyes look forward. (figs. 4-5)

3) Rotate both forearms outward so that the fists parry upward, forward and downward in verticle arcs, continuously pull backward to flanks at sides of the body. Eyes look forward-left. (figs. 6-7)

Form 3 Stamp Feet and Hold Fists

Squat both legs slightly downward first, then jump up with feet and finally stamp the floor with feet together remaining both fists at flanks. Eyes look forward-left. (figs. 8-9)



fig. 5

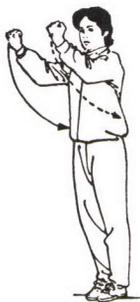


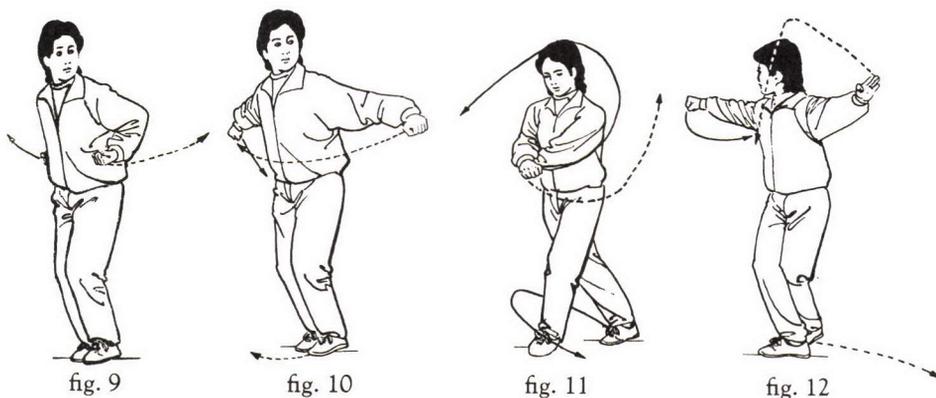
fig. 6



fig. 7



fig. 8



Form 4 Punch Fist in Left Bow Step

1) Step to the forward-right with the left foot. At the same time, separate both fists sideways at sides of the body, the centres of both fists obliquely facing backward, followed changing the left fist into a palm, cross both wrists in front of the abdomen placing the right forearm on outside. Eyes look at the right fist. (figs. 10-11)

2) Take a step leftward round the left foot with the right foot and the left foot followed steps to the forward-left to form a semi-horse step. At the same time, swing both hands upward and rightward in arcs past the left side of the body to in front of the right side of the chest with the elbows bent, the left palm facing the knuckles of the right fist. Eyes follow the right fist first, then snap the head leftward and look forward-left in final position. (figs. 12-13)

3) Bend the left knee forward and straighten the right leg to form a left bow step. At the same time, push the right fist forward with the eye of the fist facing upward, and rest the right palm on the inside of the left upperarm palm facing rightward. Eyes look forward. Simultaneously sound "hai". (fig. 14)

Form 5 Punch Fist in Left Bow Step

1) Move the centre of gravity backward to form a left semi-horse step. At the same time, slice the left palm forward past the upper side of the right arm while pulling the right fist to the right flank. Eyes look at the left palm. (fig. 15)

2) Bend the left knee forward and straighten the right leg to form a left bow step. At the same time, punch the right fist forward, the eye of fist facing upward, and pull the left palm slightly backward to rest on the inside of the right upperarm, palm facing

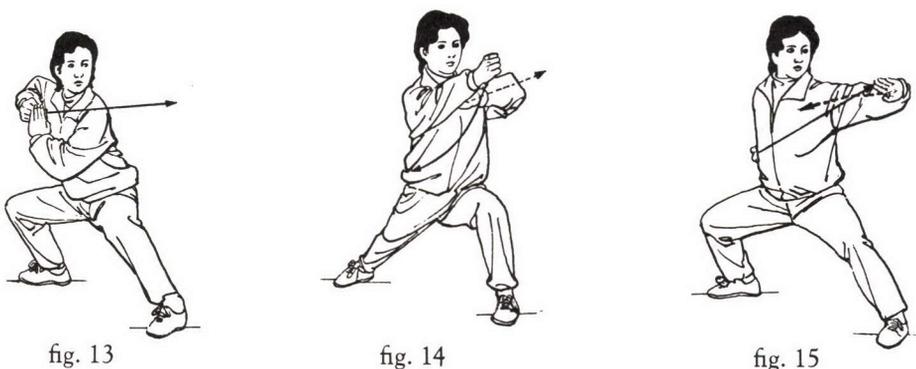




fig. 16



fig. 17



fig. 18

rightward. Eyes look forward. (fig. 16)

Form 6 Flail Fist in High Empty Step

1) Take half a stamping-step forward and horizontally swing the left palm and right fist leftward. (fig. 17)

2) Turn the upper body to the right shifting the center of gravity onto the left leg, and step forward-right with the right foot landing the toes on the floor to form a right high empty step. At the same time, flail rightward in a plane arc with the right fist, the eye of fist facing upward, and bend the left elbow ending the palm in front of the right side of the chest palm facing lower-right. Eyes look forward-right. (fig. 18)

Form 7 Punch Fist in Dragon-Riding Step

1) Sit the entire sole of the right foot flat on floor. At the same time, change the left palm into a fist and pull both fists backward to in front of the left side of the chest with elbows bent. Eyes follow the right fist. (fig. 19)

2) Turn the body rightward and lower the upper body downward to form a dragon-riding step. At the same time, punch forward with the left fist, the eye of fist facing upward, and pull the right fist to in front of the right side of the chest, elbow bent at level and the eye of the fist facing upward. Eyes look forward. (fig. 20)

Form 8 Punch Fist in Left Bow Step

1) Turn the body to the left and step forward-left with the left foot. With the turning of the body, extend the right fist backward and continuously circle it upward, rightward and downward in a vertical circle while the left hand slightly lowers downward changing it into a palm, crossing both forearms in front of the abdomen and placing the right on outside. Eyes look at the right fist. (fig. 21)

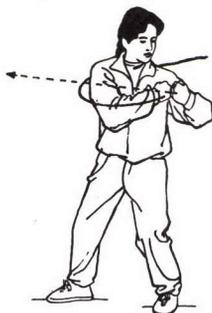


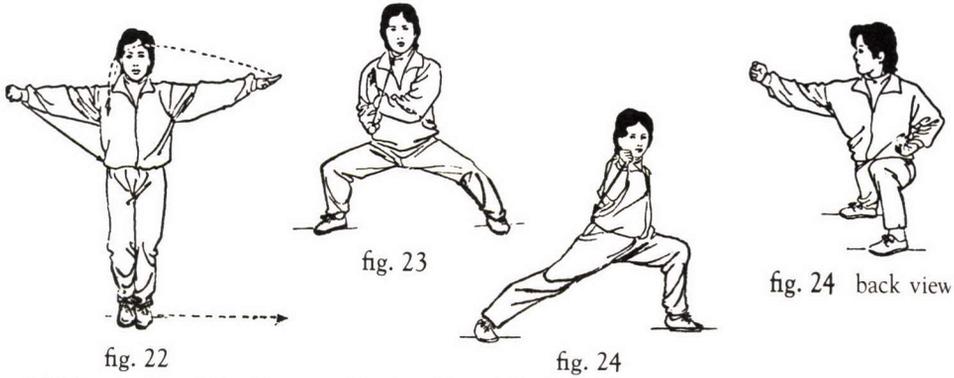
fig. 19



fig. 20



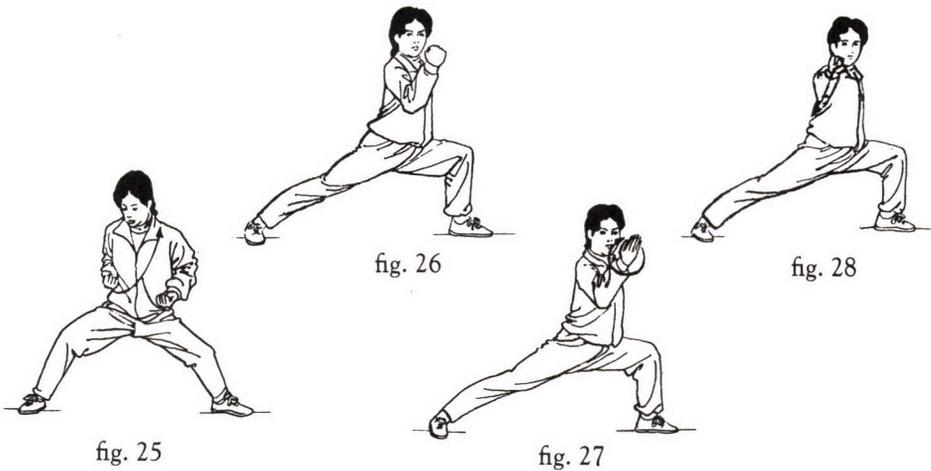
fig. 21



2) Draw the right foot to the inside of the left foot with feet together, both knees bent slightly. At the same time, circle the right fist leftward, upward and rightward to the right side at shoulder level, and swing the left palm in a downward and leftward arc to shoulder level, palm facing downward. Eyes look forward. (fig. 22)

3) Step sideward with the left foot to form a semi-horse step. Simultaneously pull the right fist to the right flank and the left palm past the front of the face to in front of the right shoulder, palm facing rightward and fingers pointing upward. (fig. 23)

4) Turn the upper body to the left bending the left knee and straightening the right leg to form a left bow step. At the same time, the right fist punches rightward, the eye of fist facing upward while the left hand clenches into a fist and pulls back to the left flank. Eyes look rightward. (figs. 24 and 24 side view)



Form 9 Intercept Bridge in Left Bow Step

1) Turn the upper body to the right to form a horse-riding step while pull the right fist back to the right flank. Eyes follow the right fist. (fig. 25)

2) Turn the upper body to the left bending the left knee and straightening the right leg to form a left bow step. At the same time, the right forearm intercepts forward with elbow bent and forearm rotated outward. Eyes look forward-right. (fig. 26)

Form 10 Circle Bridge and Thrust Palm in Left Bow Step

1) Chang the right fist into a palm and circle it along the counter clockwise serving the wrist as an axis. Eyes look at the right palm. (figs. 27-28)



fig. 29



fig. 30



fig. 31

2) Turn the upper body to the right to form a horse-riding step. At the same time, sink the right forearm downward and pull the palm backward to the right flank. Eyes follow the right palm. (fig. 29)

3) Turn the upper body to the left shifting the weight mainly onto the left leg and straightening the right leg to form a left bow step. At the same time, thrust the right palm rightward, palm facing downward. Eyes look at the right palm. (fig. 30)

Form 11 Cut with Palms in Horse-Riding Step

1) Slightly step backward with right foot and shift the centre of gravity to the midpoint between feet to form a horse-riding step. At the same time, the left fist changes into a palm and the right palm pulls back to the right ribs. Eyes follow the right palm. (fig. 31)



fig. 32



fig. 33



fig. 34



fig. 35

2) Turn the upper body slightly to the right, and cut and push both palms forward forearm rotating inward, palms facing downward, the right palm being at shoulder level and the left palm at abdominal level. Eyes look forward. (fig. 32)

Form 12 Raise Palms in Horse-Riding Step

Raise the left palm in a leftward and upward arc and the right palm in a rightward and upward arc so the wrists at shoulder level and palms facing forward. Eyes look forward. (figs. 33-34)

Form 13 Push with Single-Finger Palms in Horse-Riding Step

1) Curl the fingers of both hands onto palms but the index fingers to form single-finger palms, then bend and raise both elbows upward so that the palms are moved backward at sides of the head. Eyes follow the left elbow. (figs. 35-36 and 36 back view)

2) Sink both elbows downward so that both palms are lowered to in front of the respective shoulders. Then, slowly and forcefully push forward with both palms, palms facing forward. Eyes first follow the right palm, then look forward in final position. (figs. 37-38)



fig. 36

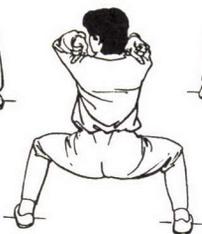


fig. 36 back view



fig. 37



fig. 38



fig. 39

Form 14 Push with Single-Finger Palms in Horse-Riding Step

1) Bend and raise elbows upward so that both single-finger palms are moved at sides of the head. Eyes follow the left elbow. (fig. 39)

2) Sink both elbows downward so that both palms are lowered to in front of the respective shoulders. Then, slowly and forcefully push forward with both palms, palms facing forward. Eyes first follow the left hand, then look forward in final position. (figs. 40-41)

Form 15 Thrust Palms and Sink Bridges in Horse-Riding Step

1) Bend and raise both elbows upward so that both hands are moved to above the shoulders and changed both single-finger palms into palms. Immediately sink both elbows downward and backward until both palms are moved to the flanks. Thrust both palms directly forward, palms facing each other and fingers of both hands pointing forward. Eyes look forward. (figs. 42-44)

2) Suddenly bend both elbows and sink forearms slightly downward. Eyes look forward. (fig. 45)



fig. 40



fig. 41



fig. 42



fig. 43



fig. 44



fig. 45



fig. 46



fig. 47



fig. 48



fig. 49

Form 16 Block with Forearms in Right Bow Step

1) Clench the fingers of both hands into fists and swing them downward and sideward at sides of the body. Jump up with both feet and turn the body to the left in flight, simultaneously land on the floor with both feet to form a semi-horse step while both fists close inward to in front of the chest with both fists crossed, the right fist placed on outside and the centres of fists obliquely facing downward. Eyes follow the right fist. (figs. 46-48)

2) Turn the upper body to the right shifting the weight mainly onto the right leg and straightening the left leg to form a right bow step. With the turning of the body, block both fists upward forearms rotating inward and the centres of both fists obliquely facing downward. Eyes look forward. (fig. 49)

Form 17 Press Elbow in Dragon-Riding Step

1) Insert a step behind the right foot with the left foot. Move the right fist leftward to in front of the body forearm rotating outward and the centre of fist facing upward, while change the left fist into a palm and move slightly downward and inward in an arc to under the right elbow with palm facing downward. Then thrust the left palm forward and pull the right fist backward to the right flank. Eyes follow the left palm. (figs. 50-51)

2) Raise the right foot and step to the right side landing the ball on the floor to form a dragon-riding step. At the same time, slightly lower the left palm downward, and raise the right arm upward with elbow bent. Immediately press the right elbow forward and downward past the front of the chest to the inside of the left forearm while the left palm closes to touch the right elbow. Eyes look at the tip of the right elbow. (figs. 52-53 and 53 back view)



fig. 50



fig. 51



fig. 52

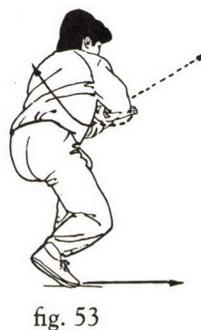


fig. 53



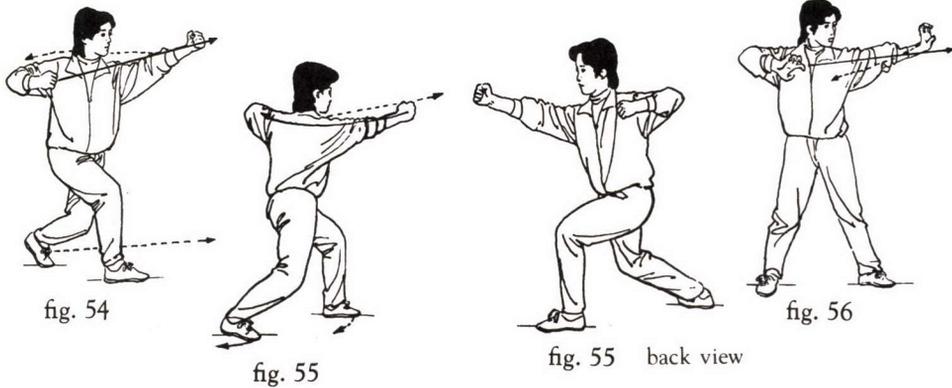
fig. 53 back view

Form 18 Open Step with Double Tiger's-Paw Hands

1) Turn the upper body to the right and step to the front with the right foot. Simultaneously changing the left palm into a fist, punch it forward, the eye of the fist facing upward, while pull the right fist backward to in front of the right side of the chest. (fig. 54)

2) Turn the body to the left and step forward with the left foot. At the same time, punch the right fist forward the eye of the fist facing upward, and pull the left fist backward to in front of the left side of the chest with elbow bent. Eyes follow the right fist. (figs. 55 and 55 back view)

3) Turn the body to the right rotating the right foot outward and the left inward to form an opening-step position. Simultaneously changing both fists into tiger's-paw hands, push the left forward and pull the right backward to in front of the right side of the chest, palm facing outward. Eyes look leftward. (fig. 56)



Form 19 Push Palm in Dragon-Riding Step

Lower the body downward and turn to the left while the right knee kneels downward, the heel raised from the floor to form a dragon's-riding step. Simultaneously changing both tiger's-paw hands into palms, push the right forward and pull the left backward to rest on the inside of the right upperarm. Eyes look forward. (figs. 57 and 57 side view)

Form 20 Spin and Inside Crescent Kick in Flight

1) Take steps forward with the right and left feet in succession. At the same time, swing the left hand forward, downward, backward and upward as well as the right downward, backward and upward in arcs to the upper-right. (figs. 58-59)

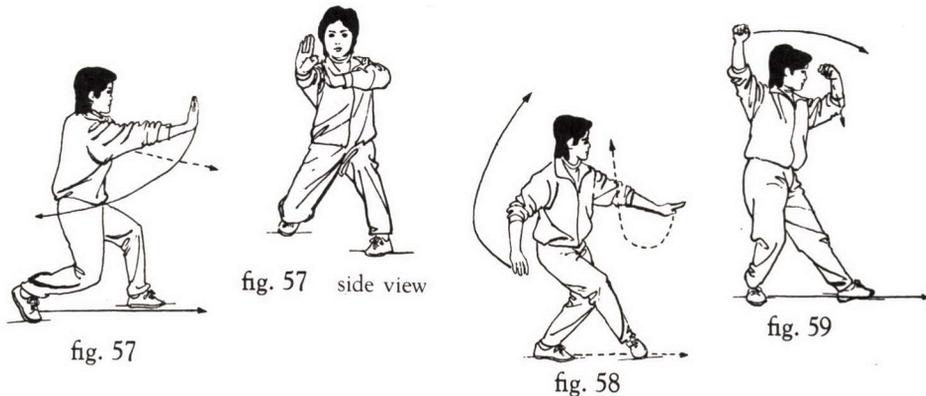




fig. 60



fig. 61



fig. 62



fig. 62 back view

2) The right foot steps forward and jumps up so the body turning to the rear-left in flight, the left knee bent, the right leg swinging upward and inward and both hands followed naturally. (figs. 60-61)

Form 21 Side Drop, Scissor Kick and Side Sole Kick

1) Drop onto the floor with the left side of the body, simultaneously, both hands slapping the floor, the left knee bent to touch the floor and the right leg straightening naturally. Eyes look forward-right. (figs. 62 and 62 back view)

2) Bend the right knee and straighten the left leg as if scissoring. Then bend the left knee and kick to the upper-right with the right foot. (figs. 63-64)

Form 22 Carp Kip-up

1) Turn the body to the right with the back on the floor and bend the hips upward swinging the legs upward to in front of the body and touching the respective thighs with both hands. Eyes look at the legs. (fig. 65)

2) Quickly swing both legs upward and forward, simultaneously protrude the abdomen upward so the body jumping up. Immediately land on the floor with feet keeping a squatting-position. Then slap the floor with both palms. Eyes follow both hands. (figs. 66-67)



fig. 63



fig. 64

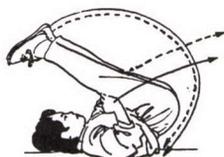


fig. 65



fig. 66



fig. 67



fig. 68



fig. 69



fig. 70



fig. 71

Form 23 Empty Step and Crane's-Beak Hand

1) Stand up and step forward with the left foot as the body slightly turns leftward while the right palm thrusts to the upper-front of the right and the left palm swings naturally backward. Eyes look at the right palm. (fig. 68)

2) Slightly turn the upper body to the right. Move the right hand in a small circle along the counter clockwise serving the wrist as an axis changing it into a crane's-beak hand and beak to the lower-right. Eyes look at the right hand. (fig. 69)

3) Turn the upper body to the right and step to the front with the right foot, its toes touching the floor to form a right empty step. At the same time, change the left palm into a crane's-beak hand and beak it to the upper-right past the outside of the left shoulder with the arm curved slightly, while parry the right crane's-beak hand backward to in front of the right side of the chest. Eyes look at the left hand. (fig. 70)

Form 24 Stand on One Leg with Double Tiger's-Paw Hands

Sit the right heel downward with the entire sole flat on the floor shifting the centre of gravity onto the right leg and raise the left leg with knee bent. Simultaneously changing both crane's-beak hands into tiger's-paw hands, pull them to the right flank and push sideways at sides of the body. Eyes look forward-left. (figs. 71-72)

Form 25 Double Tiger's-Paw Hands in Left Bow Step

1) Drop the left foot to the front as the body turns leftward. At the same time, changing both tiger's-paw hands into fists, punch the right fist forward, the eye of the fist facing upward, and bend the left elbow placing the left fist in front of the left side of the chest. Eyes look at the right fist. (figs. 73 and 73 back view)

2) Step forward with the right foot as the body is turned to the right. At the same time, punch the left fist forward, the eye of fist facing upward, and pull the right fist backward to in front of the right side of the chest with elbow bent. Eyes look at the left fist. (fig. 74)



fig. 72



fig. 73



fig. 73 back view



fig. 74



fig. 75



fig. 76



fig. 77



fig. 78

3) Cover a rightward step past the front of the right foot with the left foot. At the same time, changing both fists into tiger's-paw hands, parry the right hand inward and lower-left in an arc to protect the face while pull the left hand backward to the left flank. Eyes look at the right tiger's-paw hand. (fig. 75)

4) Slightly lift the right leg and jump up with the left leg, both knees bent in flight. At the same time, parry the left hand inward, rightward and downward in an arc to in front of the right side of the chest for protecting the face, while the right hand moves naturally in a small circle to the right flank. Eyes look downward. (figs. 76-77)

5) Separate both legs to respective sides and land on the floor with feet. Then turn the upper body to the left bending the left knee and straightening the right leg to form a left bow step, simultaneously push the right tiger's-paw hand forward and put the left hand under the right elbow, while sound "wu". Eyes look at the right hand. (figs. 78-79)

Form 26 Turn Body, Flail Fist and Thrust Palm

1) Take a small forward stamping-step with the left foot. At the same time, change the left hand into a palm and the right hand into a fist, and swing them horizontally leftward. (fig. 80)

2) Turn the body to the right and the right foot followed takes a small step with the toes touching the floor to form a right empty step. With the turning of the body, flail the right fist horizontally rightward, the eye of fist facing upward, and swing the left palm rightward to in front of the right side of the chest. Eyes look at the right fist. (fig. 81)

3) Slightly turn the upper body to the right and take half a step forward with the right foot, knee bent slightly to form a dragon-riding step. Simultaneously the left palm thrusts forward, palm facing rightward and fingers pointing forward, while the right fist pulls backward to in front of the right side of the chest. Eyes look at the left palm. (fig. 82)

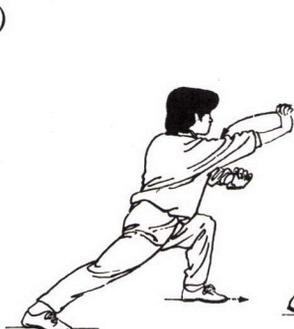


fig. 79



fig. 80



fig. 81

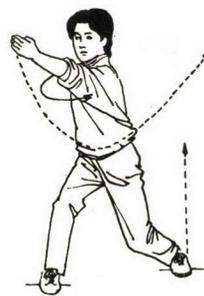


fig. 82



fig. 83

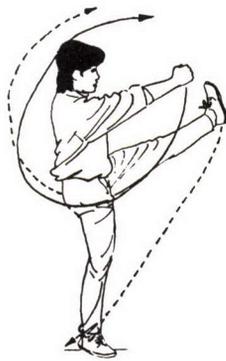


fig. 84



fig. 84 side view

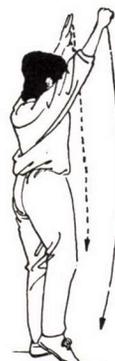


fig. 85

Form 27 Punch Fist and Kick with Heel

Turn the body to the rear-left and raise the left leg with knee bent first, then kick to the front with the heel. With the turning of the body, arch the left palm in a downward, leftward and upward curve to the upper-left, immediately parry the left palm inward with elbow bent, palm placed in front of the right side of the chest, and punch the right fist forward, the eye of fist facing upward. Eyes look forward. (figs. 83-84 and 84 side view)



fig. 86



fig. 86 side view



fig. 87

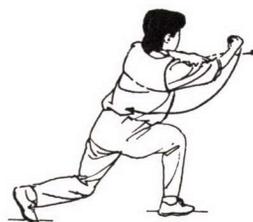


fig. 88

Form 28 Cover Fist in Kneeling Step

Lower the body downward and drop the left foot to the inside of the right foot to form a right kneeling step. At the same time, circle both hands downward, backward and upward past the respective side to the upper-front, continuing cover and press the right fist downward and lower the left palm downward to the inside of the right upper-arm. Eyes look at the right fist. (figs. 85-86 and 86 side view)

Form 29 Strike with Fist in Dragon-Riding Step

Turn the body to the right and step forward with the right foot to form a dragon-riding step. At the same time, arch the right fist upward and backward past the right flank, then strike to the upper-front the centre of the fist facing obliquely upward, meanwhile the left palm describes an arc along the clockwise direction to rest on the inside of the right arm. Eyes look at the right fist. (figs. 87-88)

Section II

Form 31 Turn Body, Parry and Cover with Fist

1) Shift the weight mainly onto the left leg. At the same time, changing the left palm into a fist, parry it leftward past the front of the right side of the chest, the heart of fist facing obliquely upward. Eyes look at the left fist. (fig. 93)

2) Turn the upper body to the left. Continuing, parry the left fist downward and backward while the right fist covers and presses upward, forward and downward to in front of the abdomen, the heart of the fist facing downward. Eyes look forward. (fig. 94)

Form 32 Nail Kick and Punch Fist in Bow Step

1) Insert a step behind the right foot with the left foot. Simultaneously parry inward, upward and outward in an arc with the right forearm, elbow bent and the heart of fist facing inward, and move the left fist forward to beside the left hip. Eyes follow the right fist. (fig. 95)



fig. 93



fig. 94



fig. 95

2) Turn the body slightly to the left. With the turning of the body, rotating the left forearm outward, parry it inward, upward and outward in an arc so the fist past the front of the face to in front of the left shoulder, the heart of the fist facing inward, while pull the right fist to the right flank. Eyes follow the left fist. (fig. 96)

3) Step to the rear-right with the right foot to form a left bow step. At the same time, punch the right fist forward the heart of fist facing downward, and withdraw the left fist to the left flank. Eyes look at the right fist. (fig. 97)

4) Swing and kick the right foot in an upward, sideward and forward arc to in front of the body serving the toes as an force point with the toes pointed and foot rotated inward while the right fist swings backward, and the left fist changes into a palm, presses and threads to the front, palm facing downward and fingers pointing rightward. Eyes look at the toes of the right foot. (fig. 98)



fig. 96



fig. 97



fig. 98

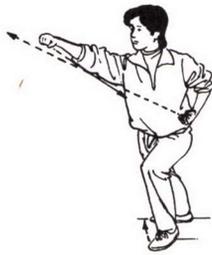


fig. 99



fig. 100



fig. 101



fig. 101 back view

5) Drop the right foot to the rear-right to form a left bow step. At the same time, punch the right fist forward, and clenching the fingers of the left hand into a fist, pull it to the left flank. Eyes look at the right fist. (fig. 99)

6) Turn the upper body to the right bending the right knee and straightening the left leg to form a right bow step. At the same time, punch leftward with the left fist, the eye of the fist facing upward, and pull the right fist backward to the right flank. Eyes look at the left fist. (fig. 100)

Form 33 Grasp Hand, Tread Kick and Push with Both Palms

1) Shift the centre of gravity onto the right leg sliding the left foot along the floor slightly to the right foot, while changing both fists into eagle's-claw hands, extend the right fist to the forward-right and describe the left fist a downward, inward and upward arc to in front of the right side of the chest, palms facing downward. Eyes follow the hands. (figs. 101 and 101 back view)

2) Shift the entire weight onto the right leg. Slightly raise the left leg with knee bent, then tread and kick to the lower-front with the left foot while both hands withdraw backward to the side of the left hip, the right forearm rotating outward. Eyes look at the left foot. (fig. 102)

3) Drop the left foot backward to form a dragon-riding step while change both eagle's-claw hands into palms and cut them forward, the left palm facing upward and the right palm facing downward. Eyes look forward. (figs. 103 and 103 back view)

Form 34 Slap Floor in Single Butterfly Step

1) Turn the body to the left, raise the left leg with knee bent and leap leftward with the right leg. At the same time, swing both palms downward, backward and upward past the respective side to above the head, palms facing forward. Eyes look forward. (figs. 104-105)



fig. 102



fig. 103



fig. 103 back view



fig. 104

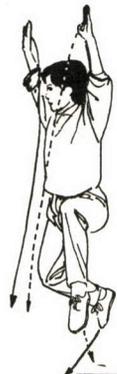


fig. 105

2) Land on the floor with both feet, knees bent to form a single butterfly step, simultaneously slap the floor with both palms. Eyes follow both palms. (fig. 106)

Form 35 Push with Butterfly Hands in Right Bow Step

Step forward with the right foot bending the right knee and straightening the left leg to form a right bow step as the body is turned to the right. At the same time, pull both palms upward to the left flank and push them to the front with the butterfly hands, palms facing forward, the right fingertips pointing upward and the left downward. Eyes look at the fingertips of the right hand. (fig. 107)

Form 36 Kylin Step and Push with Butterfly Hands in Bow Step

1) Step to in front of the right foot with the left foot toes rotating outward as the body is turned to the left. Simultaneously withdraw both palms backward to the left side of the body. Eyes follow the right palm. (fig. 108)

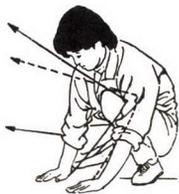


fig. 106

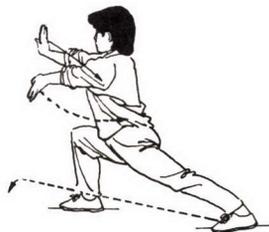


fig. 107



fig. 108

2) Step to in front of the left foot with the right foot toes rotating outward as the body is turned to the right. Rotate the right forearm outward and the left forearm inward so that both hands are changed the position at the right side of the body to form butterfly hands. Eyes follow the left palm. (fig. 109)

3) Step forward-left with the left foot, bending the left knee and straightening the right leg to form a left bow step. At the same time, push both palms forward-left, the fingertips of the left palm pointing upward and the right downward. Eyes look at the fingertips of the left palm. (figs. 110-111)

Form 37 Block and Punch in Right Bow Step

Raise the right leg with knee bent, then step to the forward-right with the right foot, bending the right knee and straightening the left leg to form a right bow step as the body



fig. 109



fig. 110

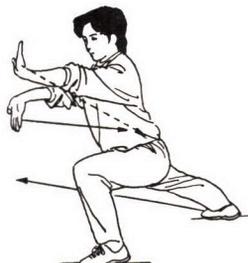
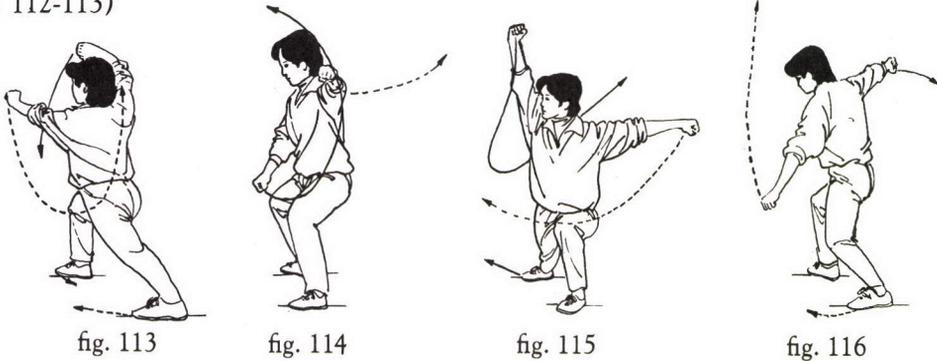


fig. 111



fig. 112

is turned to the right. With the turning of the body, changing both palms into fists and pulling them backward to the left flank, block the right over the head, forearm rotating inward, and punch the left fist forward, the eye of fist facing upward. Eyes look forward. (figs. 112-113)



Form 38 Swingover Punch in Left Side Bow Step

Turn the upper body to the left, bending the left knee and straightening the right leg to form a left side bow step. At the same time, swing the left arm downward, inward and leftward to shoulder level and the right fist downward, inward and upward to over the head with arm straight. Simultaneously sound "hai". Eyes look forward-right. (figs. 114-115)

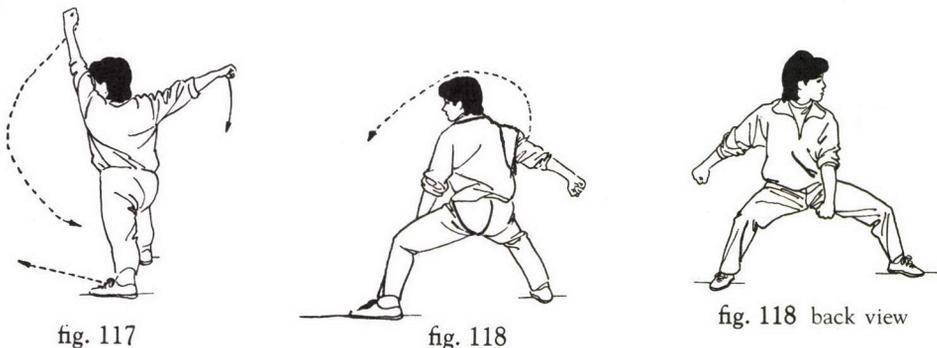
Form 39 Swingover Punch in Right Bow Step

Turn the upper body to the right bending the right knee and straightening the left leg to form a right side bow step. At the same time, swing left fist downward, inward and upward to over the head with arm straight, and the right arm downward, backward and upward in an arc to shoulder level. Eyes look forward-left. (figs. 116-117)

Form 40 Step Forward, Parry and Cover with Fist

1) Step forward with the left foot simultaneously circle and parry the left fist downward, inward and upward past the front of the body, then leftward to the left side, the centre of fist facing upward, and slightly lower the right fist downward. Eyes follow the left fist. (figs. 118-119 and 118 back view)

2) Turn the upper body to the left, straightening the right leg to form a left bow step. At the same time, cover and press upward and forward in an arc to in front of the body with the right fist and swing to the rear with the left fist. Eyes look forward. (fig. 120)



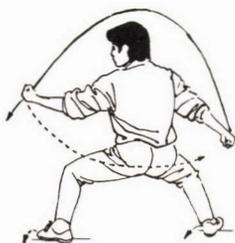


fig. 119



fig. 120

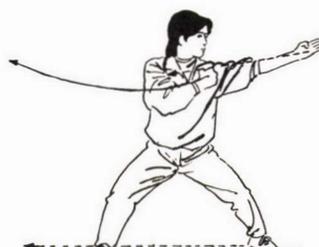


fig. 121

Form 41 Flail Fist in Back Cross-Step

1) Step forward with the right foot as the body is turned to the left. At the same time, swing both arms leftward changing the left fist into a palm. Eyes follow the left palm. (fig. 121)

2) Step rightward behind the right foot with the left foot, both legs crossed. Simultaneously flail the right fist horizontally rightward while the left palm followed moves rightward to in front of the right side of the chest. Eyes look at the right fist. (fig. 122)

Form 42 Turn Body, Parry and Cover with Fist

1) While the body turning to the rear-left, changing the left palm into a fist and followed swings downward, leftward and upward in an arc to the left side of the body, and the right fist also swings downward and rightward to the right side. Eyes follow the left fist. (fig. 123)

2) Continuing, turn the body to the left while the right fist presses and covers upward and forward in an arc to in front of the body, and the left fist parries downward and backward. Eyes look forward. (fig. 124)

Form 43 Hook and Strike with Fist in Dragging Step

1) Step to the inside of the left foot with the right foot, its toes touching the floor. At the same time, the right fist followed the upper body turning to the right swings upward to the rear of the body while the left fist changing into a palm describes an upward arc past the front of the face to in front of the abdomen. Eyes follow the right fist. (fig. 125)

2) Step forward with the right foot, the left heel raised from the floor to form a dragging step as the upper body is turned to the left. At the same time, strike and hook forward and upward in an arc to in front of the face with the right fist, and describe the left palm a clockwise arc to rest on the inside of the right upperarm. Eyes look forward. (fig. 126)

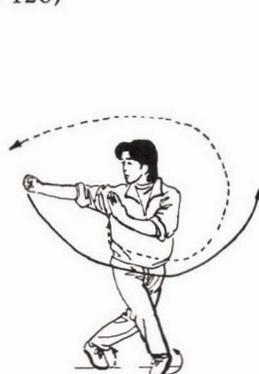


fig. 122

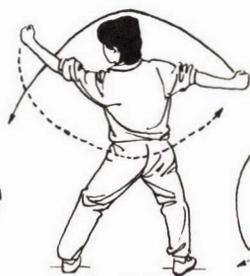


fig. 123



fig. 124



fig. 125

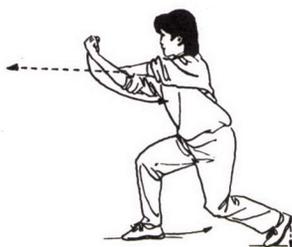


fig. 126



fig. 127



fig. 127 back view

Form 44 Push Palm in Horse-Riding Step

1) Shift the centre of gravity onto the left leg and draw the right foot backward to in front of the left foot toes touching the floor to form a right empty step. At the same time, changing the right fist into a palm, pull it back to in front of the right side of the chest with elbow bent, palm facing downward, and slice the left palm forward along the upper side of the right arm, while the upper body is turned to the right. Eyes follow the right palm. (figs. 127 and 127 back view)

2) Turn the body to the left and step to the front with the right foot to form a horse-riding step. At the same time, press and push the right palm to the lower-right, forearm rotating inward while pull the left palm backward to in front of the right side of the chest elbow bent. Eyes look at the right palm. (fig. 128)

Form 45 Parry, Cover, Sweep and Strike with Fist in Bow Step

1) While turning the upper body slightly to the left, changing both palms into fists, the right palm followed swings downward and leftward to in front of the abdomen, and the left palm moves to under the right armpit. Eyes follow the right fist. (fig. 129)

2) Turn the upper body slightly to the right while the right fist followed circles upward and rightward and the left fist swings naturally backward. Eyes follow the right fist. (fig. 130)

3) Continuing, turn the upper body to the right. Simultaneously parry the right fist downward and backward to the rear of the body, and cover the left fist upward and forward to in front of the body. Eyes follow the left fist. (fig. 131)

4) With the upper body turning to the left, swing the left fist horizontally leftward and backward, sweep the right fist outward and forward. Eyes look at the right fist. (fig. 132)



fig. 128

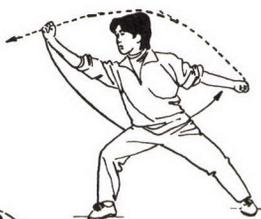


fig. 130



fig. 132



fig. 129



fig. 131



fig. 133



fig. 133 side view

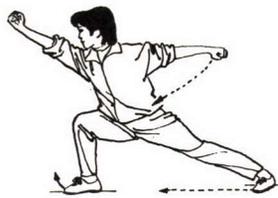


fig. 134

5) Continuing, turn the upper body to the left and sweep the right arm leftward with elbow bent until the fist ending under the left armpit while the left fist blocks up, forearm rotating inward. Eyes follow the right fist. (figs. 133 and 133 side view)

6) Turn the upper body to the right, bending the right knee and straightening the left leg to form a right bow step. With turning of the body, lower the left fist downward and rotate the right forearm outward so both arms are crossed in front of the chest first, then strike the right fist to the upper-right and swing the left fist backward to the rear of the body. Eyes look at the right fist. (fig. 134)

Form 46 Punch Downward in Cross-Legged Step

Turn the body to the right the ball of the left foot slid forward along the floor to form a cross-legged step. At the same time, pull the right fist to the right flank, and punch the left fist to the lower-front past the left flank. Eyes look at the left fist. (figs. 135-136)

Form 47 Parry with Both Hands in Horse-Riding Step

Step forward-left with the left foot to form a horse-riding step. Simultaneously parry both arms inward with them crossed in front of the body the left fist placed on outside, and swing both fists upward and sideward to respective side. Eyes look at the left fist. (fig. 137)

Form 48 Double Tiger's-Paw Hands and Kneeling Step

1) Shift the centre of gravity onto the left leg and lift the right leg with knee bent. At the same time, change both fists into tiger's-paw hands and describe them downward and leftward arcs, the right hand past the front of the abdomen. Eyes follow the left tiger's-paw hand. (fig. 138)

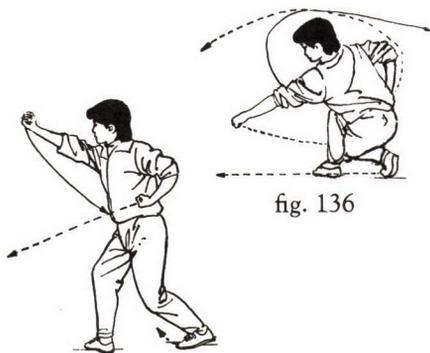


fig. 135

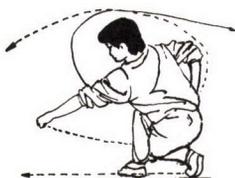


fig. 136



fig. 137

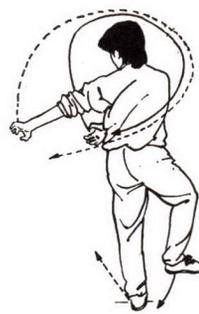


fig. 138

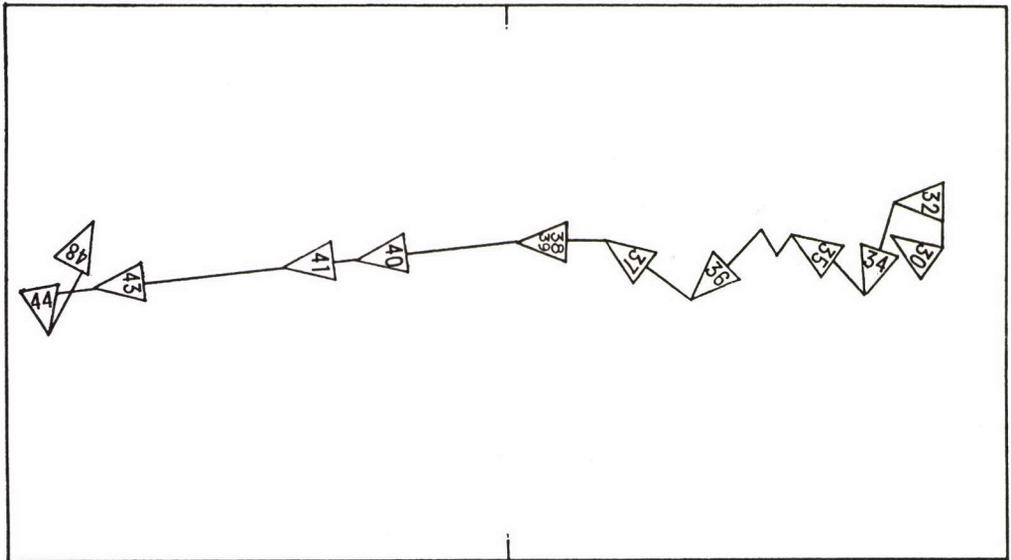
2) Jump up with the left leg turning the body to the rear-right, land on the floor with the right foot. With the turning of the body, describe and claw upward, rightward and downward in arcs to beside the right hip with both hands. Eyes look at the right hand. (fig. 139)



fig. 139



fig. 140



Layout of Movements in Section II

Section III

Form 49 Slap Kick and Punch Fist in Semi-Horse-Riding Step

1) Extend the left leg upward and kick the right foot to the upper-right while slap the back of the right foot with the right palm in front of the body, and changing the left tiger's-paw into a fist, pull it to the left flank. Eyes look at the right foot. (fig. 141)

2) Drop the right foot to the front to form a semi-horse step. At the same time, punch the left fist forward, the heart of fist facing downward changing the right palm into a fist, pull it to the right flank. Eyes look forward. (fig. 142)

3) Turn the upper body to the left. At the same time, punch the right fist rightward, the heart of fist facing downward, and pull the left fist back to the left flank. Eyes look to the right fist direction. (fig. 143)

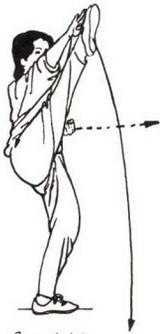


fig. 141



fig. 142



fig. 143



fig. 144

Form 50 Press Elbow in Single Butterfly Step

1) Turn the body to the right and step forward with the left foot. Simultaneously changing the left fist into a palm, thread it forward past the front of the chest and along the bottom of the right arm in an arc while pull the right fist to the right flank. Eyes follow the left palm. (fig. 144)

2) Shift the centre of gravity onto the left leg and jump up with the left leg the body turning about 360 degrees to the left and the right leg raised with knee bent, then land on the floor with the right and left foot in succession to form a single butterfly step. With the turning of the body, both elbows are bent, the right elbow presses to the inside of the left forearm from the upper position. Eyes look at the right elbow. (figs. 145-147 and 147 side view)

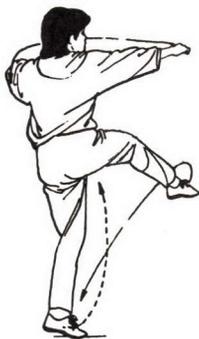


fig. 145



fig. 146



fig. 147



fig. 147 side view

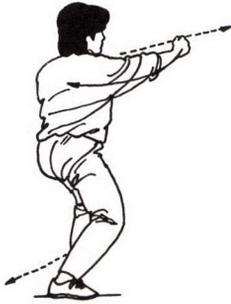


fig. 148



fig. 148 back view



fig. 149

Form 51 Punch Fist in Back Cross-Step

1) Raise the body up and flail the right fist forward while changing the left palm into a fist pulls back to in front of the chest with elbow bent. Eyes look at the right fist. (figs. 148 and 148 back view)

2) Step backward with the left foot to form a back cross-step. At the same time, turn the body to the right and punch the left fist forward, the eye of fist facing upward withdrawing the right fist backward to in front of the right side of the chest with elbow bent. Eyes look at the left fist. (fig. 149)

Form 52 Step Forward and Punch, Turn Body and Cover with Fist

1) Step forward with the left and the right foot in succession and turn the body to the left. At the same time, punch the right fist rightward, the centre of fist facing downward, while the left fist is pulled backward to in front of the left side of the abdomen. Eyes follow the right fist. (figs. 150-151)

2) Step rightward behind the right foot with the left foot and turn the body to the rear-left. With the turning of the body, the left fist parries in a leftward, upward and rightward arc and the right fist swings downward and leftward. Eyes follow the left fist. (fig. 152)

3) Continuing, turn the body to the left while the right fist followed presses and covers upward, forward and downward in an arc to in front of the abdomen, and the left fist parries downward and backward in an arc to the rear of the body. Eyes look forward. (fig. 153)



fig. 150

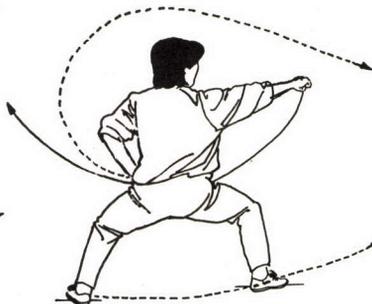
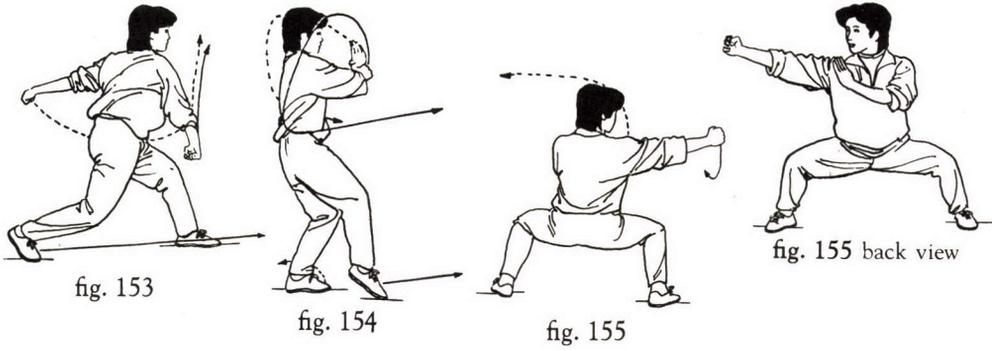


fig. 151



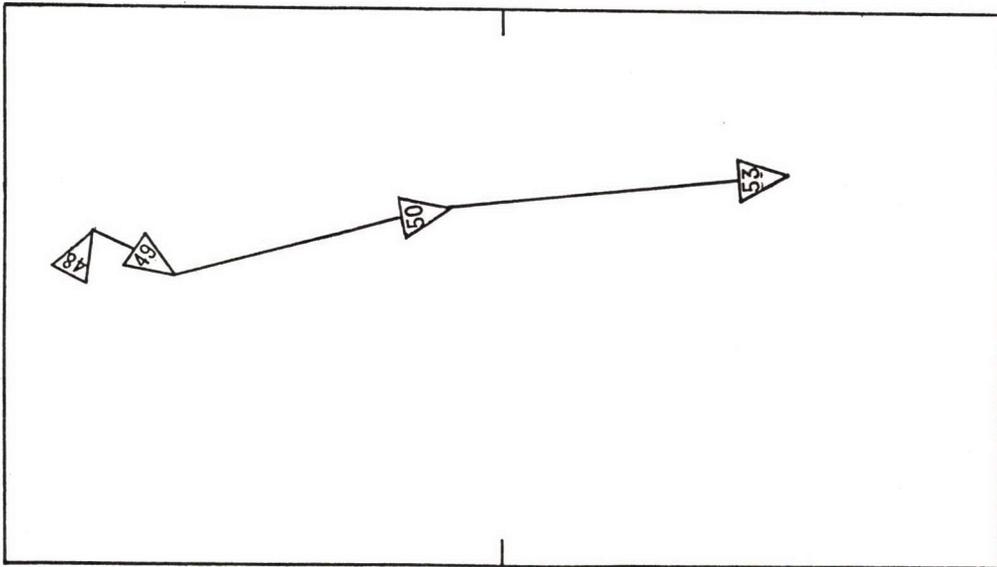
fig. 152



Form 53 Punch Fist in Horse-Riding Step

1) Step forward with the right foot landing the toes on the floor to form a right empty step. At the same time, changing the left fist into a palm, raise and cross both wrists to the upper-front at chest level. Eyes look forward. (fig. 154)

2) Step to the front with the right foot and turn the body to the left lowering the upper-body downward to form a horse-riding step. At the same time, separate both hands upward and sideward in arcs, following, punch the right fist rightward, the eye of fist facing upward, resting the left palm on the inside of the right upperarm. Eyes look at the right fist. (figs. 155 and 155 back view)



Layout of Movements in Section III



fig. 156



fig. 157



fig. 158

Section IV

Form 54 Turn Body and Cover Fist, Bow Step and Roll Bridge

1) Turn the upper body slightly to the left, meanwhile the left palm changes into a fist and parries to the upper-left. Eyes follow the left fist. (fig. 156)

2) Continuing, turn the upper body to the left while the right fist presses and covers upward, forward and downward in an arc to in front of the abdomen, and the left fist parries and swings downward and backward in an arc to the rear of the body. Eyes look lower-front. (fig. 157)

3) Turn the body slightly to the left and step to behind the right foot with the left foot. At the same time, rotate the right forearm outward so that the right fist is moved in an inward, upward and rightward arc to the forward-right of the body to parry outward, and move the left fist slightly forward to beside the left hip. Eyes follow the right fist. (fig. 158)

4) Turn the body slightly to the left while the left fist parries inward, upward and leftward in an arc past the front of the face to the forward-left of the body, forearm rotating outward and the heart of fist facing inward, and the right fist pulls to the right flank. Eyes follow the left fist. (fig. 159)

5) Step to the rear-right with the right foot. Simultaneously punch the right fist forward the heart of fist facing downward, and pull the left fist backward to the left flank. Eyes look at the right fist. (fig. 160)

6) Turn the upper body to the right bending the right knee and straightening the left leg to form a right bow step. At the same time, roll the left forearm inward, press and punch the fist to the lower-forward-left while withdraw the right fist backward to in front of the right side of the chest with elbow bent, the hearts of both fists facing downward. Eyes look forward-left. (figs. 161 and 161 back view)



fig. 159

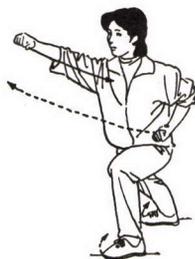


fig. 160



fig. 161



fig. 161 back view

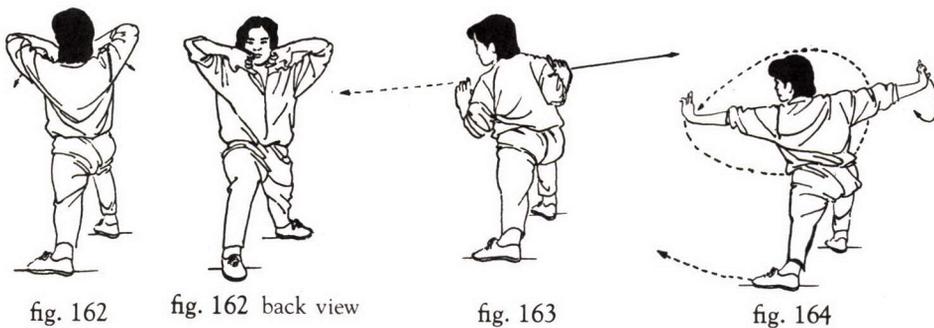


fig. 162

fig. 162 back view

fig. 163

fig. 164

Form 55 Push with Double Single-Finger Palms in Right Bow Step

Change both fists into single-finger palms and close them in front of the chest with elbows bent, then slowly and forcefully push them to respective sides at shoulder level. Eyes look at the left hand. (figs. 162-164 and 162 back view)

Form 56 Step Forward, Parry and Cover with Fist

1) Step forward with the left foot while changing both single-finger palms into fists, circle and parry the left fist downward, rightward, upward and then to the forward-left, and lower the right fist slightly downward. Eyes follow the left fist. (fig. 165)

2) Turn the upper body to the left the right heel raised from the floor, meanwhile, the right fist presses and covers upward, forward and downward in an arc to in front of the abdomen, and the left fist swings naturally backward. Eyes look forward. (fig. 166)

Form 57 Hook and Strike with Fist in Dragging Step

1) Step forward with the right foot landing the toes on the floor to form a right empty step as the body is turned to the right. At the same time, swing the right fist upward to the rear upper-right of the body, and move the left palm inward and upward to rest under the right armpit. Eyes follow the right fist. (figs. 167 and 167 back view)

2) Turn the body to the left and take a small step forward with the right foot to form a dragging step. At the same time, hook and strike downward, forward and upward in an arc to head level with the right fist, resting the left palm on the inside of the right upperarm. Eyes look at the right fist. (fig. 168)



fig. 165



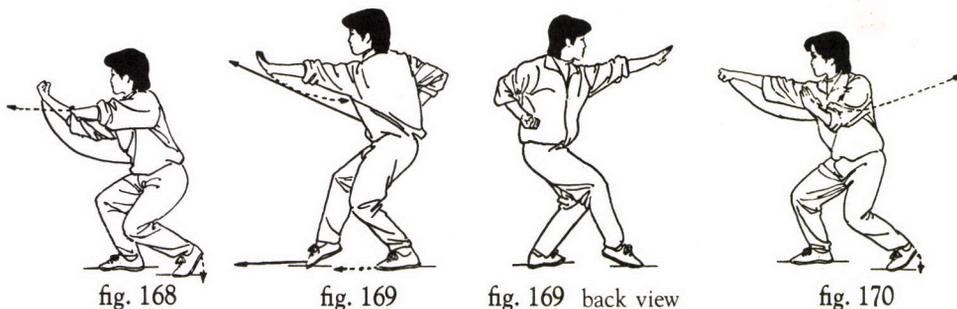
fig. 166



fig. 167



fig. 167 back view



Form 58 Punch Fist in Dragging Step

1) Shift the centre of gravity backward onto the left leg the right heel raised from the floor to form a right empty step. At the same time, slice the left palm forward along the upper side of the right forearm, and withdraw the right fist backward to the right flank. Eyes look at the left palm. (figs. 169 and 169 back view)

2) Step forward with the right foot and the left foot followed slides along the floor as the upper body is turned to the left. At the same time, punch the right fist forward, the heart of fist facing downward, and pull the left palm backward to in front of the right side of the chest. Eyes look at the right fist. (fig. 170)

Form 59 Flail Fist in Back Cross-Step, Turn Body and Cover with Fist

1) Turn the body to the left and swing the left palm and right fist horizontally leftward. The head turns to the left and eyes follow the left palm. (fig. 171)

2) Take a step to the right behind the right foot with the left foot to form a back cross-step. At the same time, swing the right fist horizontally to the right, and pull the left palm to in front of the right side of the chest with elbow bent. Eyes look at the right fist. (fig. 172)

3) Turn the body to the rear-left. With the turning of the body, changing the left palm into a fist, parry and circle it downward, upward and leftward while swing the right fist downward and rightward. Eyes follow the left fist. (fig. 173)

4) Continuing, turn the upper body to the left bending the left knee and straightening the right leg to form a left bow step. At the same time, press and cover the right fist in an upward and forward arc to in front of the abdomen while the left fist swings naturally backward. Eyes look forward. (fig. 174)

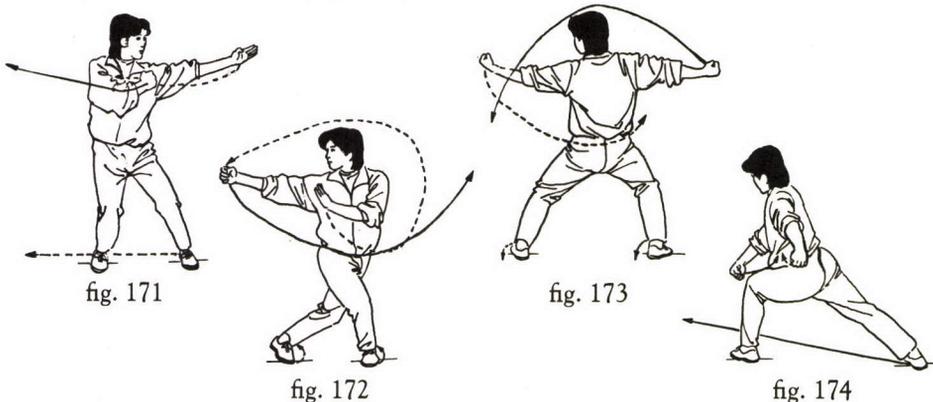




fig. 175

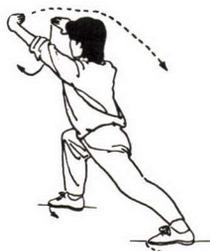


fig. 176



fig. 177



fig. 178

Form 60 Block with Both Palms in Bow Step

1) Step to the forward-right with the right foot to form a semi-horse step. At the same time, change both fists into palms and pull them to the left flank, palms facing upward. Eyes follow the right palm. (fig. 175)

2) Turn the body to the right bending the right knee and straightening the left leg to form a right bow step. At the same time, block to the upper-front over head with both palms rotating both forearms inward. Eyes look to the upper-front. (fig. 176)

Form 61 Turn Body, Parry and Cover with Fist, and Step Backward and Punch Fist

1) Turn the upper body to the left while changing both palms into fists, the left parries upward, forward and downward in an arc to shoulder level the heart of the fist facing upward, and the right lowers downward to shoulder level, forearm rotating outward. Eyes follow the left fist. (fig. 177)

2) Continuing, turn the upper body to the left. Simultaneously cover the right fist upward and forward in an arc to in front of the abdomen, and swing the left fist naturally backward. Eyes look forward. (fig. 178)

3) Step backward behind the right foot with the left foot legs crossed to form a back cross-step as the upper body is turned slightly to the right. At the same time, parry the right fist in an upward and rightward arc to the forward-right of the body with elbow bent, forearm rotating outward while slightly move the left fist forward to beside the left hip. Eyes follow the right fist. (fig. 179)

4) Parry the left fist in an inward, upward and leftward arc past in front of the face to the forward-left of the body and pull the right fist to the right flank. Eyes follow the left fist. (fig. 180)

5) Step to the rear-right with the right foot bending the left knee and straightening the right leg to form a left bow step. At the same time, punch the right fist forward the heart of fist facing downward, and pull the left fist to the left flank. Eyes look forward. (fig. 181)



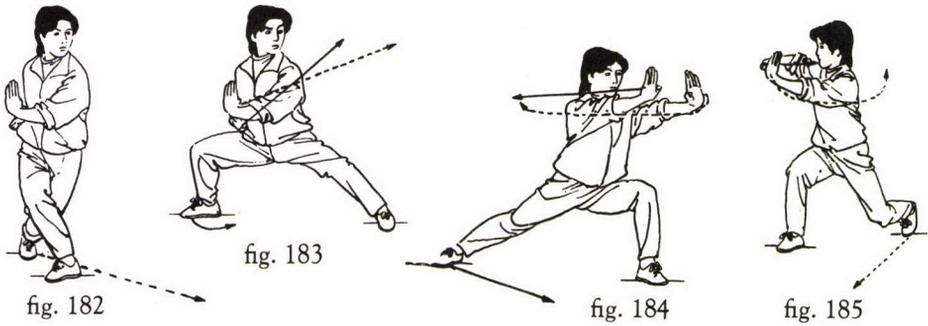
fig. 179



fig. 180



fig. 181



Form 62 Push with Both Palms in Left Bow Step

1) Step forward-left with the right foot as the upper body is turned to the right while both fists change into palms and pull them to the right flank. Eyes look forward-left. (fig. 182)

2) Step forward with the left foot bending the left knee forward and straightening the right leg to form a left bow step. At the same time, push forward with both palms, the fingertips of palms pointing upward. Simultaneously sound "hai". Eyes look forward. (figs. 183-184)

Form 63 Push Palm and Punch Fist in Empty Step

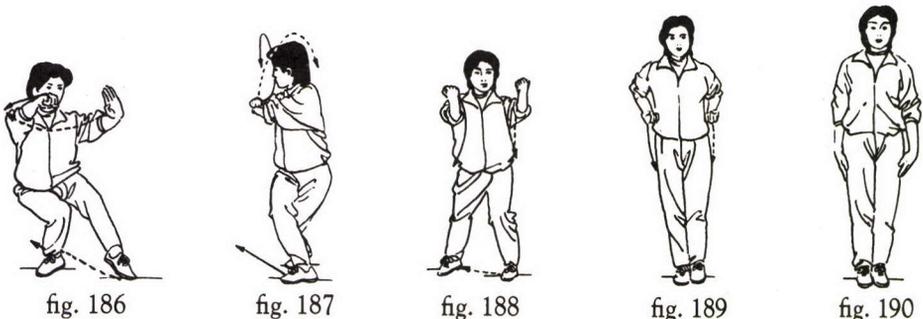
1) Step forward and stamp floor with the right foot as the upper body is turned to the right. At the same time, changing the right palm into a fist, embrace to the right with both arms, arms curved slightly, the left palm and the knuckles of the right fist facing each other. Eyes follow the left palm. (fig. 185)

2) Step to forward-left with the left foot toes landing on the floor to form a left empty step as the upper body is turned to the left. At the same time, punch and push forward with the right fist and the left palm together. Eyes look forward. (fig. 186)

Form 64 Hold Fists on Hips with Feet Together

1) Turn the body to the right and step backward with the left foot. At the same time, changing the left palm into a fist, both fists are pulled to in front of the right side of the chest with elbows bent, the knuckles of both fists facing each other. Eyes follow the right fist. (fig. 187)

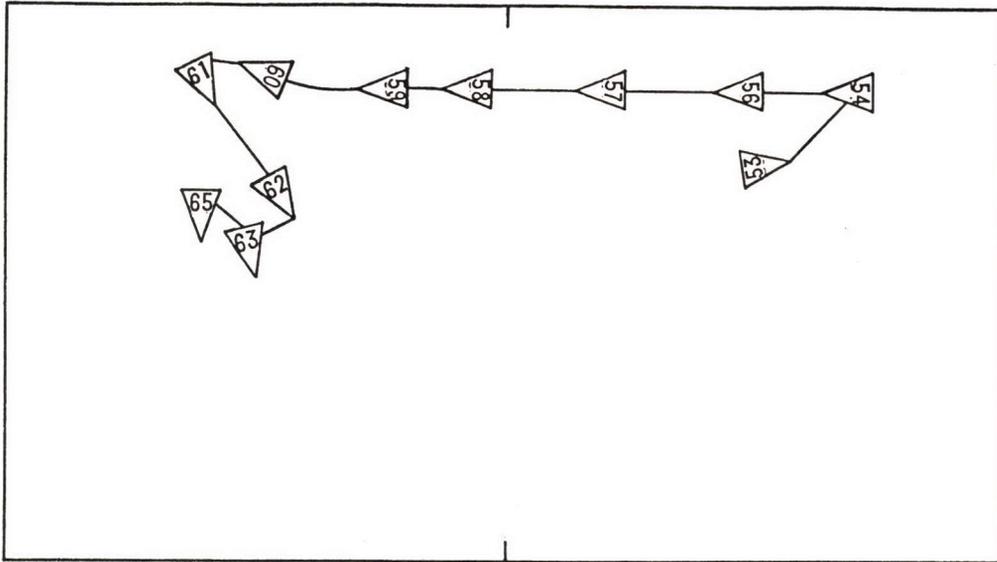
2) Turn the body to the left and step backward with the right foot. Simultaneously parry both fists upward and forward in arcs to in front of the chest, forearms rotating outward and the hearts of both fists facing inward. Eyes look forward. (fig. 188)



3) Draw the left foot backward to the inside of the right foot with feet together while pull both fists backward to respective flanks. Eyes look forward. (fig. 189)

Form 65 Closing Form

Change both fists into palms and hang them at sides of the body. Eyes look straight ahead. (fig. 190)



Layout of Movements in Section IV

COMBINED TAIJIQUAN COMPETITION ROUTINE

**Taijiquan is a form of slow and gentle exercise, characterized by circular and continuous movements. Different schools of taijiquan stress different aspects: “big frame” and “small frame”, unfolding and closing, and the integration of toughness and softness, etc.

Names of Movements in Combined Taijiquan Routine

Section I

1. Commencing Form
2. Grasp the Peacock's Tail-Right Style
3. Single Whip — Left Style
4. Raise Hands
5. The White Crane Spreads Its Wings
6. Brush Knee and Twist Step on Both Sides
7. Parry and Strike with Fist
8. Deflect and Push on Both Sides
9. Parry and Push
10. Apparent Close-Up

Section II

11. Open and Close Hands
12. Single Whip — Right Style
13. Punch under the Elbow
14. Turn Body and Push Palm on Both Sides
15. Fair Lady Works at the Shuttle on Both Sides
16. Kick with Heel on Both Sides
17. Cover Hands and Strike with Arm
18. Part the Wild Horse's Mane on Both Sides

Section III

19. Wave Hands Like Clouds
20. Step Backward and Beat the Tiger
21. Separate Legs — Right Style
22. Strike Opponent's Ears with Both Fists
23. Separate Legs — Left Style
24. Turn Body and Slap Foot
25. Step Forward and Punch Downward
26. Oblique Flying
27. Single Whip and Push Down
28. The Golden Cock Stands on One Leg
29. Step Backward and Thrust Palm

Section IV

30. Press Palm in Empty Step

31. Hold Palm up and Stand on One Leg
32. Lean with Body in Horse-Riding Step
33. Turn Body for Large Deflecting
34. Hold and Punch in Resting Step
35. Thread Palm and Push Down
36. Step Forward with Seven-Star
37. Mount the Tiger and Stand on One Leg
38. Turn Body with Lotus Kick
39. Curved Bow Shoots Tiger
40. Grasp the Peacock's Tail — Left Style
41. Cross Hands
42. Closing Form

Combined Taijiquan Competition Routine Diagram

Section I

Form 1 Commencing Form

1) Stand upright naturally with feet together. Hold the head and neck erect, chin drawn slightly in. Relax the chest easily and hang the shoulders and arms downward, the fingers of both hands touching the thighs at the sides of the body. Breathe naturally and concentrate on the movements. Eyes look straight ahead. (fig. 1)

2) Slowly and lightly step leftward with the left foot to shoulder-width apart, toes of feet pointing forward. (fig. 2)

3) Slowly raise both hands forward and upward in arcs to shoulder level at shoulder-width apart, bending the elbows slightly downward and palm facing downward. (fig. 3)

4) Slowly bend the knees into a half-squatting position keeping the upper body erect. At the same time, lightly press both palms downward to in front of the abdomen, palms facing the knees. (fig. 4)

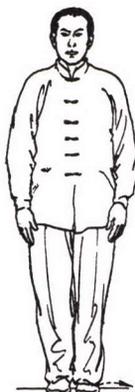


fig. 1

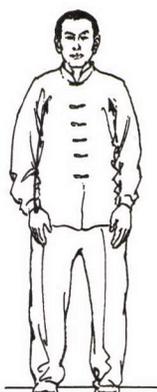


fig. 2

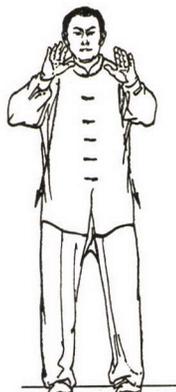


fig. 3

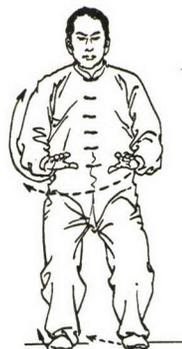


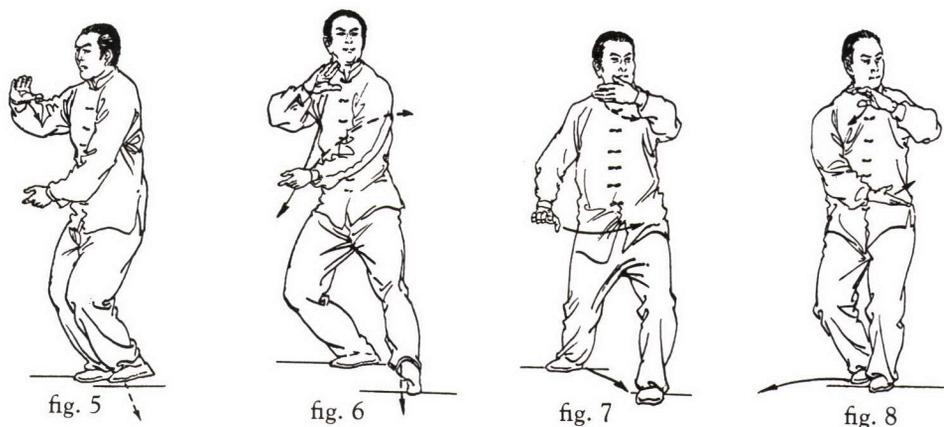
fig. 4

Form 2 Grasp the Peacock's Tail — Right Style

1) Turn the body slightly to the right rotating the toes of the right foot slightly outward, while raise the right arm in an arc to in front of the chest with the elbow bent slightly, palm facing downward, turn the left forearm outward and move in a rightward arc to in front of the right side of the abdomen, palm facing upward to create a holding-ball form. At the same time, shift the centre of gravity onto the right leg and draw the left foot to the inside of the right foot. Eyes look at the right hand. (fig. 5)

2) Turn the body slightly to the left and step forward-left with the left foot, heel lightly landing on the floor. (fig. 6)

3) Continuing, turn the upper body to the left and shift the centre of gravity forward to form a left bow step. At the same time, the left arm wards off forward so the left palm



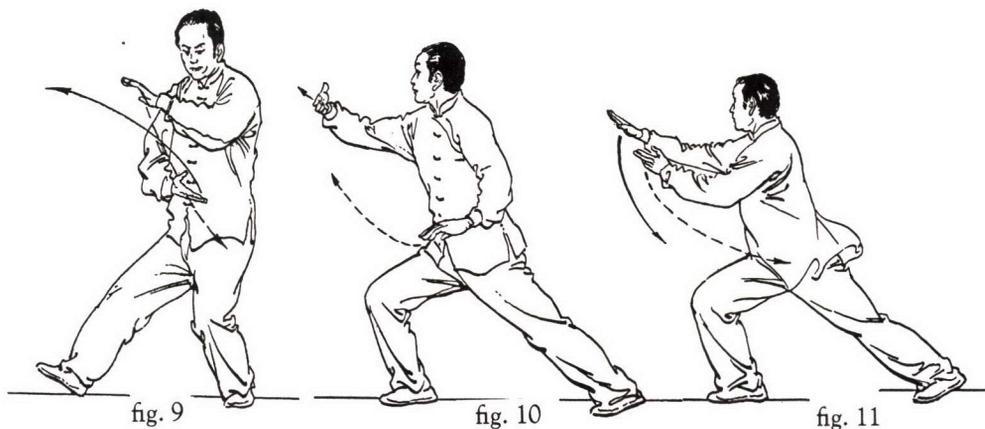
reaches to shoulder level, palm facing inward and fingers pointing leftward, simultaneously the right palm presses downward in an arc to beside the right hip, palm facing downward, fingers pointing forward and both arms curved slightly. Eyes look at the left forearm. (fig. 7)

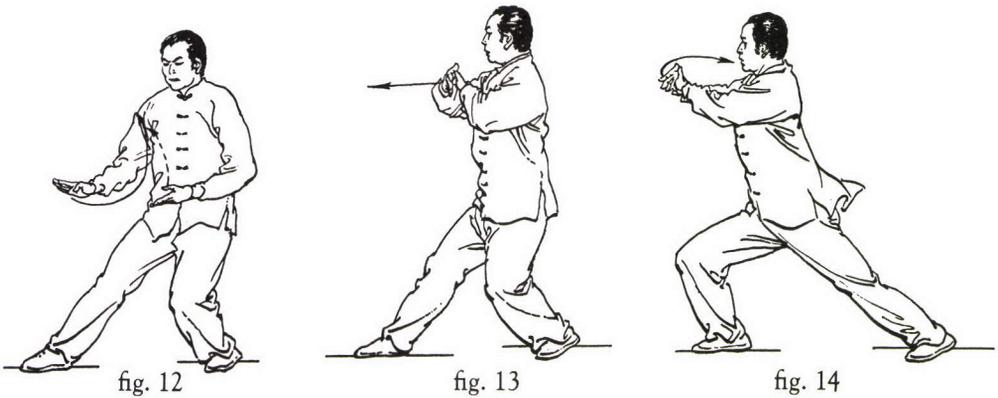
4) Turn the upper body slightly to the left shifting the centre of gravity onto the left leg and draw the right foot to the inside of the left foot with the ball of the right foot flat on the floor. At the same time, rotate the left forearm inward in front of the left side of the chest with the elbow bent, palm facing downward at chest level, and turn the right forearm outward and describe the right palm a leftward arc to in front of the left side of the abdomen, palm facing upward to create a holding-ball form. Eyes look at the left palm. (fig. 8)

5) Turn the upper body slightly to the right while stepping forward-right with the right foot, heel lightly touching the floor. (fig. 9)

6) Continuously turn the upper body to the right shifting the centre of gravity forward to form a right bow step. At the same time, ward off the right arm forward at shoulder level, bending the elbow slightly, palm facing inward, while press the left palm leftward and downward in an arc to beside the left hip, palm facing downward. Eyes look at the right forearm. (fig. 10)

7) Turn the upper body slightly to the right. At the same time extend the right palm forward and rotate it to face downward, and move the left palm in a forward and upward arc to under the right wrist, rotating the left forearm outward so the left palm facing upward. Eyes look at the right palm. (fig. 11)





8) Shift the centre of gravity backward and turn the upper body slightly to the left. Simultaneously deflect both palms downward and backward in arcs to in front of the abdomen. Eyes follow the right palm. (fig. 12)

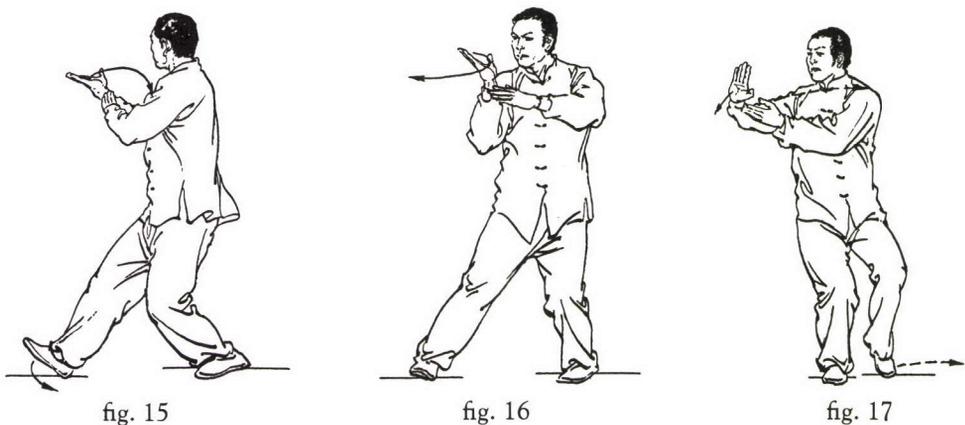
9) Rotate the right forearm and bend the elbow in front of the chest, palm facing inward and fingers pointing leftward, while turning the left forearm inward so the left palm facing outward and fingers resting on the inner side of the right wrist. (fig. 13)

10) Shift the centre of gravity forward to form a right bow step. Simultaneously shove the palms forward keeping the arms curved slightly. Eyes look straight ahead. (fig. 14)

11) Turn the upper body slightly to the right and shift the centre of gravity backward onto the rear leg, the toes of the right foot raised from the floor. At the same time, deflect the right palm in a rightward and backward arc to in front of the right shoulder rotating the right forearm outward and palm facing upward, the left palm still on the inner side of the right wrist. Eyes follow the right palm. (fig. 15)

12) Turn the upper body to the left rotating the toes of the right foot inward and followed by the entire sole flat on the floor, while describing the right palm in a plane arc to in front of the body. (fig. 16)

13) Turn the upper body slightly to the right shifting the centre of gravity onto the right leg and drawing the left leg to the inside of the right foot, its toes touching the floor to form a T-step. At the same time, push the right palm forward-right rotating the forearm inward, bending the wrist upward at shoulder level and the palm facing outward, the left palm following turning inward and remaining the fingers on the inside of the right wrist. Eyes look at the right palm. (fig. 17)



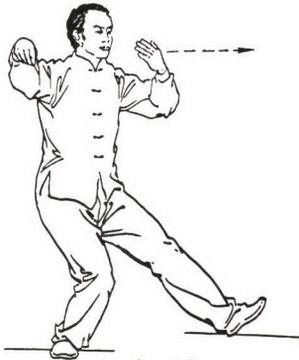


fig. 18



fig. 19

Form 3 Single Whip — Left Style

1) Turn the upper body slightly to the left and step forward-left with the left foot, heel touching the floor. At the same time, changing the right palm into a hook-hand, describe the left palm a leftward arc to in front of the body. Eyes look at the left palm. (fig. 18)

2) Continuing, turn the upper body to the left shifting the centre of gravity forward to form a left bow step. At the same time, rotating the left forearm inward, push the left palm forward so the wrist being at shoulder level and palm facing forward. Eyes look at the left palm. (fig. 19)

Form 4 Raise Hands

1) Sit back and turn the upper body to the right rotating the toes of the left foot inward, simultaneously swing the left palm rightward in a plane arc to in front of the chest, palm facing forward. Eyes look at the left hand. (fig. 20)

2) Move the centre of gravity leftward changing the right hook-hand into a palm, while bringing the left palm slightly to the left, palm facing downward. (fig. 21)

3) Turn the upper body slightly to the right, and raise the right foot rotating it slightly inward, then touching the floor with the heel of the right foot to form a right empty step. At the same time, move the right hand slightly inward, palm facing inward and fingers pointing upward, and close the left hand downward and inward in an arc to the inside of



fig. 20



fig. 21



fig. 22



fig. 23

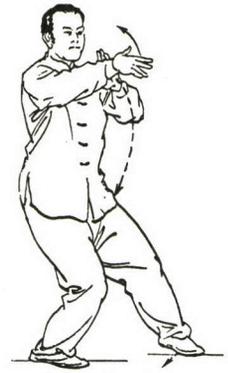


fig. 24

the right elbow, bending the left elbow, palm facing rightward and fingers pointing upward also. Eyes look at the right palm. (fig. 22)

Form 5 The White Crane Spreads Its Wings

1) Turn the upper body to the left and take a small step backward with the right foot rotating the toes inward. At the same time, describe both palms downward and leftward in arcs to form a holding-ball gesture in front of the left side of the chest, the left palm being upper and arms curved slightly. Eyes look at the left hand. (fig. 23)

2) Turn the upper body to the right and shift the weight backward onto the right leg, the left heel raised from the floor. Simultaneously close both hands and raise them to in front of the right shoulder, the left palm touching the inside of the right wrist. Eyes look at the right hand. (fig. 24)

3) Turn the upper body slightly to the left and draw the left foot slightly inward, its toes touching the floor to form a left empty step. At the same time, raise the right palm upward to in front of the right side of the forehead, palm facing inward, and press the left palm downward to beside the left hip, palm facing downward and keeping both arms curved slightly. Eyes look straight ahead. (fig. 25)

Form 6 Brush Knee and Twist Step on Both Sides

1) Turn the upper body slightly to the left. The right hand followed describes a leftward arc to in front of head with the right hand, palm facing inward and fingers pointing upward. Eyes look at the right hand. (fig. 26)

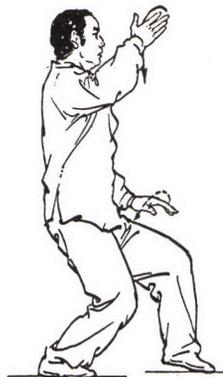


fig. 25

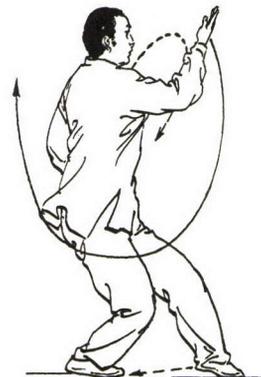


fig. 26



fig. 27

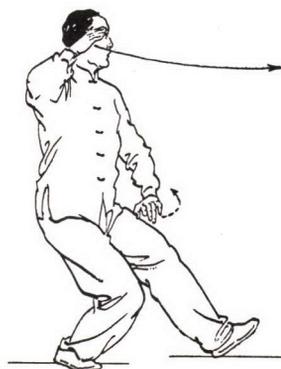


fig. 28

2) Turn the upper body to the right, the right hand followed describes a downward, rightward and upward curve to the forward-right at head level, palm facing obliquely upward, simultaneously the left hand curves upward, rightward and downward to beside the right ribs, palm facing downward, and drawing the left foot to the inside of the right foot. Eyes look at the right hand. (fig. 27)

3) Turn the upper body to the left and step to the front with the left foot, heel lightly landing on the floor. At the same time, bend the right elbow and pull the right hand to beside the right ear, palm facing obliquely upward, and describe the left hand a downward arc to in front of the abdomen, palm facing downward. Eyes look straight ahead. (fig. 28)

4) Shift the centre of gravity forward bending the right knee forward and straightening the left leg to form a left bow step. At the same time, bend the right wrist upward, then push the right palm forward, fingertips at nose level, while brush the left hand in a leftward arc past in front of the left knee to beside the left hip, palm facing downward and fingers pointing forward. Eyes look at the right palm. (fig. 29)

5) Turn the upper body to the left shifting the weight slightly backward and rotating the toes of the left foot outward. Simultaneously the right hand followed describes a leftward arc. Eyes follow the right hand. (fig. 30)

6) Move the left hand leftward and upward in an arc to the forward-left of the body at head level, palm facing obliquely upward, and swing the right hand leftward to beside the left ribs, palm facing downward. Simultaneously draw the right foot to the inside of the left foot. Eyes look at the left hand. (fig. 31)



fig. 29

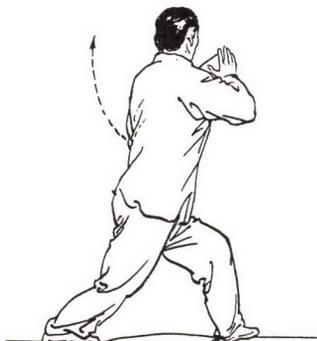


fig. 30



fig. 31

7) Turn the upper body to the right and step forward with the right foot, heel lightly landing on the floor. At the same time, bend the left elbow and pull the left hand to beside the left ear, palm facing obliquely forward, and describe the right hand in a rightward and downward arc to in front of the abdomen, palm facing downward. Eyes look straight ahead. (fig. 32)

8) Shift the centre of gravity forward bending the right knee forward and straightening the left leg to form a right bow step. At the same time, bend the left wrist upward, then push the left palm forward, fingertips at nose level, while brush the right hand in a rightward arc past in front of the right knee to beside the right hip, palm facing downward and fingers pointing forward. Eyes look at the left palm. (fig. 33)

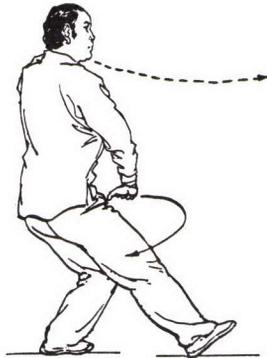


fig. 32



fig. 33



fig. 34



fig. 35



fig. 36

Form 7 Parry and Strike with Fist

1) Turn the upper body to the right shifting the centre of gravity slightly backward and rotating the toes of the right foot outward. At the same time, extend the left hand forward-left so the palm facing obliquely outward, and describe the right hand a rear-right arc to the right side of body rotating the forearm outward. Eyes look at the left hand. (fig. 34)

2) Draw the left foot to the inside of the right foot. At the same time, clenching the fingers of the left hand into a fist, parry it in a downward arc to in front of the lower abdomen, the centre of fist facing inward, and describe the right hand in an upward and inward arc past in front of the body, placing the right palm on the inside of the left forearm, palm facing downward. Eyes look forward-left. (fig. 35)

3) Turn the upper body slightly to the left and step forward-left with the left foot, heel touching the floor. Simultaneously raise the left fist upward in an arc to in front of the head, the centre of fist facing inward. (fig. 36)

4) Shift the centre of gravity forward bending the left knee to the front and straightening the right leg to form a left bow step. At the same time, strike the left fist upward and forward in an arc, the centre of fist facing obliquely upward at head level, the right hand still on the inside of the left forearm. Eyes look at the left fist. (fig. 37)

Form 8 Deflect and Push on Both Sides

1) Turn the upper body slightly to the right shifting the centre of gravity slightly backward and rotating the toes of the left foot inward. At the same time, opening the left fist into a palm, thread the right palm forward to the top of the left forearm. Eyes look at the left palm. (fig. 38)



fig. 37



fig. 38



fig. 39



fig. 40



fig. 41

2) Continuing turn the upper body to the right and shift the centre of gravity forward. At the same time, slice the right palm forward and rightward in a plane arc to the forward-right of the body, palm facing obliquely downward, and lower the left palm downward and inward in an arc to under the inside of the right elbow, palm facing obliquely upward. Eyes look at the right palm. (fig. 39)

3) Shift the weight onto the left leg and draw the right foot to the inside of the left foot. At the same time, deflect both palms downward and backward in arcs, the left palm to beside the left hip and the right palm to in front of the abdomen. Eyes look forward-right. (fig. 40)

4) Turn the upper body to the right and step forward-right with the right foot, heel landing on the floor. At the same time, rotate the left forearm inward and the right forearm outward, and raise both hands up to in front of the chest, palms facing each other. Eyes look straight ahead. (fig. 41)

5) Shift the centre of gravity forward bending the right knee to the front and straightening the left leg to form a right bow step. At the same time, shove the arms forward extending them to create a circle, the fingers of the left palm touching the inside of the right wrist, palm facing outward and fingers pointing upward, and the right palm facing inward and fingers pointing leftward. Eyes look at the right palm. (fig. 42)

6) Turn the upper body to the left shifting the centre of gravity backward and rotating the toes of the right foot inward. At the same time, turn the right palm up, and thread the left palm out in a small arc from the top of the right forearm. Eyes look at the right palm. (fig. 43)

7) Continuing, turn the upper body to the left shifting the centre of gravity to the front, bending the right knee forward and straightening left leg to form a right bow step. At the same time, slice the left palm forward and leftward in a plane arc to the forward-left of the body, palm facing obliquely downward, and pull the right palm downward and leftward in an arc to under the inside of the left elbow, palm facing obliquely upward. Eyes look at the left palm (fig. 44)



fig. 42



fig. 43



fig. 44

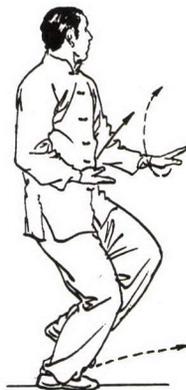


fig. 45



fig. 46

8) Turn the upper body to the right and draw the left foot to the inside of the right foot. At the same time, deflect both palms downward and backward in arcs, the right palm to beside the right hip and the left palm to in front of the abdomen. Eyes look forward-left. (fig. 45)

9) Turn the upper body to the left and step forward-left with the left foot, heel landing on the floor. At the same time, rotate the right forearm inward and the left forearm outward, and raise them up to in front of the chest, palms facing each other. Eyes look straight ahead. (fig. 46)

10) Shift the centre of gravity forward bending the left knee and straightening the right leg to form a left bow step. At the same time, shove the arms forward extending them to create a circle, the fingers of the right palm touching the inside of the left wrist, palm facing outward and fingers pointing obliquely upward, and the left palm facing inward and fingers pointing rightward. Eyes look at the left palm. (fig. 47)

Form 9 Parry and Punch

1) Turn the upper body to the left shifting the centre of gravity backward and the toes of the left foot raised from the floor. At the same time, lower the left palm in a downward arc to the left side of the body, palm facing upward, and extend the right palm forward-right, palm facing obliquely downward. Head follow the turning of body. (fig. 48)



fig. 47

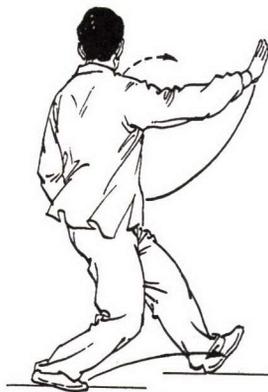


fig. 48

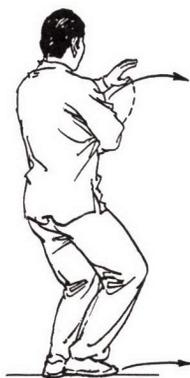


fig. 49



fig. 50

2) Shift the centre of gravity onto the left leg and draw the right foot to the inside of the left foot. At the same time, deflect the left palm in a leftward and upward arc to in front of the body, palm facing downward, and clenching the fingers of the right hand into a fist, pull it in a downward arc to in front of the abdomen, the heart of the fist facing downward. Eyes look straight ahead. (fig. 49)

3) Turn the upper body to the right and step forward with the right foot, heel touching the floor and toes rotated outward. At the same time, describe the right fist in an upward and forward arc past the inner side of the left arm to chest level, the heart of the fist facing upward, while press the left palm in a downward arc to beside the left hip, palm facing downward and fingers pointing forward. Eyes look at the right fist. (fig. 50)

4) Turn the upper body to the right shifting the centre of gravity forward and rotating the toes of the right foot outward with the entire sole flat on the floor. At the same time, describe the right fist in a rightward arc to the right side of the body rotating the forearm inward so the heart of the fist facing downward, and parry the left palm leftward and forward in an arc to in front of the body rotating the forearm outward so the palm facing rightward and fingers pointing forward. Eyes look at the left palm. (fig. 51)

5) Turn the upper body to the right and step forward with the left foot past the inside of the right foot, heel landing on the floor. At the same time, draw the right fist to the right flank, the heart of the fist facing upward, and parry the left palm in a small inward arc to in front of the body. Eyes look at the left palm. (fig. 52)

6) Turn the upper body to the left shifting the centre of gravity forward, bending the left knee to the front and straightening the right leg to form a left bow step. At the same time, punch the right fist forward at chest level, rotating the forearm inward so the eye of fist facing upward, and pull the left palm backward to the inside of the right forearm. Eyes look at the right fist. (fig. 53)



fig. 51



fig. 52



fig. 53



fig. 54



fig. 55

Form 10 Apparent Close-Up

1) Thread the left palm forward from under the right forearm rotating it outward until palm facing upward, simultaneously open right the fist into a palm as well as turning it outward so facing upward. Eyes look at the palm. (fig. 54)

2) Sit the upper body backward bending the right knee and the toes of the left foot raised from the floor. At the same time, separate the palms sideways to shoulder-width apart and pull them backward to in front of the chest with the elbows bending and palms facing obliquely each other. Eyes look at both palm. (fig. 55)

3) Rotate the palms inward and press them downward to in front of the abdomen. Eyes look straight ahead. (fig. 56)

4) Shift the centre of gravity onto the left leg, the right foot followed step to behind the left foot about 10cm, its ball touching the floor to form a right T-step. Simultaneously press and push both palms forward at shoulder-width apart, palms facing forward and wrists as high as shoulder. Eyes look at the palms. (fig. 57)



fig. 56

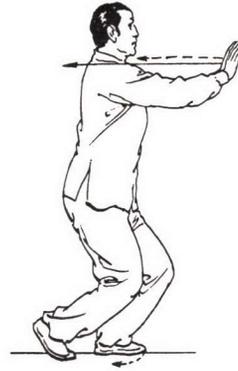


fig. 57

Section II

Form 11 Open and Close Hands

1) Turn the body rightward 90 degrees using the heel of the left foot and the ball of the right foot as pivots, remaining the T-step position. At the same time, pull the palms backward to in front of the chest at shoulder-width apart and turn them inward to face each other and with elbows bent. Eyes look straight ahead. (fig. 58)

2) Close both palms inward to head-width apart, palms facing each other. Eyes look between both palms. (fig. 59)

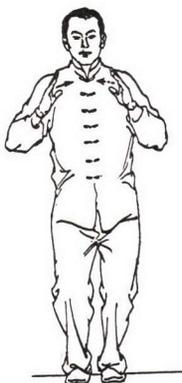


fig. 58

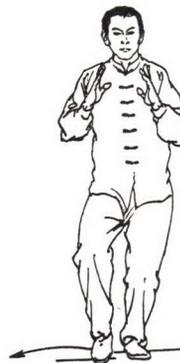


fig. 59

Form 12 Single Whip — Right Style

1) Step sideward with the right foot, heel landing on the floor. Simultaneously rotate the forearms inward so the thumb-sides facing each other and palms toward outward. Eyes look at the left palm. (fig. 60)

2) Shift the centre of gravity to the right bending the right knee sideward and straightening the left leg to form a right side bow step. At the same time, separate the palms sideways at sides of the body rotating the forearms inward and palms facing outward. Eyes look at the left palm. (fig. 61)

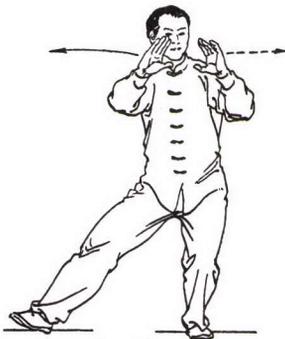


fig. 60



fig. 61



fig. 62

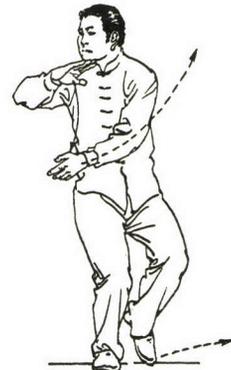


fig. 63

Form 13 Punch under the Elbow

1) Turn the upper body slightly to the left shifting the centre of gravity leftward and rotating the toes of the right foot inward. At the same time, rotating the right forearm outward and palm facing upward so that the right palm parries in an inward arc to in front of the right shoulder, while describe the left palm a leftward and downward arc to the forward-left of the body, palm facing obliquely downward. Eyes look at the right palm. (fig. 62)

2) Turn the upper body to the right shifting the centre of gravity onto the right leg and drawing the left foot to the inside of the right foot. At the same time, pull the right palm slightly backward and turn it to face downward in front of the chest with the elbow bent, and describe the left palm in an inward arc past in front of the abdomen to under the right palm rotating the forearm outward, so that both arms showing a formation of the holding-ball. Eyes look forward-right. (fig. 63)

3) Turn the upper body to the left and step forward-left with the left foot, heel touching the floor and rotating its toes outward. At the same time, describe the left palm in an upward and leftward arc past the bottom of the right forearm to the forward-left of the body at head level, palm facing inward, and lower the right palm downward past in front of the left side of the chest to beside the right hip, palm facing downward and fingers pointing forward. Eyes look at the left palm. (fig. 64)

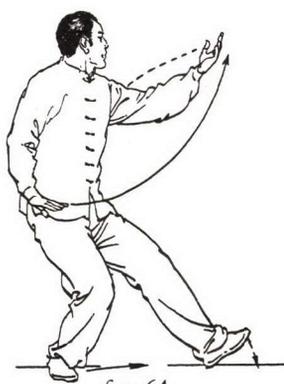


fig. 64



fig. 65



fig. 66



fig. 67

4) Continuing, turn the upper body to the left and shift the centre of gravity onto the left leg, the right foot followed a half-step to behind the left foot, its ball touching the floor. Simultaneously curve the left palm in a downward and leftward arc to the left side of the body rotating forearm inward, and the right palm in a rightward and forward arc to in front of the body at head level rotating forearm outward, palm facing obliquely upward. Eyes look straight ahead. (fig. 65)

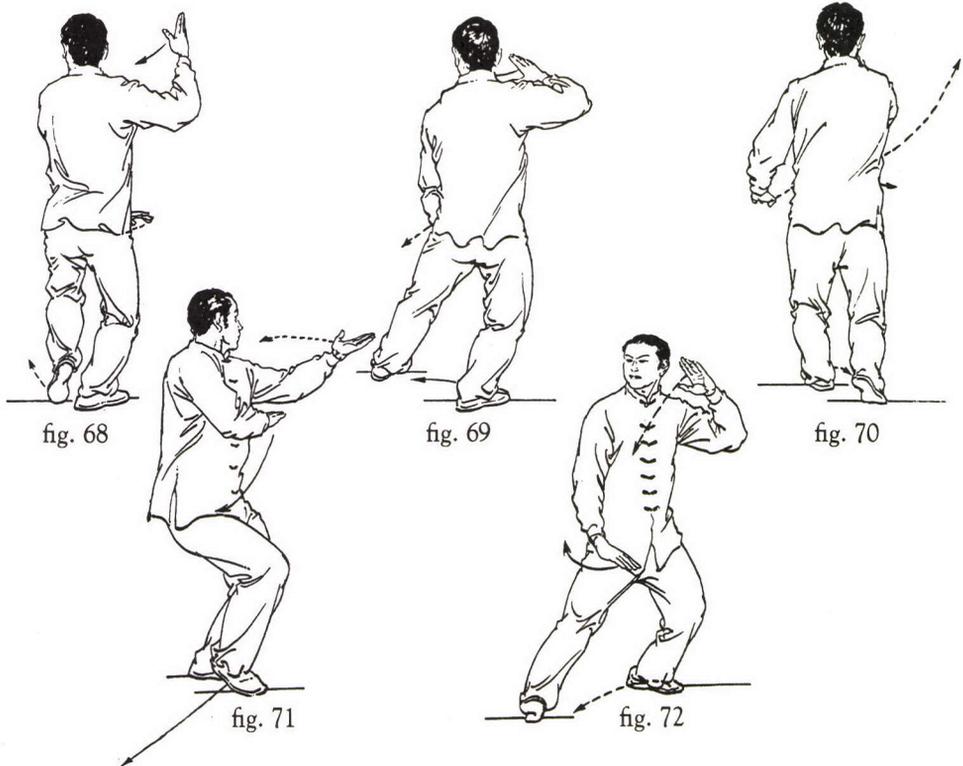
5) Turn the upper body slightly to right shifting the centre of gravity onto the right leg, followed by the entire sole of the right foot flat on the floor, while stepping forward with the left foot, landing the heel on the floor to form a left empty step. At the same time, describe the left palm a forward and upward arc past the top of the right fist, then chop forward bending elbow slightly downward and wrist upward, palm facing rightward and fingers pointing upward at eyebrow level, while clenching the fingers of the right hand into a fist, pull it backward to under the inside of the left elbow, the eye of fist facing upward. Eyes look at the left palm. (fig. 66)

Form 14 Turn Body and Push Palm on Both Sides

1) Turn the upper body slightly to the left and draw the left foot backward to behind the right foot, its ball touching the floor. At the same time, opening the right fist, raise the right palm in an upward arc to shoulder level, palm facing upward, while turning the left palm inward, press it downward to in front of the right side of the chest, palm facing downward. Eyes look at the right palm. (fig. 67)

2) Turn the body to the left about 90 degrees using the heel of right foot and the ball of the left foot as pivots, after the turning of the body, remaining the centre of gravity on the right leg. With turning of the body, move the right palm inward to beside the left side of the head, palm facing leftward, and lower the left palm downward to in front of the right side of the abdomen, palm facing downward. Eyes look straight ahead. (fig. 68)

3) Step forward-left with the left foot, heel landing on the floor. At the same time, pull the right palm to beside the right ear, palm facing obliquely downward, and brush the left palm leftward to in front of the left side of the abdomen. Eyes look forward (fig. 69)

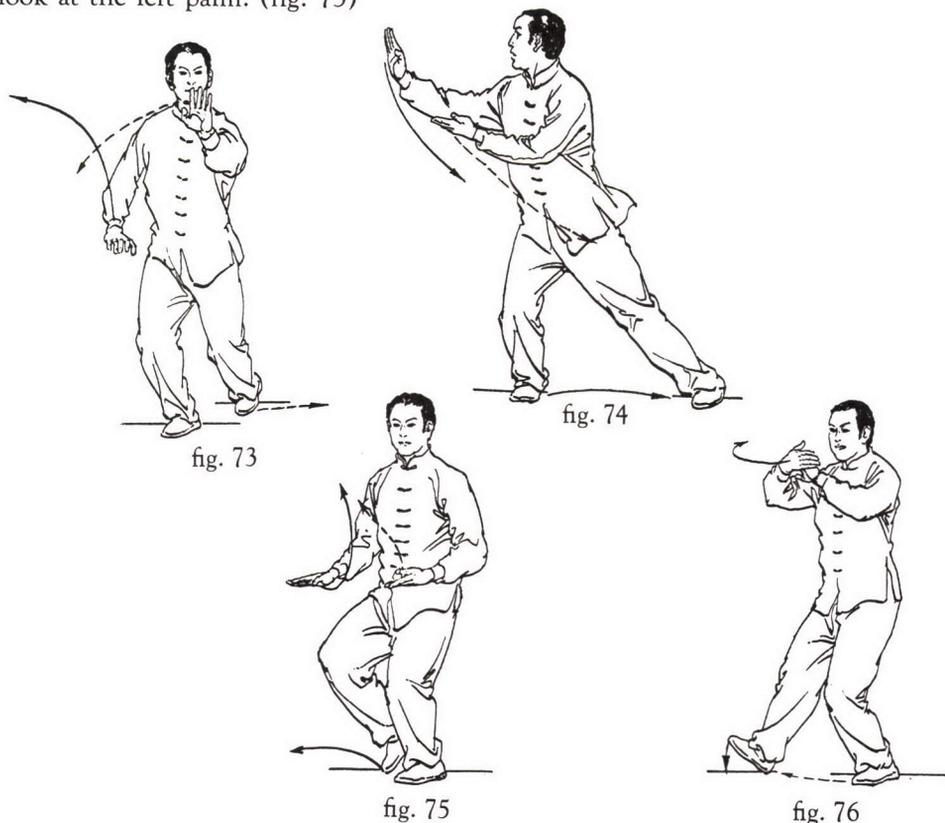


4) Turn the body leftward and shift the centre of gravity onto the left leg drawing the right foot to behind the left foot, ball touching the floor to form a right T-step. At the same time, push the right palm to the front, fingertips at nose level, palm facing forward and extending the right shoulder forward, and brush the left palm past the left knee to beside the left hip, palm facing downward and fingers pointing forward. Eyes look at the right palm. (fig. 70)

5) Turn the body to the rear-right using the heel of the left foot and the ball of the right foot as pivots, after the turning the centre of gravity still on the left leg. At the same time, raise the left palm up to the forward-left of the body rotating the forearm outward so palm facing upward and as high as head, and press the right palm downward to in front of the left side of the chest, palm facing downward. Eyes look at the left palm. (fig. 71)

6) Step forward-right with the right foot, heel landing on the floor. At the same time, pull the left palm to beside the left ear, palm facing obliquely forward, and brush the right palm in a downward arc to in front of the abdomen, palm facing downward. Eyes look forward. (fig. 72)

7) Turn the upper body to the right shifting the centre of gravity on to the right leg and draw the left foot to behind the right foot, ball touching the floor to form a left T-step. At the same time, push the left palm to the front, palm facing forward fingertips at nose level and extending the left shoulder forward, while brush the right palm in an arc past the right knee to beside the right hip, palm facing downward and fingers pointing forward. Eyes look at the left palm. (fig. 73)



Form 15 Fair Lady Works at the Shuttle on Both Sides

1) Turn the upper body to the right and take a half step leftward with the left foot. At the same time, describe the left palm in a rightward arc to in front of the right side of the chest rotating forearm outward so palm facing upward, and extend the right palm in a forward and upward arc past the top of the left forearm to in front of the body, wrist at shoulder level and palm facing downward. Eyes look at the right palm. (fig. 74)

2) Turn the upper body to the left shifting the centre of gravity onto the left leg and draw the right foot to the inside of the left foot, toes touching the floor. Simultaneously deflect both palms downward and backward in arcs, the left palm stopping at the left hip and facing upward, and the right palm moves to in front of the abdomen and facing downward. Eyes follow both palms. (fig. 75)

3) Turn the upper body slightly to the right and step forward-right with the right foot, heel landing on the floor. At the same time, raise the palms upward and close them together in front of the chest, the right palm facing inward and fingers pointing leftward, and the left palm facing outward and fingers resting on the inside of the right wrist. Eyes look at the right palm. (fig. 76)

4) Turn the upper body to the right shifting the centre of gravity onto the right leg and the left foot followed a small step to behind the right foot, ball touching the floor. At the same time, move the right palm forward and rightward in a plane arc and turn it to face upward, the left palm still on the right wrist. Eyes follow the right palm. (fig. 77)

5) Turn the upper body to the left shifting the centre of gravity onto the left leg, and then step forward-right with the right foot. At the same time, describe the right palm rightward and backward in a plane arc rotating forearm inward and elbow bent, continuously raise it up to the upper-front of the right shoulder, palm facing obliquely upward, while the left palm following the right palm first, then lowering downward to the left flank, palm facing lower-front. Eyes look straight ahead. (fig. 78)

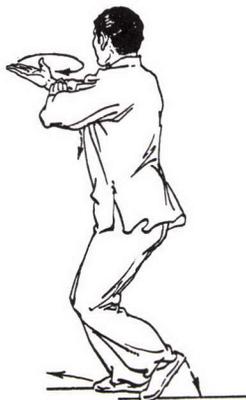


fig. 77



fig. 78



fig. 79



fig. 80

6) Turn the upper body to the right shifting the centre of gravity onto the right leg, bending the right knee forward and straightening the left leg to form a right bow step. At the same time, press and push the left palm forward, fingertips at nose level and palm facing forward, and block the right palm up to the upper-front of the right side of the forehead, palm facing obliquely upward. Eyes look at the left palm. (fig. 79)

7) Sit back and turn the upper body to the left, the toes of the right foot raised from the floor. At the same time, lower the right palm to in front of the body rotating forearm outward so palm facing upward and wrist as high as shoulder, and move the left palm in a rightward arc to the inside of the right elbow, palm facing downward. Eyes look at the right palm. (fig. 80)

8) Continuing, turn the upper body to the left and shift the centre of gravity onto the right leg bending the right knee forward and straightening the left leg. At the same time, slice the left palm rightward, forward and leftward in an arc past the top of the right forearm to the forward-left of the body, palm facing obliquely downward, and pull the right palm in an arc to under the inside of the left elbow, palm facing upward. Eyes look at the left palm. (fig. 81)

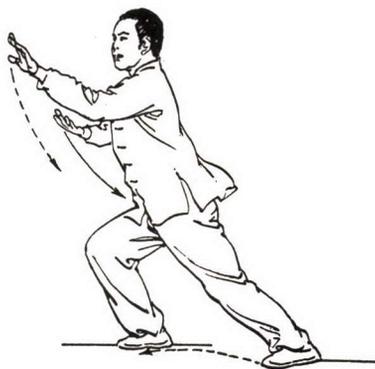


fig. 81



fig. 82

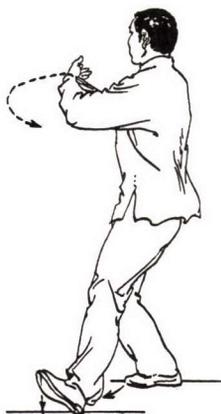


fig. 83



fig. 84

9) Turn the upper body to the right and draw the left foot to the inside of the right foot, toes lightly touching the floor. At the same time, deflect both hands downward and backward in arcs, the right palm moves to beside the right hip so as it faces upward, and the left palm to in front of the abdomen so as it faces downward. Eyes follow the palm. (fig. 82)

10) Turn the upper body slightly to the left and step forward-left with the left foot, heel landing on the floor. At the same time, raise both palms and close them in front of the chest, the left palm facing inward and fingers pointing rightward, and the right palm facing outward and fingers resting on the inside of the left wrist. Eyes look at the left palm. (fig. 83)

11) Turn the upper body to the left shifting the centre of gravity onto the left leg and the right foot followed a step to behind the left foot, ball touching the floor. At the same time, move the left palm forward and leftward in a plane arc to the forward-left of the body, palm facing upward, and the right palm following the left palm. Eyes look at the left palm. (fig. 84)

12) Turn the upper body to the right shifting the centre of gravity onto the right leg and step forward-left with the left foot, heel landing on the floor. At the same time, describe the left palm leftward and backward in a plane arc first, then pull it to the upper-front of the left shoulder rotating forearm inward so palm facing obliquely upward, the right palm following the curving of the left palm, then lowering downward to the right flank, palm facing obliquely downward. Eyes look straight ahead. (fig. 85)

13) Turn the upper body to the left shifting the centre of gravity to the front, bending the left knee forward and straightening the right leg to form a left bow step. At the same time, block the left palm upward to the upper-front of the forehead, palm facing obliquely upward, and press and push the right palm forward, palm facing forward and fingertips at nose level. Eyes look at the right palm. (fig. 86)

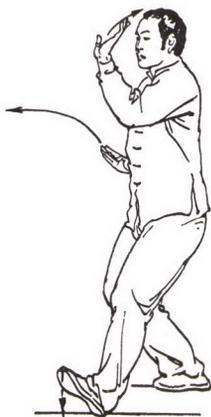


fig. 85



fig. 86

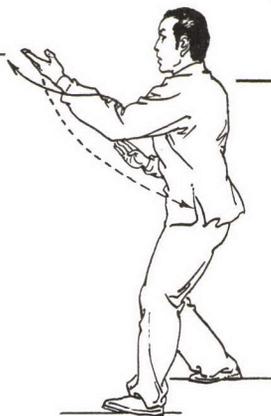


fig. 87

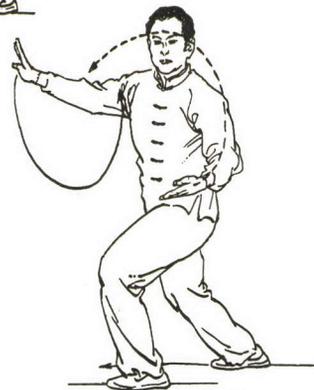


fig. 88

Form 16 Kick with Heel on Both Sides

1) Turn the upper body to the right shifting the centre of gravity onto the right leg and rotating the toes of the left foot inward. At the same time, lower the left palm slightly downward, sideward and forward in an arc to in front of the body turning forearm outward, palm facing upward and wrist at shoulder level, and deflect the right palm in a rightward arc, then pull it to the inside of the left elbow, palm facing downward. Eyes look at the left palm. (fig. 87)

2) Turn the upper body to the left moving the weight forward. Simultaneously thread the right palm forward from the top of the left forearm, then slice it upward and rightward in an arc to the forward-right of the body while pull the left palm in a downward and leftward arc to the left waist-side, palm facing upward. Head follow the turning of the body. (fig. 88)

3) Turn the upper body to the right and draw the right foot to the inside of the left foot. At the same time, deflect the left palm in a leftward, upward and rightward arc, and the right palm in a downward, leftward and upward arc, crossing the palms in front of the body and facing inward, the right palm being outer. Eyes look forward-right. (fig. 89)

4) Stand on the left leg bending knee slightly and lift the right leg with knee bent first, then slowly kick forward-right (about 30 degrees) with the right foot, heel being higher than waist and toes pointing upward. At the same time, separate the palm sideways rotating forearms inward so palms facing outward, wrists at shoulder level and elbows bent slightly. Eyes look at the right palm. (fig. 90)

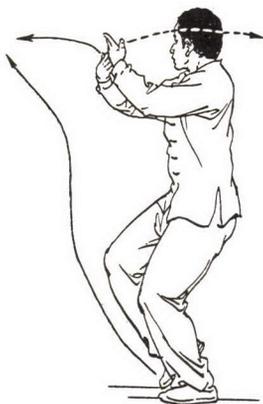


fig. 89



fig. 90

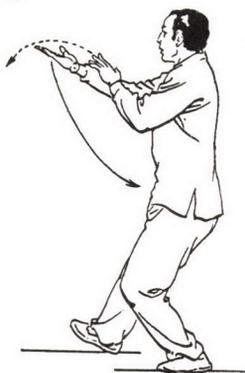


fig. 91



fig. 92

5) Draw the right foot backward, then step forward-right with the right foot, heel landing on the floor. At the same time, pull the right palm slightly inward rotating forearm outward, palm facing upward, and lower the left palm downward past the right flank to extend forward and upward in an arc to the inside of the right elbow, palm facing downward. Eyes look at the right palm. (fig. 91)

6) Turn the upper body to the right shifting the centre of gravity forward, bending the right knee to the front and straightening the left leg to form a right bow step. At the same time, thread the left palm forward from the top of the right forearm, then slice it upward and leftward in an arc to the forward-left of the body, palm facing obliquely downward, and pull the right palm in a downward and rightward arc to the right waist-side, palm facing obliquely upward. Head follow the turning of the upper body. (fig. 92)

7) Turn the upper body to the left and draw the left foot to the inside of the right foot. At the same time, describe the left palm in a downward, rightward and upward arc and the right palm in a rightward, upward and leftward arc crossing palms in front of the body and facing inward, the left palm being outer. Eyes look forward-left. (fig. 93)

8) Stand on the right leg slightly bending the knee and lift the left leg with the knee bent. Then kick slowly forward-left (about 30 degrees) with the heel of left foot, heel being higher than the waist and foot hooked. Simultaneously separate both palms sideways, wrists at shoulder level, palms facing outward, and elbows bent slightly. Eyes look at the left palm. (fig. 94)

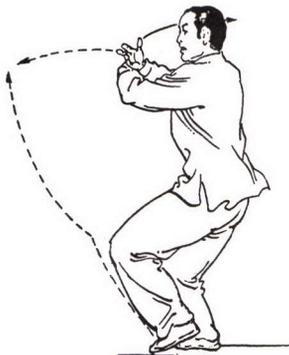


fig. 93

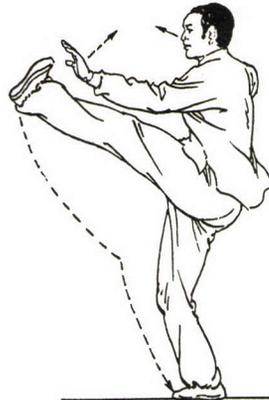


fig. 94



fig. 95



fig. 96

Form 17 Cover Hands and Strike with Arm

1) Draw the left shank inward first, then drop the left foot to the inside of the right foot. At the same time, close both palms inward to head-width apart in front of the head, rotating forearms outward so palms facing inward. Eyes look at the palms. (fig. 95)

2) Turn the upper body slightly to the right, raised the toes of the left foot from the floor, then step leftward with the heel of the left foot sliding along the ground. At the same time, lower both palms downward rotating forearms inward, crossing palms in front of the lower abdomen and facing downward, the left palm covering the right palm. Eyes look at the palm. (fig. 96)

3) Turn the upper body slightly leftward moving the weight to the centre between legs. At the same time, separate palms downward and sideward to shoulder level, forearm rotating inward and palms facing outward. Eyes look forward. (fig. 97)

4) Turn the upper body slightly to the right shifting the centre of gravity onto the right leg to form a off-centre horse-step. At the same time, swing the left palm inward to in front of the body forearm rotating outward, palm facing upward, and pull the right hand inward with elbow bent, changing the right palm into a fist and the centre of fist facing upward, both elbows being closed in front of the chest. Eyes look at the left palm. (fig. 98)



fig. 97

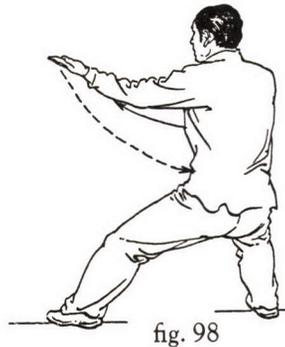


fig. 98



fig. 99



fig. 100

5) Turn the upper body to the left and shift the centre of gravity leftward to form a left bow step. At the same time, punch the right fist forward forearm rotating inward until the centre of fist facing downward while pulling the left palm backward, palm facing inward and touching the left side of the abdomen, fingertips pointing rightward. Eyes look at the right fist. (fig. 99)

Form 18 Part the Wild Horse's Mane on Both Sides

1) Turn the upper body to the left. Simultaneously changing the right fist into a palm, deflect the palm in a downward arc to in front of the abdomen, palm facing downward, and roll the left palm along the clockwise direction using the thumb-side as a pivot. Eyes look at the right palm. (fig. 100)

2) Turn the upper body to the right shifting the centre of gravity onto the right leg. At the same time, describe the right palm in an upward and rightward arc with forearm rotating inward, palm facing outward and elbow bent in front of the right shoulder, and the left palm moving upward to touch the inside of the right forearm, its forearm rotating outward, palm facing inward and arms curved in a circle. Eyes look at the right palm. (fig. 101)



fig. 101



fig. 102

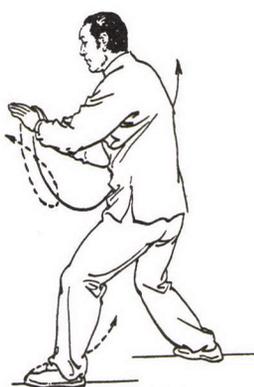


fig. 103



fig. 104

3) Turn the upper body to the left and move the weight leftward. At the same time, deflect palms in arcs to in front of the abdomen where collecting the springing power at the waist and belly, rotating the right forearm outward and the left forearm inward. Eyes look at the palms. (fig. 102)

4) Turn the upper body to the right and shift the centre of gravity onto the right leg. Simultaneously fold both palms in leftward arcs to in front of the abdomen, palms facing downward, the left palm being front and fingers of both palms pointing forward. Eyes look at the right palm. (fig. 103)

5) Shift the centre of gravity backward and raise the left leg with the knee bent. At the same time, describe the left palm a leftward, downward, rightward, and upper-front arc forearm rotating outward until palm facing upward, then hold it up to over the left knee, while curve the right palm downward, rightward and upward to the right side of the body, palm facing outward. Eyes look straight ahead. (fig. 104)

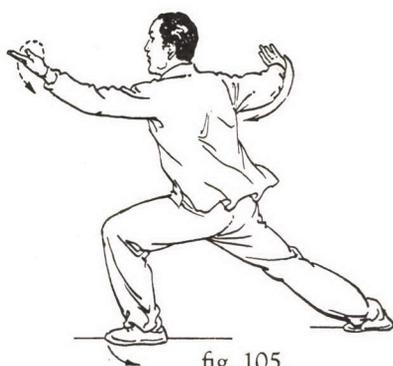


fig. 105



fig. 106

6) Step forward with the left foot and shift the weight to the front bending the left knee forward and straightening the right leg to form a left bow step. At the same time, thrust the left palm and lean the upper body forward, palm facing upward, fingers pointing forward and wrist at shoulder level, while pushing the right palm backward to the rear-right of the body, palm facing outward, fingers pointing obliquely upward and as high as the head. Eyes look at the left palm. (fig. 105)

7) Turn the upper body slightly to the left and shift the centre of gravity backward onto the right leg rotating the toes of the left foot outward. At the same time, ward off the left palm slightly outward forearm rotating inward and palm facing outward, and lower and pull the right palm downward forearm rotating outward. Eyes look at the left palm. (fig. 106)

8) Turn the upper body to the left shifting the centre of gravity onto the left leg and raise the right leg with knee bent in front of the body. At the same time, describe the right palm a downward, sideward and forward arc, then hold it up to over the right knee, palm facing upward, and swing the left palm sideward in a horizontal arc to beside the body, palm facing outward and fingers pointing obliquely upward. Eyes look at the right palm. (fig. 107)

9) Step forward with the right foot moving the centre of gravity forward, bending the right knee to the front and straightening the left leg to form a right bow step. At the same time, thrust the right palm and lean the upper body forward palm facing upward and wrist at head level, and ward off the left palm in a sideward arc to the left side of the body at shoulder level, palm facing outward and fingers pointing obliquely upward. Eyes look at the right palm. (fig. 108)



fig. 107

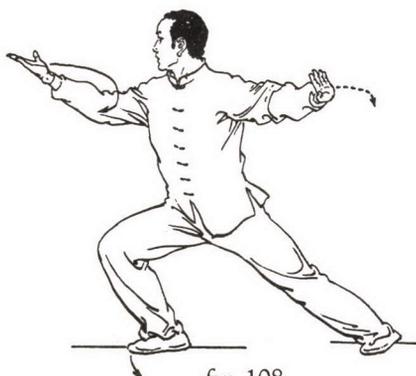


fig. 108



fig. 109



fig. 110

Section III

Form 19 Wave Hands Like Clouds

1) Turn the upper body to the left and shift the centre of gravity onto the left leg rotating the toes of the right foot inward. At the same time, swing the right palm in a leftward arc to in front of the right shoulder, rotating forearm slightly inward and bending wrist backward, and push the left palm slightly leftward with palm facing outward. Eyes look at the right palm. (fig. 109)

2) Turn the upper body to the right shifting the centre of gravity onto the right leg. At the same time, swing the right palm in a rightward arc to the right side of the body forearm rotating inward and palm facing outward, and describe the left palm a downward and leftward arc past the front of the abdomen to in front of the right side of the abdomen, palm facing upward. Eyes follow the right palm. (fig. 110)

3) Turn the upper body to the left shifting the centre of gravity onto the left leg. At the same time, wave the left palm upward and leftward in an arc past in front of the face, palm facing inward and fingertips at eyebrow level, and the right palm downward and leftward in an arc past in front of the abdomen forearm rotating outward and palm facing inward. Eyes follow the left palm. (fig. 111)

4) Continue to turn the upper body leftward and draw the right foot to inside of the left foot about 10-20cm to form a parallel stance. Simultaneously wave both palms to the left side of the body forearm gradually turning, left palm facing outward and right palm inward at the inside of the left elbow. Eyes look at the left palm. (fig. 112)



fig. 111

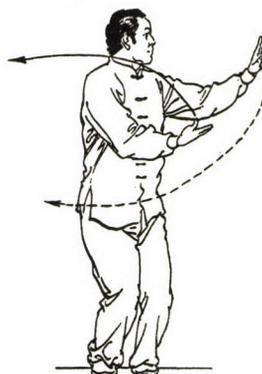


fig. 112

5) Turn the upper body to the right and shift the centre of gravity onto the right leg. At the same time, wave the right palm in a rightward arc past in front of the face, palm facing inward and fingertips at eyebrow level, and the left palm in a downward and rightward arc past in front of the abdomen. Eyes look at the right palm. (fig. 113)

6) Continue to turn the upper body to the right and step leftward with the left foot toes pointing forward. Simultaneously wave both palms to the left side of the body forearms gradually turning, right palm facing outward and left palm inward at the inside of the right elbow. Eyes look at the right palm. (fig. 114)

7) Turn the upper body to the left and shift the centre of gravity onto the left leg. At the same time, wave the left palm in an upward and leftward arc past in front of the face, and the right palm in a downward and leftward arc past in front of the abdomen. Eyes follow the left palm. (fig. 115)

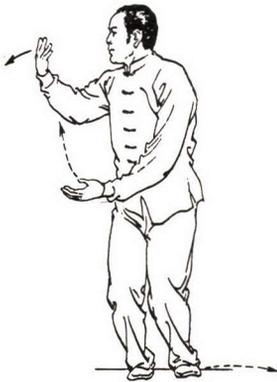


fig. 113



fig. 114



fig. 115

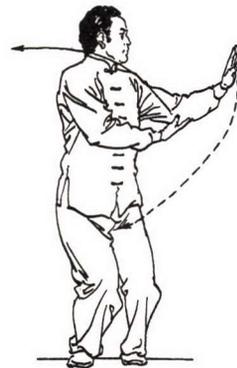


fig. 116

8) Continue to turn the upper body to the left and draw the right foot to about 10-20cm to the inside of left foot to form a parallel stance. Simultaneously wave both palms to the left side of the body forearms gradually turning, left palm facing outward and right palm inward at the inside of the left elbow. Eyes look at the left palm. (fig. 116)

9) Repeat above movements once again, draw the right foot to the inside of the left foot toes rotating inward about 45 degrees in final position. (figs. 117-120)

Form 20 Step Backward and Beat the Tiger

1) Shift the centre of gravity onto the right leg and step backward with the left foot bending the right knee forward. At the same time, describe the left palm in an upward and downward arc to in front of the abdomen, forearm rotating inward first, then outward so as the palm faces upward, while thread the right palm forward from the top of the left forearm rotating it inward so facing downward at shoulder level and extending the right shoulder forward. Eyes look at the right palm. (fig. 121)

2) Turn the upper body to the left and shift the centre of gravity onto the left leg, toes of the right foot rotating inward. At the same time, deflect the palms downward and leftward in arcs past in front of the abdomen. Eyes follow both palms. (fig. 122)

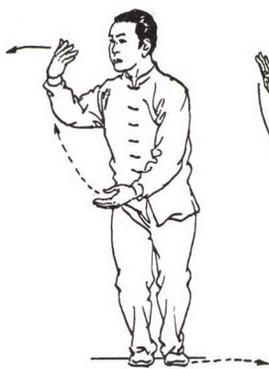


fig. 117



fig. 118



fig. 119

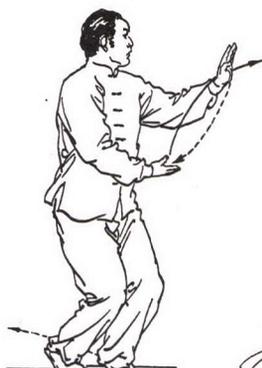


fig. 120



fig. 121



fig. 122



fig. 123

3) Gradually clench the palms into fists, block the left fist upward past the side of the body to the upper-front of the left side of the head, centre of the fist facing outward and eye of the fist obliquely downward, and bend the right elbow in front of the chest, centre of the fist facing inward and eye of the fist upward. At the same time, stand on the left leg stably knee bending slightly, and lift the right leg with knee bent, right foot hooked and placed in front of the groin, toes pointing obliquely upward. Eyes look forward. (fig. 123)

Form 21 Separate Legs — Right Style

1) Turn the upper body slightly to the right and pull the right foot slightly in toes hanging downward. At the same time, open the fists and cross the palms in front of the chest, palms facing inward and the right palm being outer. Eyes look forward-right. (fig. 124)

2) Slowly kick to the upper-front-right of the body with the right foot, toes pointed at over the waist level. Simultaneously separate the palms sideways to shoulder level, palms facing outward and fingers pointing obliquely upward, and elbows bent slightly. Eyes look at the right palm. (fig. 125)

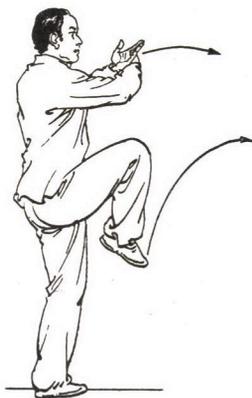


fig. 124



fig. 125



fig. 126

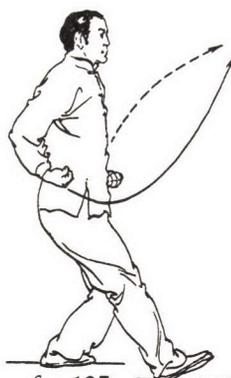


fig. 127

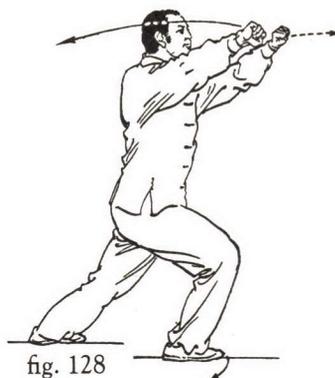


fig. 128

Form 22 Strike Opponent's Ears with Both Fists

1) Slowly bend the right knee and pull the right shank inward toes hanging downward. At the same time, close both arms inward, forearms rotating outward, elbows bent in front of the chest and palms facing upward. Eyes look straight ahead. (fig. 126)

2) Drop the right foot forward landing heel on the floor. At the same time, lower and pull both palms to the waist sides, gradually changing palms into fists and the hearts of the fists facing upward. Eyes look straight ahead. (fig. 127)

3) Shift the centre of gravity to the front bending the right knee forward and straightening the left leg to form a right bow step. At the same time, strike both fists to the upper-front past the sides of the body in arcs to ear level at head-width apart, hearts of fists facing obliquely downward and arms curved slightly. Eyes look forward. (fig. 128)

Form 23 Separate Legs — Left Style

1) Turn the upper body to the right, the weight slightly moving backward and the toes of the right foot rotating outward. Simultaneously open the fists into palms and separate them sideways at the sides of the body, palms facing outward. Eyes look at the left palm. (fig. 129)



fig. 129

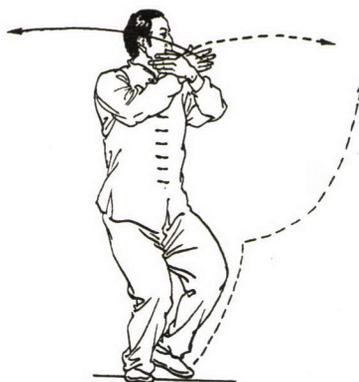


fig. 130



fig. 131



fig. 132

2) Turn the upper body slightly to the left shifting the centre of gravity onto the right leg and draw the left foot to the inside of the right foot. At the same time, describe both palms downward and inward from the sides of the body to cross them in front of the abdomen, then hold up to in front of the chest, palms facing inward and the left palm being outer. Eyes look forward-left. (fig. 130)

3) Stand on the right leg stably with knee bent slightly and lift the left leg with knee bent, then slowly kick to the upper-front-left (create a 90-degree angle with the commencing form) with the left foot, toes pointed at over the waist level. Simultaneously separate both palms sideways at shoulder level, palms facing outward and elbows bent slightly. Eyes look at the left palm. (fig. 131)

Form 24 Turn Body and Slap Foot

1) Turn the body to the right using the ball of the right foot as a pivot and lower the left foot to the outside of the right foot, toes rotating inward. At the same time, describe the palms downward and inward in arcs past the sides of the body to in front of the abdomen, forearms rotating outward and palms facing obliquely each other. Head follow the turning of the body. (fig. 132)

2) Continuing turn the body to the right, shifting the centre of gravity onto the left leg, feet following the rotation of the body and the right heel raised from the floor. Simultaneously cross both palms and hold them up to in front of the chest, the right palm being outer. Eyes look forward-right. (fig. 133)

3) Stand on the left leg and kick upward with the right leg toes pointed. At the same time, separate the palms upward and sideward in arcs, forearms rotating inward, palms facing outward and the right palms slapping on the back of the right foot at head level. Eyes look at the right palm. (fig. 134)

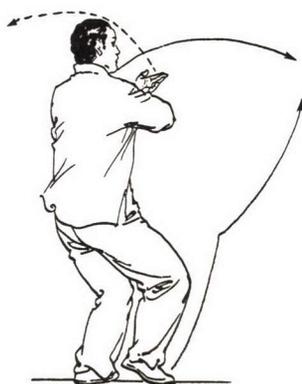


fig. 133



fig. 134



fig. 135



fig. 136

Form 25 Step Forward and Punch Downward

1) Turn the upper body to the right and squat the left leg, while pulling the right shank inward, sequentially dropping the right foot forward and shifting the weight onto the right leg. At the same time, move the left palm upward and rightward in an arc, palm rotating to face rightward, and drop the right palm downward to in front of the right side of the abdomen, palm rotating to face upward. Head follow the rotation of the upper body. (fig. 135)

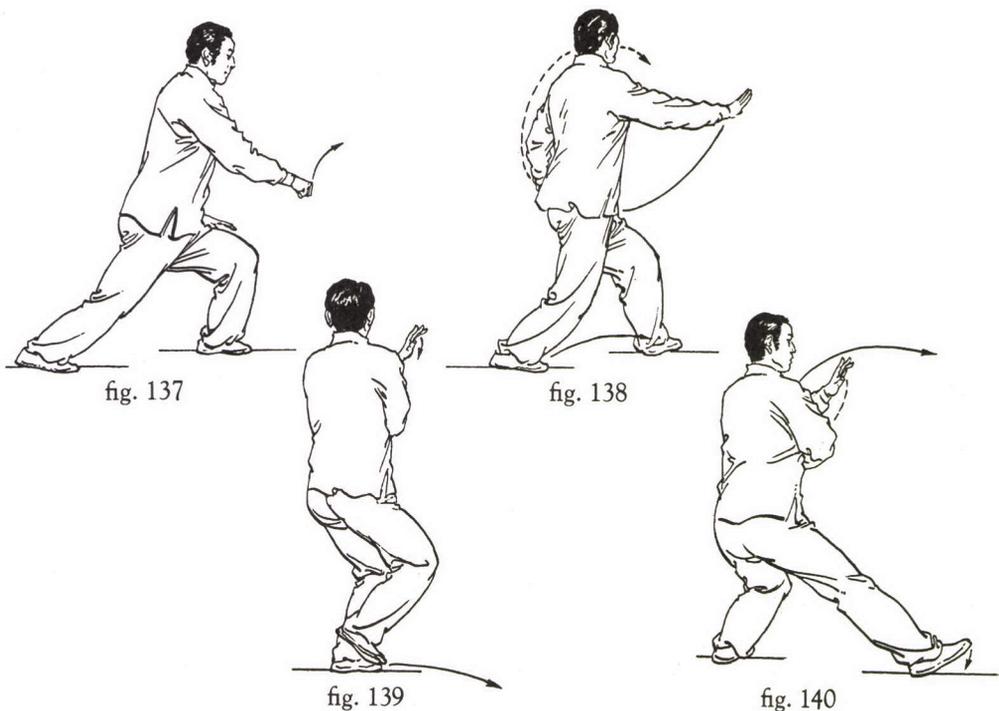
2) Turn the upper body to the left and step forward with the left foot heel touching the floor. At the same time, the right palm describe a rightward and upward arc to beside the right ear, bending elbow, clenching fingers into a fist and its centre facing downward, and the left palm presses inward and downward to in front of the abdomen, palm facing downward. Eyes look lower-front. (fig. 136)

3) Turn the upper body to the left leaning it slightly forward and shifting the centre of gravity onto the left leg, bending the left knee forward and straightening the right leg to form a left bow step. At the same time, punch the right fist to the lower-front at abdomen level, the eye of the fist facing leftward, and brush the left palm past over the left knee to beside the left hip, palm facing downward and fingers pointing forward. Eyes look at the right fist. (fig. 137)

Form 26 Oblique Flying

1) Turn the upper body to the left and shift the centre of gravity slightly backward the toes of the left foot outward. At the same time, open the right fist into a palm and move upward and rightward in a small arc, while describe the left palm a leftward arc to the left side of the body. (fig. 138)

2) Draw the right foot to the inside of the left foot. At the same time, move the left palm upward and rightward in an arc to in front of the chest with elbow bent, palm facing obliquely downward, and describe the right palm a downward and leftward arc with elbow bent in front of the abdomen, crossing the arms and the left arm over the right arm. Eyes look at the left palm. (fig. 139)



3) Turn the upper body slightly to the right and step forward-right with the right foot landing heel on the floor. Eyes look at the left palm. (fig. 140)

4) Turn the upper body to the left and shift the centre of gravity onto the right leg bending the right knee rightward and straightening the left leg to form a right side-bow-step. At the same time, separate the right palm to the upward-right and the left palm to the lower-left, the right shoulder leaning rightward, the right palm being higher than the head and facing obliquely upward, and the left palm being as high as the left hip and facing obliquely downward. Eyes follow the left palm. (fig. 141)

Form 27 Single Whip and Push Down

1) Turn the upper body to the left and shift the centre of gravity onto the right leg, bending the left knee and straightening the right leg to form a right side-bow-step. At the same time, changing the left palm into a hook-hand, raise it up to the left side of the body, wrist at shoulder level, and describe the right palm a leftward arc past in front of the head to the inside of the left elbow. Eyes follow the right palm. (fig. 141)

2) Turn the upper body to the right bending the left knee into a full squatting-position and straightening the right leg to form a right crouch step. At the same time, lower the right palm downward past the front of the abdomen, sequentially thread it along the inside of the right leg to the right, forearm rotating outward, palm facing outward and fingers pointing rightward. Eyes look at the right palm. (fig. 143)

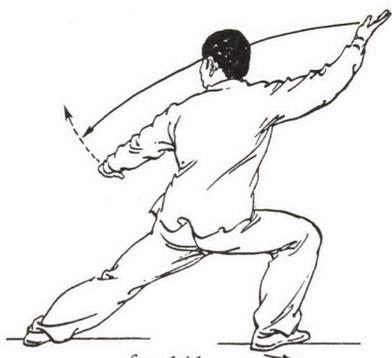


fig. 141



fig. 142



fig. 143

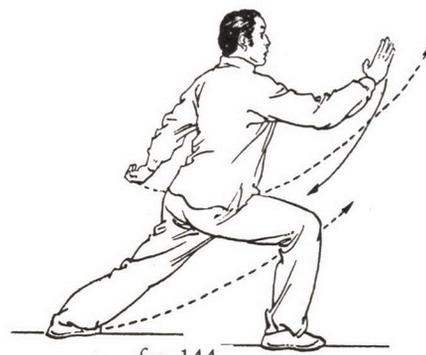


fig. 144

Form 28 The Golden Cock Stands on One Leg

1) Turn the upper body to the right and shift the centre of gravity onto the right leg striving the left leg, bending the forward, rotating the toes of the left foot inward and the toes of the right foot outward to form a right bow step. At the same time, raise the right palm upward to in front of the body with the arm almost straight, bending wrist upward and the little finger side of the palm towards forward at shoulder level, and lower the left hand downward to behind the body, arm rotating inward and the tip of the hook-hand pointing upward. Eyes look at the right palm. (fig. 144)

2) Turn the upper body to the right, shift the centre of gravity onto the right leg and raise the left leg with knee bent, naturally hanging the toes of the left foot downward and standing on the right leg stably. At the same time, changing the left hook-hand into a palm and raise it forward and upward in an arc past the side of the body to in front of the body, the tip of the palm at eyebrow level, while press the right palm downward in an arc to beside the right hip forearm rotating inward and palm facing downward. Eyes look at the left palm. (fig. 145)

3) Turn the upper body slightly to the left bending the right knee and drop the left foot downward to the rear-left of the right foot raising the left leg with knee bent and standing on the left leg stably with the knee bent slightly. At the same time, raise the right palm upward with arm almost straight, tip of palm at eyebrow level and palm facing leftward, and press the left palm downward to beside the left hip forearm rotating inward, palm facing downward and fingers pointing forward. Eyes look at the right palm. (fig. 146)

Form 29 Step Backward and Thrust Palm

Squat the left knee turning the upper body to the right and step backward with the right foot right leg straightening naturally and the toes of the left foot rotating inward to form a left bow step. At the same time, move the left palm to the left waist-side, forearm rotating outward and palm facing upward, sequentially thrust forward to shoulder level past the top of the right forearm, while press the right palm slightly downward to under the left elbow palm, facing downward and fingers pointing leftward. Eyes look at the left palm. (fig. 147)

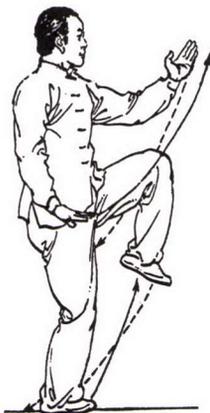


fig. 145



fig. 146

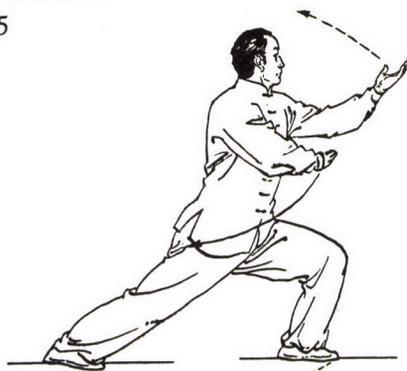


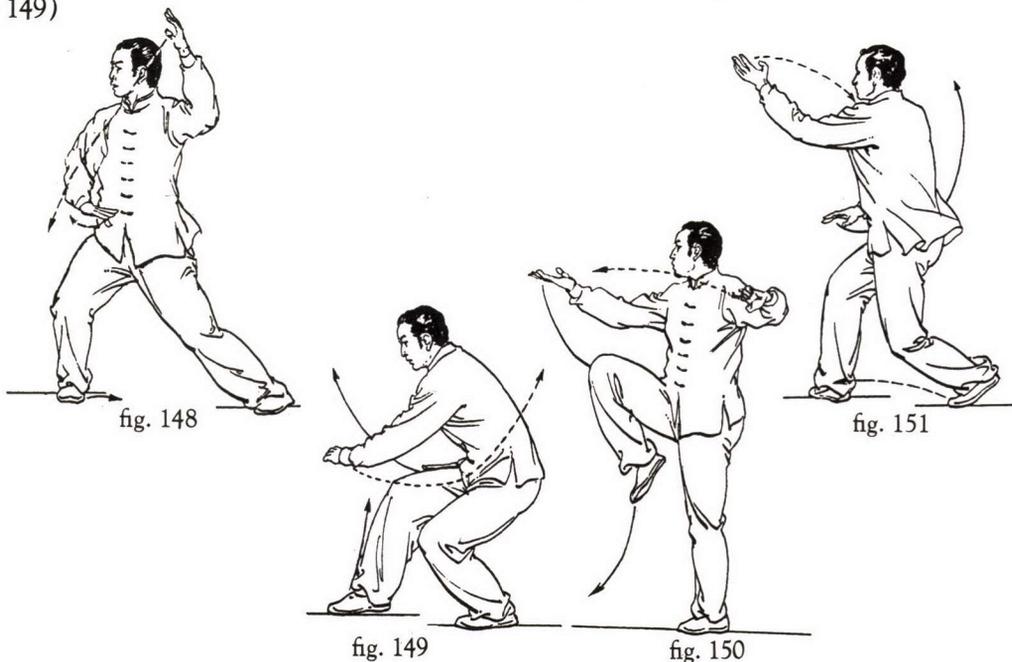
fig. 147

Section IV

Form 30 Press Palm in Empty Step

1) Turn the upper body to the rear-right, rotating the toes of the left foot inward and moving the weight backward. At the same time, pull the right palm to in front of the abdomen, and raise the left palm up to the upper-side of the left side of the forehead. Eyes follow the rotation of the upper body and look straight ahead. (fig. 148)

2) Shift the centre of gravity onto the left leg and raise the right heel off the floor, toes turning outward to point forward to form a right empty step. At the same time, sink the upper body downward and slightly lean forward, while pressing the left palm in a downward and forward arc to the upper-front of the right knee, palm facing downward and fingers pointing rightward, and the right palm in a rightward arc to beside the right hip, palm facing downward and fingers pointing forward. Eyes look at lower-front. (fig. 149)



Form 31 Hold Palm Up and Stand on One Leg

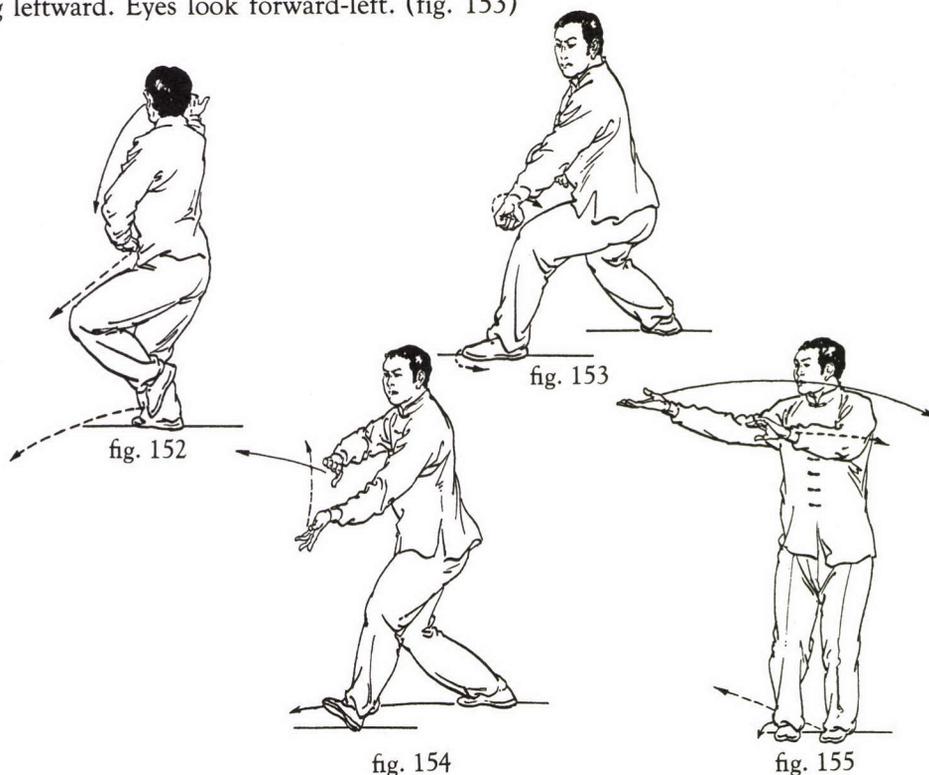
Stand up with the left leg, bending knee slightly and raise the right leg with the knee bent and hanging the toes of right downward. At the same time, hold the right palm up to in front of the body forearm rotating outward, palm facing upward and wrist at chest level, and describe the left palm a leftward and upward arc warding off the arm at the left side of the body, wrist at shoulder level, palm facing outward and fingers pointing obliquely upward. Eyes look at the right palm. (fig. 150)

Form 32 Lean with Body in Horse-Riding Step

1) Turn the upper body to the right moving the weight forward and drop the right foot forward rotating toes outward. Simultaneously press the right palm in a downward and inward arc to beside the right hip forearm rotating inward and palm facing downward, and parry the left palm in an upward and rightward arc to in front of the body, forearm rotating outward and palm facing obliquely rightward. Eyes look forward. (fig. 151)

2) Continuing turn the upper body to the right and draw the left foot to the inside of the right foot. At the same time, describe the right palm a sideward and upward arc to head level, forearm rotating inward and palm facing leftward, while clenching the fingers of the left hand into a fist, lower it downward and inward in an arc to in front of the right side of the abdomen, the heart of fist facing downward and the eye of fist inward. Eyes look at the right palm. (fig. 152)

3) Turn the upper body to the left and step forward-left with the left foot slightly moving the weight forward to form a semi-horse step. At the same time, swing the left arm to the left side of the body, forearm rotating inward and shove it forward the knuckles of fist facing downward and the eye of fist inward, while move the right palm inward and downward in an arc past the side of the right ear pushing the left arm together forward to in front of the left knee, fingers touching the inside of the left upperarm and palm facing leftward. Eyes look forward-left. (fig. 153)



Form 33 Turn Body for Large Deflecting

1) Turn body slightly to the left and shift the centre of gravity slightly onto the right leg the toes of the left foot rotating outward. At the same time, changing the left fist into a palm, rotating the left forearm outward and the right forearm inward, turn palms to face outward and bring them slightly backward. Eyes look at both palms. (fig. 154)

2) Continuously turn the upper body to the left shifting the centre of gravity onto the left leg and step to the inside of the left foot with the right foot to form a parallel stance body slightly raising upward. At the same time, rotating the left forearm inward and the right forearm outward, extend the right palm rightward, palm facing upward, and bend the left elbow in front of the chest, palm facing outward and both palms at shoulder level. Eyes look at the right palm. (fig. 155)

3) Turn the body to the left using the ball of the right foot as a pivot with the knee bent and step backward with the left foot toes rotating outward. With the body turning, deflect both palms leftward in plane arcs to in front of the body, the right palm being as high as the head, placing the left palm on the inside of the right elbow and palms obliquely facing each other. Eyes look at the right palm. (fig. 156)

4) Continue to turn the upper body to the left and shift the centre of gravity onto the left leg rotating the right heel outward, bending the left knee and naturally straightening the right leg to form a right side-bow-step. At the same time, deflect both palms leftward in plane arcs and gradually clench the fingers of both hands into fists, pulling the left fist to the left flank and the heart of fist facing upward, and rotating the right forearm outward and slightly pressing it downward until the heart of fist facing obliquely upward at chest level. Eyes look at the right fist. (fig. 157)



fig. 156



fig. 157



fig. 158

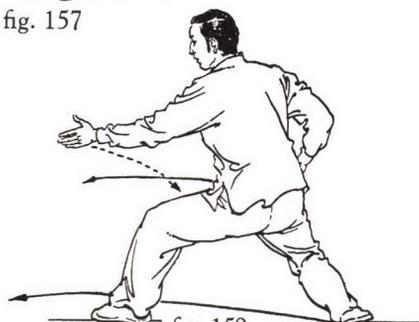


fig. 159

Form 34 Hold and Punch in Resting Step

1) Turn the upper body to the right and shift the centre of gravity onto the right leg. At the same time, ward off upward with the right forearm rotating inward, placing the right fist in front of the right side of the forehead and the heart of fist facing outward, while thread the left fist to the rear-left of the body forearm rotating inward and the heart of fist facing backward. Eyes look straight ahead. (fig. 158)

2) Turn the upper body to the left rotating the toes of the left foot outward and moving the centre of gravity forward. At the same time, lower the right fist in a downward arc past the left side of the body to the right flank, the heart of fist facing upward, and changing the left fist into a palm, describe it a rightward and forward arc to in front of the body, forearm rotating outward, palm facing rightward and fingers pointing forward. Head follow the rotation of the body and eyes look forward in final position. (fig. 159)

3) Cover a step to the forward-left with the right foot past the front of the left foot toes pointing outward, legs crossed to form a resting-step. At the same time, changing the left palm into a fist, pull it backward to in front of the abdomen, the heart of fist facing downward, and punch the right fist to the lower-front past the top of the left forearm at abdomen level, the heart of fist facing upward. Eyes look at the right fist. (fig. 160)

Form 35 Thread Palm and Push Down

1) Turn the upper body to the right and draw the left foot to the inside of the right foot. At the same time, changing both fists into palms, raise the right palm up to in front of the chest with forearm rotating inward, palm facing outward and fingers pointing leftward, and extend the left palm sideward and upward in an arc to shoulder level with forearm rotating outward, palm facing outward and fingers pointing leftward. Eyes look at the left palm. (fig. 161)



fig. 160



fig. 161

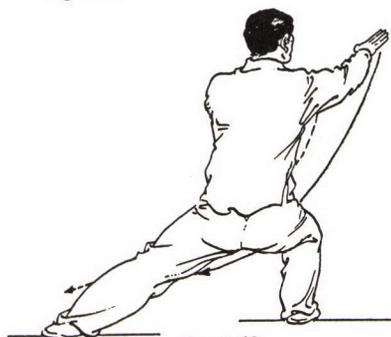


fig. 162



fig. 163

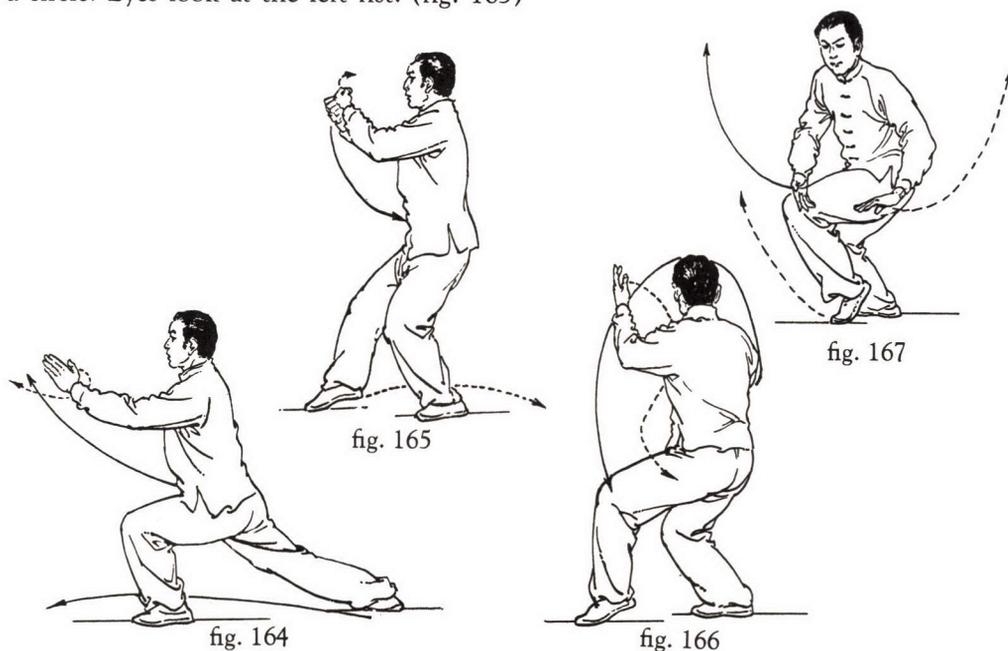
2) Turn the upper body to the right bending the right knee and step leftward with the left foot. At the same time, deflect both palms upward and rightward in arcs past in front of the face to the right side of the body, palms facing obliquely downward and fingers pointing upper-right, the right palm being at head level and the left elbow bent so as to keep palm in front of the right shoulder. Eyes look at the right palm. (fig. 162)

3) Turn the upper body to the left, bending the right knee into a full-squatting position and straightening the left leg to form a left crouching step. At the same time, thread both palms downward, inward and leftward in arcs past the front of the abdomen along the inside of the left leg, the left palm being front and facing outward, and the right palm behind the left palm facing inward. Eyes look at the left palm. (fig. 163)

Form 36 Step Forward with Seven-Star

1) Turn the upper body to the left and shift the centre of gravity forward rotating the toes of the left foot outward and the toes of the right foot inward, bending the left knee and straightening the right leg to form a left bow step. At the same time, raise the left palm in a forward and upward arc to shoulder level, palm facing rightward and fingers pointing obliquely upward, while pull the right palm slightly backward to beside the right hip. Eyes look at the left palm (fig. 164)

2) Step forward with the right foot, its ball touching the floor to form a right empty step. At the same time, clench the fingers of the left hand into a fist and pull it slightly inward, the heart of fist facing inward, while change the right palm into a fist and block it forward and upward in an arc, the heart of fist facing outward, crossing both wrists in front of the body at shoulder level, placing the right fist on outer and curving the arms in a circle. Eyes look at the left fist. (fig. 165)



Form 37 Mount Tiger and Stand on One Leg

1) Turn the upper body to the right and step to the rear-right with the right foot shifting the centre of gravity onto the right leg to form a left empty step. At the same time, changing the fists into palms, move the right palm in a downward and rightward arc to beside the right hip, palm facing downward, and describe the left palm a small rightward arc following the rotation of the body, palm facing rightward. Turn the head slightly rightward and look forward. (fig. 166)

2) Turn the upper body to the left and lower slightly downward drawing left foot slightly backward and landing the ball on the floor in front of the right foot. Simultaneously describe the right palm a upward, leftward and downward arc past in front of the head to the outer side of the left leg palm facing outward, and brush the left palm in a downward and leftward arc past in front of the right side of the chest and in front of the abdomen to beside the left hip, palm facing downward and fingers pointing forward. Eyes follow the right palm. (fig. 167)

3) Stand up with the right leg bending the knee slightly and lift the left leg with the knee bent slightly and toes pointed. At the same time, raise the right palm forward and upward in an arc to shoulder level with the arm almost straight, wrist bent upward and palm facing leftward, while changing the left palm into a hook-hand and raising it up to shoulder level at the left side of the body, the tip of the hook-hand pointing downward. Simultaneously turn the upper body slightly to the left and look forward-left. (fig. 168)



fig. 168



fig. 169

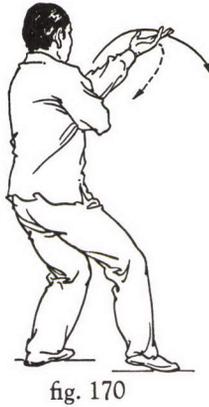


fig. 170



fig. 171

Form 38 Turn Body with Lotus Kick

1) Turn the upper body to the right drop the left foot forward heel touching the floor first, gradually followed by the entire sole flat on the floor and toes turning inward. At the same time, bring the right palm in a plane rightward arc with elbow bent, forearm rotating inward and palm facing downward, while changing the left hook-hand into a palm and swinging it forward in a plane arc to the left side of the body, palm facing upward. Head follows the rotation of the body and eyes look forward. (fig. 169)

2) Turn the body to the rear-right using the balls of feet as pivots. Simultaneously swing the left palm rightward to in front of the body at head level and palm facing upward, and thread the right palm leftward past the front of the chest and through under the left elbow, forearm rotating outward and palm facing upward. Eyes look straight ahead. (fig. 170)

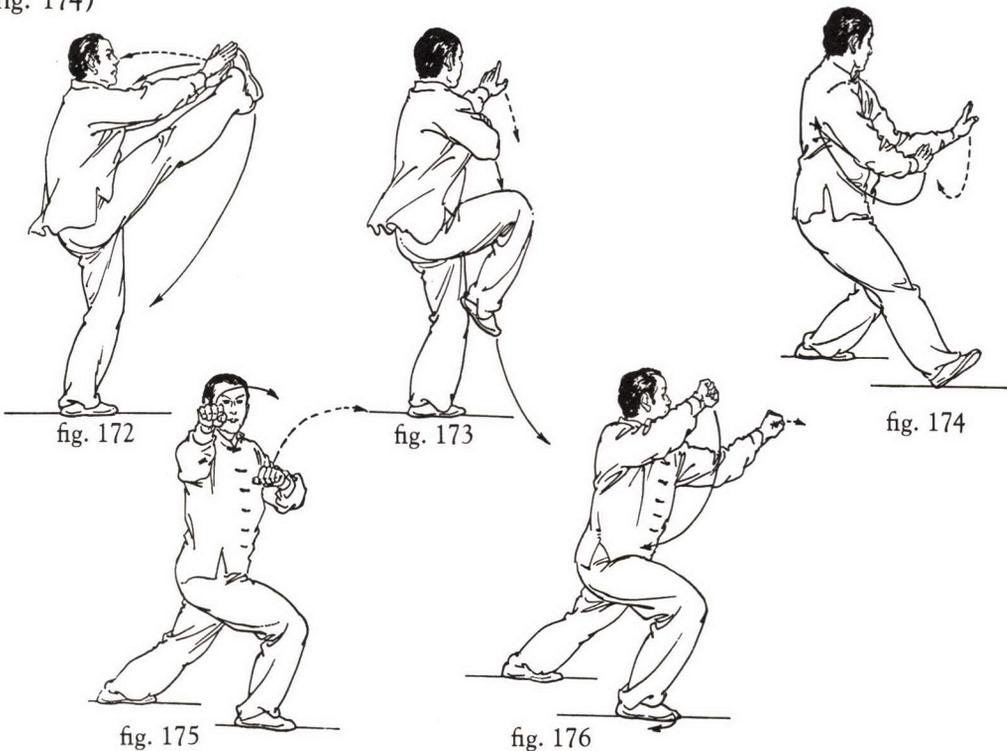
3) Continuously turn the upper body to the right and shift the centre of gravity onto the left leg, the toes of the right foot pointing on the floor. At the same time, describe the right palm a upward and rightward arc to the right side of the body, forearm rotating inward so as palm faces rightward, fingers pointing upward and wrist at shoulder level, while lower the left palm rightward and downward to in front of the right side of the chest forearm rotating inward so as palm faces obliquely downward. Eyes look at the right palm. (fig. 171)

4) Turn the upper body to the left. Simultaneously swing and kick the right foot leftward, upward and rightward in a fanlike arc with the toes pointed, while swing both palms leftward and slap orderly on the back of the right foot with the left and right palms in front of the head. Eyes look at both palms. (fig. 172)

Form 39 Curved Bow Shoots Tiger

1) Turn the upper body to the left pulling the right shank downward and backward, controlling the right knee in front of the body and naturally hanging the toes of right foot downward. At the same time, swing both palms leftward to the left side of the body with palms facing downward at shoulder level and the right palm being in front of the left side of the chest. Eyes look at the the left palm. (fig. 173)

2) Turn the upper body to the right and drop the right foot to the forward-right, landing the heel on the floor. At the same time, describe both palms downward and inward arcs to in front of the upper abdomen, palms facing downward. Eyes look at both palms. (fig. 174)



3) Turn the upper body to the right and shift the centre of gravity onto the right leg. At the same time, describe both palms downward, rightward and upward in arcs to the right side of the body, then clench the fingers of both hands into fists, the hearts of fists facing downward. Eyes look at the right fist. (fig. 175)

4) Turn the upper body slightly to the left bending the right knee outward and straightening the left leg to form a right bow step. At the same time, strike the left fist forward-left past the front of the face at nose level, the heart of fist obliquely facing forward and the eye of fist obliquely pointed downward, while punch the right fist forward-left to in front of the right side of the head, the heart of fist facing outward and the eye of fist obliquely pointing downward. Eyes look at the left fist. (fig. 176)

Form 40 Grasp the Peacock's Tail — Left Style

1) Turn the upper body to the right, moving the weight backward and rotating the toes of right foot outward. At the same time, changing the fist into palms, extend the left palm leftward, and describe the right palm in a downward arc to in front of the right side of the abdomen, forearm rotating outward and palm facing upward. Head naturally follows the rotation of the body. (fig. 177)

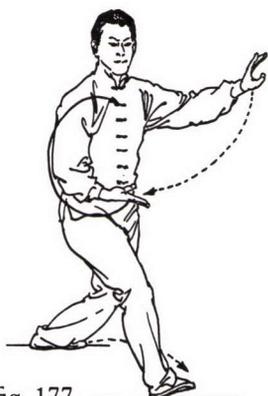


fig. 177

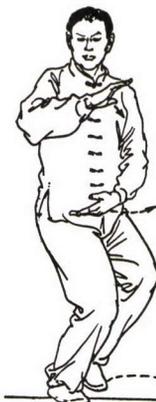


fig. 178



fig. 179



fig. 180

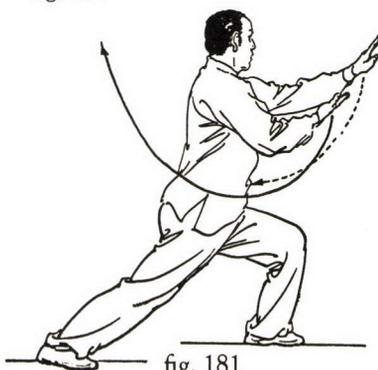


fig. 181

2) Shift the centre of gravity onto the right leg and draw the left foot to the inside of the right foot. At the same time, curve the right palm in a rightward, upward and inward arc, and deflect the left palm in a downward and rightward arc, palms facing each other in front of the body to create a holding-ball gesture. Eyes look at the right palm. (fig. 178)

3) Turn the upper body slightly to the left and step forward with the left foot landing heel on the floor. Simultaneously separate both palms slightly forward and backward. Eyes look straight ahead. (fig. 179)

4) Turn the body slightly to the left and shift the centre of gravity onto the left leg bending knee forward and straightening the right leg to form a left bow step. At the same time, ward off the left palm forward and upward to nose level, palm facing obliquely upward, while press the right palm downward and backward to beside the right hip, palm facing downward and fingers pointing forward. Eyes look at the left palm. (fig. 180)

5) Turn the upper body slightly to the left. Simultaneously extend the left palm slightly forward and rotate it to face downward, and raise the right palm forward and upward to under the inside of the left forearm and rotate it to face upward. Eyes look at the left palm. (fig. 181)

6) Turn the upper body to the right and shift the centre of gravity onto the right leg. At the same time, deflect both palms downward to in front of the abdomen, sequentially curve them to the rear-upward until the right palm at shoulder level facing obliquely forward and the left palm to in front of the right side of the chest facing inward. Eyes look at the right palm. (fig. 182)

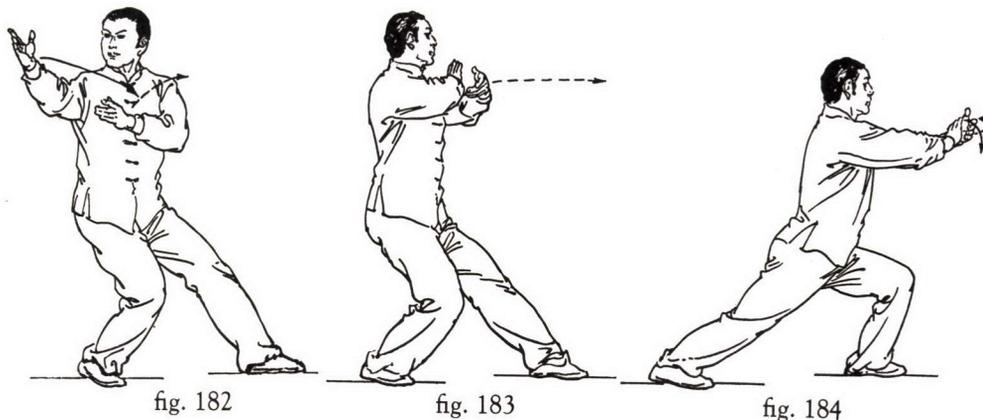


fig. 182

fig. 183

fig. 184



fig. 185



fig. 186

7) Turn the upper body to the left. At the same time, move the right palm to near the inside of the left wrist in front of the chest palm facing outward, the left elbow bent and palm facing inward. Eyes look forward. (fig. 183)

8) Shift the centre of gravity onto the left leg bending the left knee and straightening the right foot to form a left bow step. At the same time, push both palms together forward at shoulder level, the right palm resting on the inside of the left wrist, and arms curved in a circle. Eyes look at the left forearm. (fig. 184)

9) Extend the right palm forward from the top of the left forearm, then separate both palms sideways to shoulder-width apart, forearms rotating inward until palms face downward. Eyes look forward. (fig. 185)

10) Sit back shifting the centre of gravity onto the right leg, the toes of the left foot raised from the floor. At the same time, bend the elbows and lower both palms downward past the front of the chest to in front of the abdomen, palms facing lower-front. Eyes look straight ahead. (fig. 186)

11) Move the weight forward bending the left knee to the front and straightening the right leg to form a left bow step. Simultaneously press and push both palms upward and forward, wrists at shoulder level, palms facing forward and fingers pointing upward. Eyes look straight ahead. (fig. 187)

Form 41 Cross Hands

1) Turn the upper body to the right and shift the centre of gravity onto the right leg, rotating the toes of the left foot inward. With body turning, swing the right palm rightward to in front of the face, palm facing outward. Eyes follow the right palm. (fig. 188)

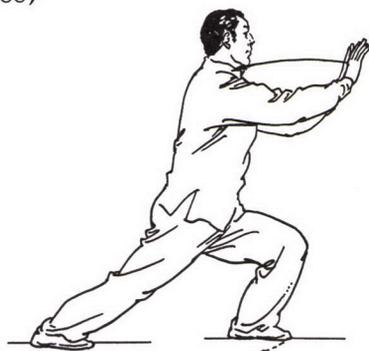


fig. 187



fig. 188

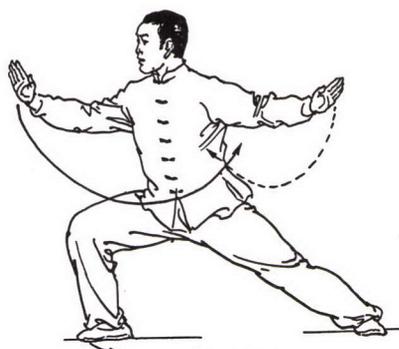


fig. 189



fig. 190

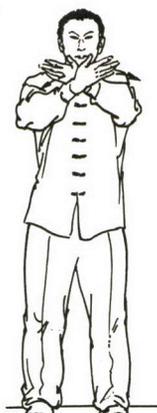


fig. 191

2) Continuously turn the upper body to the right moving the weight slightly rightward, rotating the toes of the right foot outward and naturally straightening the left leg. At the same time, swing the right palm to the right side of the body, elbows bending slightly and palms facing forward. Eyes follow the right palm. (fig. 189)

3) Turn the upper body to the left and shift the centre of gravity onto the left leg rotating the toes of the right foot inward. At the same time, close both palms downward and inward in arcs crossing them in front of the abdomen, then hold the palms up to in front of the chest, palms facing inward and right palm being outer. Eyes look at both palms. (fig. 190)

4) Draw the right foot inward to shoulder-width apart, the toes of feet pointing forward to form a parallel stance. At the same time, slightly turn the body rightward and slowly straighten both legs upward, remaining both palms crossed in front of the body at shoulder level. Eyes look at both palms. (fig. 191)

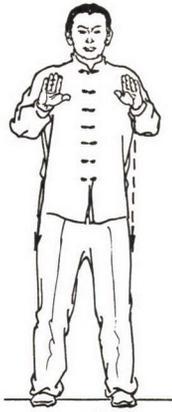


fig. 192

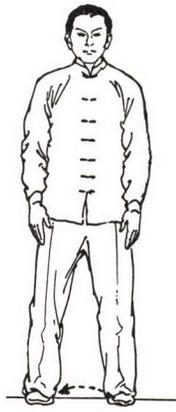


fig. 193

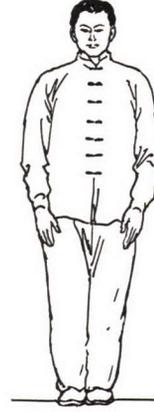


fig. 194

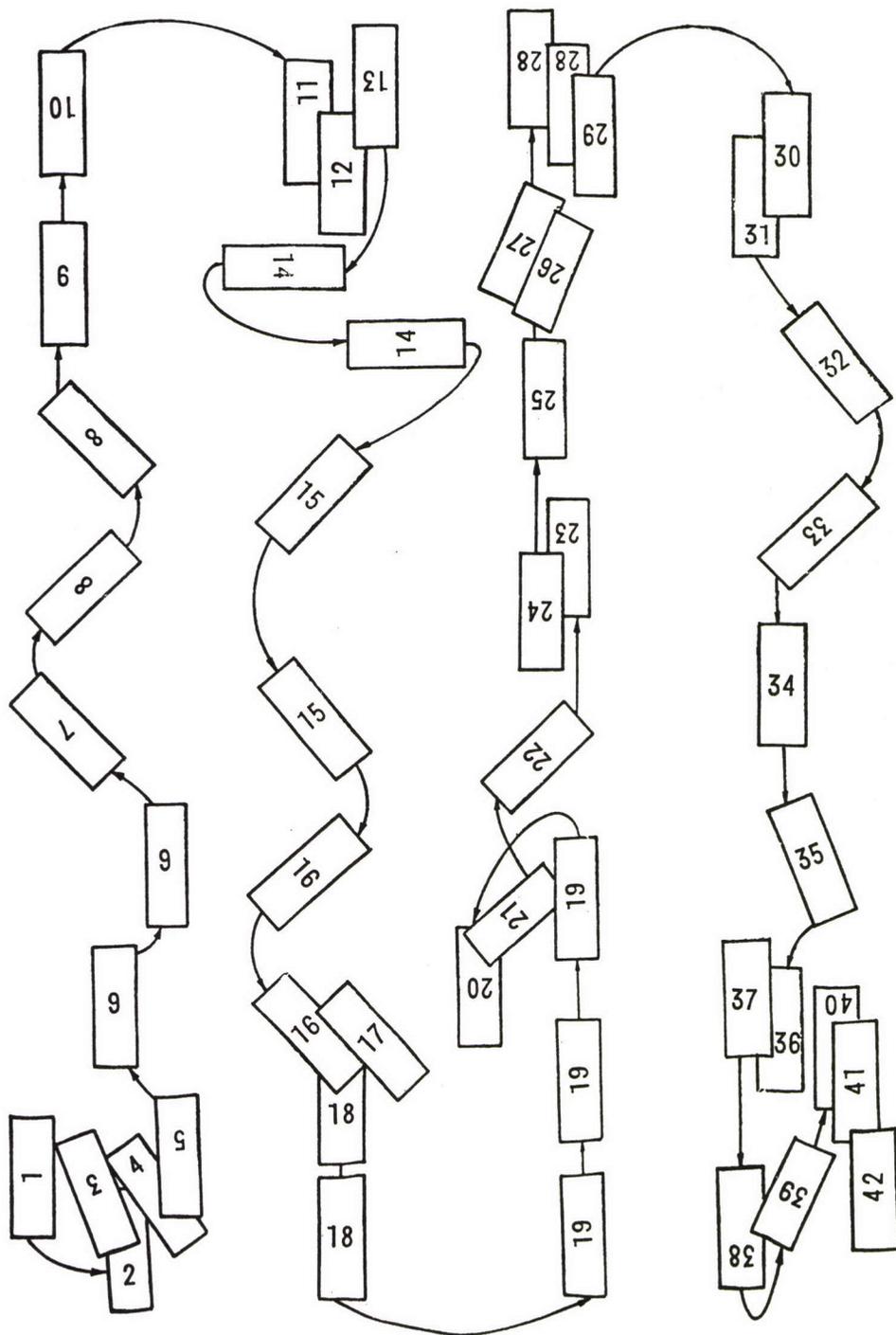
Form 42 Closing Form

1) Move both palms sideways to shoulder-width apart, forearm rotating inward until palms facing lower-front. Eyes look forward. (fig. 192)

2) Slowly lower both palms downward at the sides of the thighs, relaxing the shoulders and hanging the arms downward. Hold the upper body naturally erect. Eyes look forward. (fig. 193)

3) Draw the left foot to the inside of the right foot with feet together, the toes of feet pointing forward. Stand upright naturally and breathe smoothly. Eyes look forward. (fig. 194)

Layout of Movements in Combined Taijiquan Routine



DAOSHU (BROADSWORDPLAY) COMPETITION ROUTINE

**Daoshu is a form of weaponplay which mainly employs twining and wrapping the head, chopping, hacking, uppercutting and parrying techniques. The movements are swift, fierce and forceful.

Names of Movements in Daoshu (Broadswordplay) Routine

Section I

1. Ready Position
2. Hold Broadsword and Punch Right Fist
3. Hold Broadsword and Flash Palm
4. Slap Kick
5. Turn Waist Over and Slap Floor
6. Figure-8 and Thrust Broadsword on Both Sides
7. Turn Body and Twine Head
8. Uppercut, Turn Body Around and Sweep with Broadsword
9. Figure-8 and Point Broadsword
10. Twine Head and Jump Whirlwind Kick
11. Hide Broadsword in Horse-Riding Step
12. Feet Together and Horizontal Cut with Broadsword
13. Twine Head with Broadsword
14. Figure-8 and Thrust Broadsword Upward
15. Tilt Broadsword in Bow Step

Section II

16. Left Downward Parry with Broadsword
17. Step Forward and Uppercut with Broadsword
18. Figure-8 and Thrust Broadsword
19. Turn Body and Uppercut with Broadsword
20. Turn Body and Withdraw Broadsword
21. Change Feet and Thrust Broadsword
22. Push Broadsword Backward
23. Intercept with Broadsword in Hopping Step
24. Thrust Broadsword to Left and Right in Flight
25. Intercept with Broadsword in Back Cross-Step
26. Turn Body and Cloud Broadsword
27. Thrust Broadsword in Bow Step

Section III

28. Twine Head with Broadsword
29. File with Broadsword in High Empty Step
30. Circle Broadsword on Both Sides
31. Turn Body Over and Circle Broadsword
32. Turn Body Back and Thrust Broadsword Upward
33. Turn Body and Parry with Broadsword

34. Hide Broadsword and Push Palm in Bow Step
35. Thrust Broadsword in Back Cross-Step
36. Turn Body Back and Point Broadsword
37. Sweep with Broadsword in Butterfly
38. Cloud Broadsword, Bend Upper Body Backward and Push Broadsword
39. Turn Body and Twine Head
40. Wrap-Head and Sweep with Broadsword
41. Change to Gallop and Thrust Broadsword

Section IV

42. Separate Hand and Broadsword on a Horizontal Plane
43. Cloud and Press Broadsword
44. Twist Broadsword in Back Cross-Step
45. Push Broadsword in Kneeling Step
46. Crosscut with Broadsword in Hopping Step
47. Step Forward and Thrust Broadsword
48. Reverse Figure-8 and Tilt Broadsword in Jumping Step
49. Separate Hands and Point Broadsword
50. Figure-8 and Thrust Broadsword with Feet Together
51. Tilt and Point Broadsword
52. Turn Body and Twine-Head with Broadsword
53. Crosscut with Broadsword in Crouch Step
54. Turn Body and Twine-Neck with Broadsword
55. Change Hand and Push Palm in Bow Step
56. Cut with Palm in Left Empty Step
57. Press Palm with Feet Together
58. Closing Movement

Daoshu (Broadswordplay) Competition Routine Diagram

Section I

Form 1 Ready Position

Stand upright with feet together. Hold the broadsword in the left hand hanging both arms at the sides of the body. Eyes look straight ahead. (fig. 1)

Form 2 Hold Broadsword and Punch Right Fist

1) Swing the left arm forward and upward to shoulder level while the right fingers are clenched into a fist and moved upward to the right flank the heart of fist facing upward. Eyes look at the left hand. (fig. 2)

2) Withdraw the left hand backward to the left flank with elbow bent and punch the right fist to the forward-right at shoulder level, the heart of fist facing downward. Eyes look forward-right. (fig. 3)

Form 3 Hold Broadsword and Flash Palm

1) Take half a step to the left with the left foot. At the same time, hold the broadsword in left hand and swing it in a leftward, upward and forward arc to shoulder level, while changing the right fist into a palm and swinging it in a downward, leftward and upward arc past the front of the abdomen to under the left upperarm with wrist bent upward. Eyes look forward-left. (fig. 4)

2) Turn the upper body to the right shifting the centre of gravity onto the left leg and the right heel raised from the floor. At the same time, describe both hands upward arcs to the forward-right of the body with the left arm straight and the right palm placed on the inside of the left arm. Eyes look forward-right. (fig. 5)

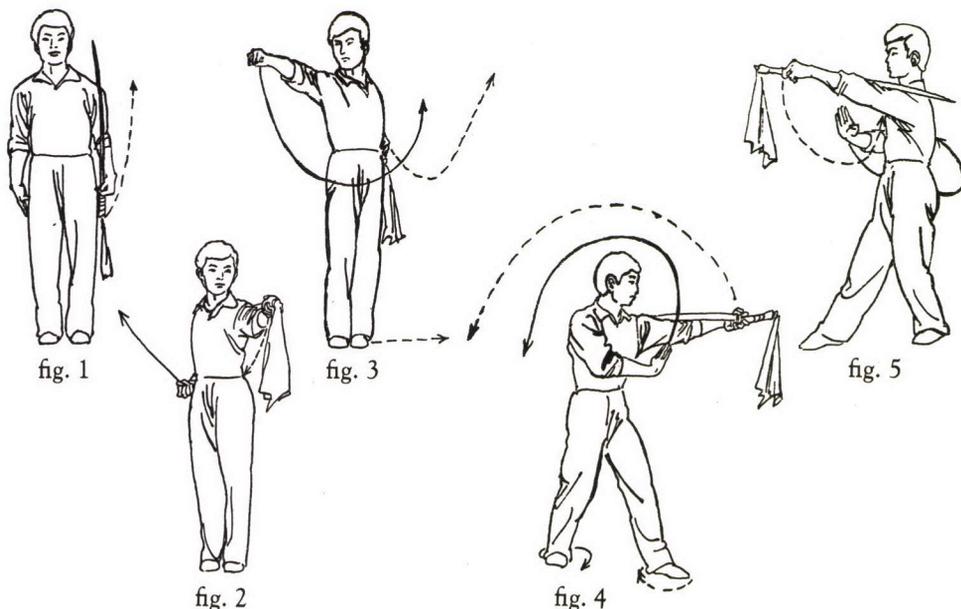




fig. 6

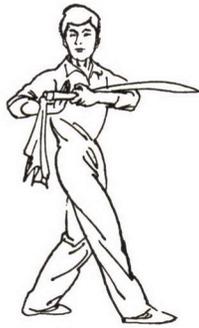


fig. 6 back view



fig. 7

3) Turn the upper body to the right. Both hands followed swing downward and rightward holding the broadsword in left hand to be pulled to in front of the right side of the chest with left elbow bent and pressing the right hand on the hilt of broadsword. Eyes look forward-right. (figs. 6 and 6 back view)

4) With turning the upper body to the left, move both hands upward and forward arcs to in front of the chest with elbows bent. Eyes look forward. (fig. 7)

5) Turn the upper body slightly to the left shifting the centre of gravity onto the right leg with knee straight and step to in front of the right foot with the left foot, toes touching the floor to form a high empty step. At the same time, swing both hands downward and sideways, the left hand to shoulder level at the left side, and the right palm to the upper-right of the head where snap the wrist palm facing upward and fingers pointing leftward. Eyes look forward-left. (fig. 8)

Form 4 Slap Kick

1) Turn the body to the right and take half a step to the rear-left with the left foot. At the same time, lower the left hand to in front of the left leg, and the right leftward and downward past in front of the face to in front of the left side of the chest with wrist bent upward. Eyes look forward-right. (fig. 9)

2) Turn the upper body to the left while hold the broadsword in left hand and swing it rightward, upward and leftward in an arc to the forward-left of the body with arm straight, and move the right hand downward and rightward in an arc past the front of the abdomen to the right side with arm straight. Eyes look forward-left. (fig. 10)



fig. 8



fig. 9



fig. 10

3) Shift the centre of gravity onto the left foot straightening the left leg, and swing and kick the right foot forward and upward. At the same time, move the right palm upward and forward and slap the back of the right foot in front of the body while hold the broadsword in left hand and slower it downward to beside the left hip. Eyes look at the right foot. (fig. 11)

Form 5 Turn Waist Over and Slap Floor

1) Drop the right foot backward and swing the left arm forward and upward while the right palm is pulled to in front of the left side of the chest with wrist bent upward. Eyes look forward. (fig. 12)

2) Step backward behind the right foot with the left foot both legs crossed and squatted into a half-squatting position, and the upper body bent forward. At the same time, swing both hands downward and rightward in arcs past the front of the abdomen, the right hand to the right side and the left hand to in front of the right side of the chest with elbow bent. Eyes look rightward. (fig. 13)



fig. 11



fig. 13

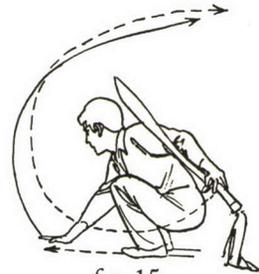


fig. 15

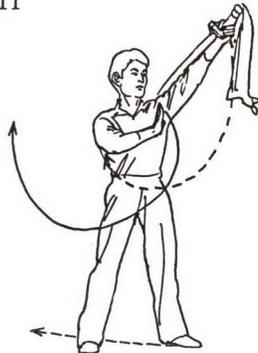


fig. 12

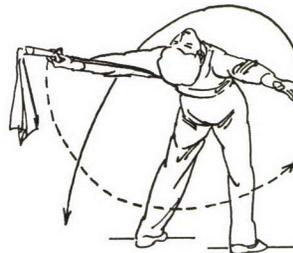


fig. 14

3) Turn the upper body over leftward extending chest, opening hips and rotating feet leftward. With the turning of the upper body, swing the left arm leftward and upward and the right arm downward and leftward to form a vertical circle. (fig. 14)

4) Step to the inside of the left foot with the right foot and bent both knees into a full-squatting position bending the upper body forward while swing the left hand downward, leftward and backward to the rear of the body, and the right hand upward, forward and downward slapping the floor with the right palm. Eyes follow the right hand. (fig. 15)

Form 6 Figure-8 and Thrust Broadsword on Both Sides

1) Raise the body and extend both legs upward. Turn the body to the right and step forward with the left foot. At the same time, hold the broadsword in left hand and swing it downward, forward and upward to the upper-front and move the right hand to the upper-front to take over the broadsword. (fig. 16)

2) Hold the broadsword in the right hand and circle it upward, rightward and downward along the outside of the right arm in vertical circle serving the right wrist as an axis while opening the left hand and resting on the inside of the right upperarm. (fig. 17)

3) Turn the body to the left and step forward with the right foot. At the same time, hold the broadsword in the right hand rotating the right forearm inward so that the tip of broadsword is moved downward and thrust it rightward broadsword-edge facing downward, while the left hand swings downward and leftward past the front of the abdomen to the inside of the right upperarm with wrist bent upward. Eyes look to the sword-tip direction. (figs. 18-19)

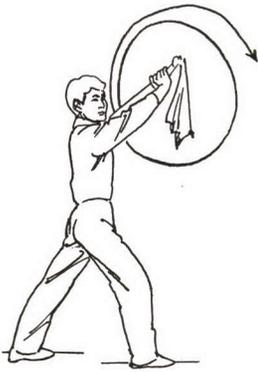


fig. 16

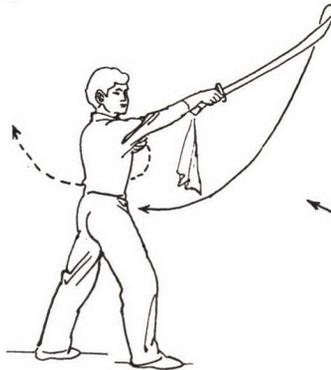


fig. 17

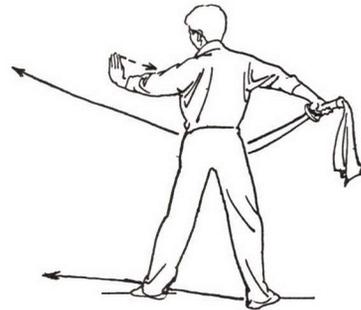


fig. 18

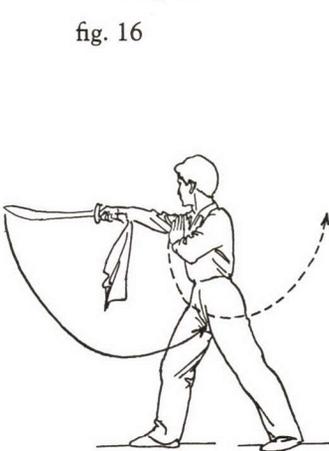


fig. 19



fig. 20

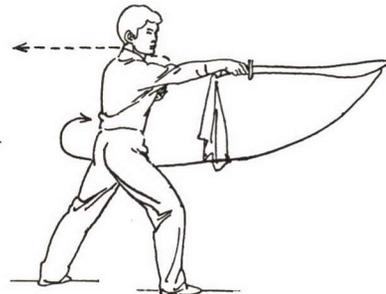


fig. 21

4) Turn the body to the left and step backward with the left foot. Rotate the right forearm inward so the sword-tip is moved downward and thrust it rightward, the sword-edge facing downward, while the left palm is swung downward and leftward past the front of the abdomen to the inside of the right upperarm with elbow bent. Eyes look to the thrusting direction. (figs. 20-21)

Form 7 Turn Body and Twine Head

1) Turn the upper body to the left. Simultaneously hold the broadsword in the right hand and quickly swing it leftward round the outside of the left arm to the back of the body, the sword-back touching the back and the sword-tip pointing downward while the left arm extends and moves to the left. (fig. 22)

2) Turn the body to the left and step forward with the right foot: At the same time, sweep the broadsword horizontally rightward, remaining the left hand at the left side of the body. (fig. 23)

3) Turn the waist slightly to the left and sweep the broadsword leftward along the outside of the left arm to the rear of the body, the sword-back touching the back and the sword-tip pointing downward. Meanwhile close the left palm inward with elbow bent in front of the chest first, then separate the palm leftward. (fig. 24)

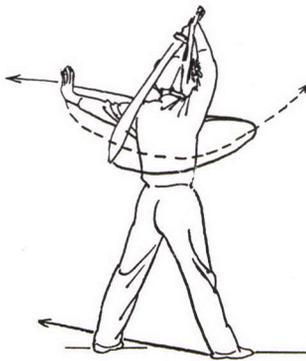


fig. 22



fig. 23



fig. 24



fig. 25



fig. 26

4) Turn the body to the left and step backward with the left foot. Simultaneously describe the broadsword a rightward arc, and the left hand still at the left side. (fig. 25)

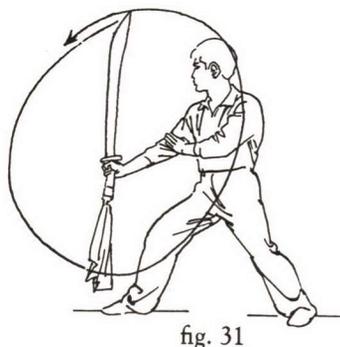
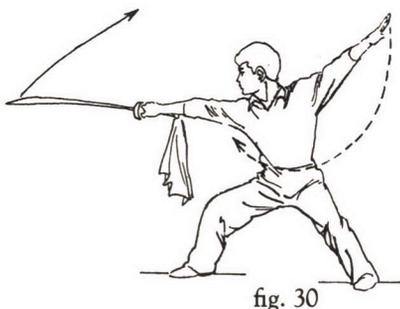
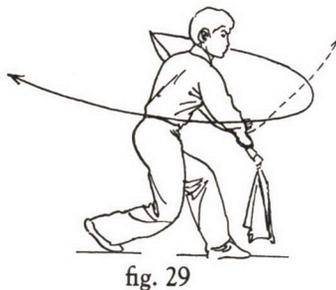
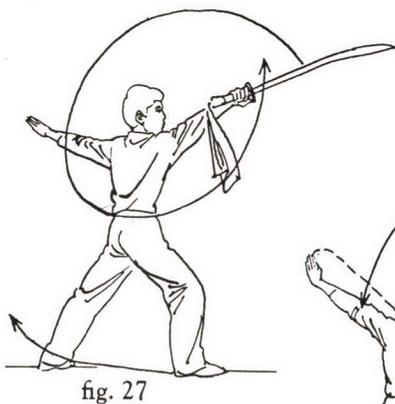
5) Take half a step backward simultaneously with both feet and bend the upper body forward. At the same time, hold the broadsword in the right hand and hack it obliquely lower-left stopping the left hand at the left ribs with elbow bent, the sword-edge facing leftward and the sword-tip pointing obliquely upward, and close the left hand downward and inward to in front of the chest with elbow bent. Eyes look to the lower-front. (fig. 26)

Form 8 Uppercut, Turn Body Around and Sweep with Broadsword

1) Raise the upper body, and uppercut forward and upward with broadsword and lower the left palm to the left side of the body. Eyes look at the tip of broadsword. (fig. 27)

2) Swing the right foot backward and bend the upper body backward. At the same time, describe the sword upward, backward, downward and forward in a vertical circle along the outside of the right arm, the edge of the sword facing upward. (fig. 28)

3) Drop the right foot backward and bend both knees into a half-squatting position as the upper body is turned slightly to the left, then to the right. At the same time, hold the broadsword in the right hand and pull it downward and leftward to the left side the left palm pressing on the right forearm, then sweep horizontally rightward with the broadsword while the left palm separates to the left. Eyes look at the broadsword. (figs. 29-30)



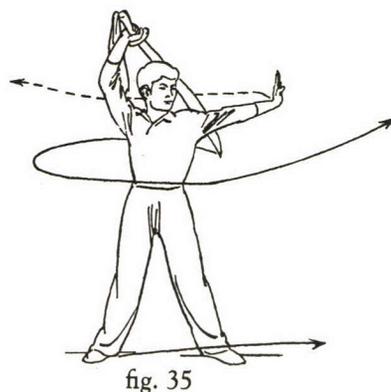
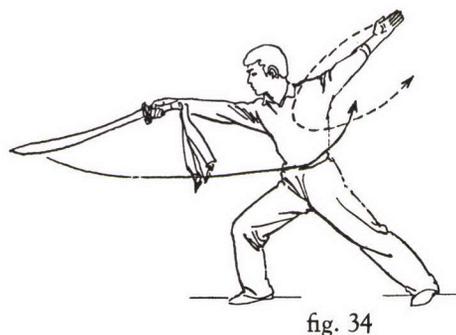
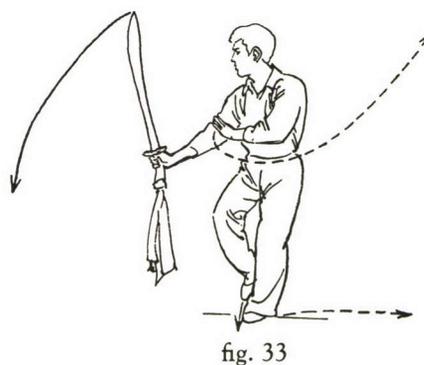
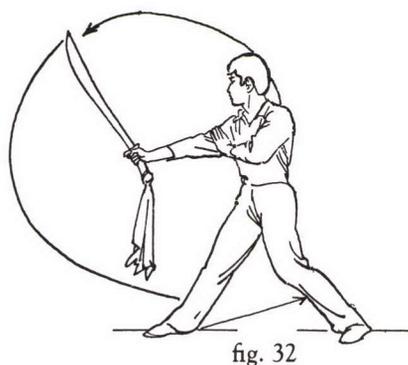
Form 9 Figure-8 and Point Broadsword

1) Hold the broadsword in the right hand and tilt it upward rotating the forearm outward and closing the left palm to the inside of the right elbow with elbow bent. (fig. 31)

2) Shift the weight mainly onto the left leg. Hold the broadsword in the right hand and describe it a vertical circle along the inside of the right arm using the right wrist as an axis, remaining the left palm on the inside of the right elbow. (fig. 32)

3) Shift the centre of gravity onto the left leg and draw the right foot to the inside of the left shank. At the same time, hold the broadsword in the right hand and describe it a vertical circle along the outside of the right arm using the right wrist as an axis, the left palm still on the inside of the right elbow. (fig. 33)

4) Stamp the right foot on the ground and step leftward with the left foot. At the same time, point rightward with the broadsword and extend the left palm to the left with arm straight. Eyes look at the tip of broadsword. (fig. 34)



Form 10 Twine Head and Jump Whirlwind Kick

1) Turn the upper body slightly to the left and sweep the broadsword leftward from the outside of the left arm to the rear of the body with the back of the broadsword against the back while the left palm is moved inward to in front of the chest with elbow bent first, then separated leftward with arm straight. Eyes look forward-left. (fig. 35)

2) Turn the body to the rear-left and step leftward with the right foot. At the same time, hold the broadsword in the right hand and sweep it horizontally rightward. Eyes look rightward. (fig. 36)

3) Turn the body to the rear-left and step rightward with the left foot. At the same time, sweep leftward with the broadsword along the outside of the left arm to the back, the back of broadsword touching the back of body, while the left palm is moved inward to in front of the chest first, then separated leftward with arm straight. Eyes look forward-left. (fig. 37)

4) Turn the body to the rear-left and step leftward with the right foot landing its toes on the floor. At the same time, hold the broadsword in the right hand and move it upward, and pull the left palm inward to in front to the right side of the chest with elbow bent. (fig. 38)

5) Jump up with the right foot and swing the left foot upward turning the body leftward in flight. Continuing, swing and kick the right foot leftward, upward and inward in an arc to in front of the face where the left palm slaps the ball of the right foot, meanwhile the broadsword in the right hand followed sweeps downward, then horizontally leftward. (fig. 39)

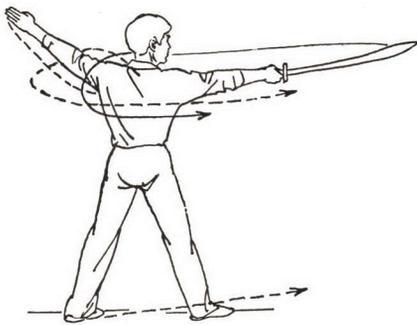


fig. 36



fig. 37

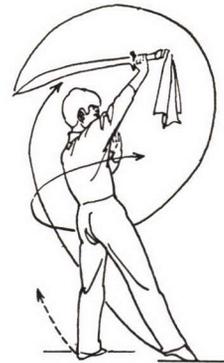


fig. 38



fig. 39

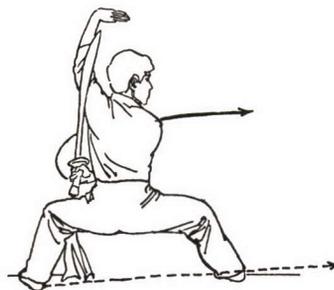


fig. 40

Form 11 Hide Broadsword in Horse-Riding Step

Continuing, turn the body leftward in the air and drop onto the floor with feet to form a horse-rising step. At the same time, sweep leftward with the broadsword and hide it under the left armpit, the tip of broadsword pointing obliquely upward, and flash the left palm over the head with elbow bent slightly. Eyes look rightward. (fig. 40)

Form 12 Feet Together and Horizontal Cut with Broadsword

1) Step to the rear-right behind the right foot with the left foot. Simultaneously hold the broadsword in the right hand and sweep it horizontally forward and rightward. Eyes look rightward. (fig. 41)

2) Turn the upper body leftward and step backward with the right foot. At the same time, the broadsword in the right hand is moved backward round the back of body to on the left shoulder, the back of broadsword touching the shoulder and the tip pointing backward, and pull the left palm to in front of the right side of the chest with elbow bent. Eyes look forward. (fig. 42)

3) Step to the inside of the right foot with the left foot until both feet are closed and legs straight as the body is turned to the right. At the same time, horizontally cut rightward with the broadsword in the right hand, palm facing downward and the tip of broadsword pointing forward, while the left palm describes a downward, leftward and upward arc to block over the head. Eyes look rightward. (fig. 43)

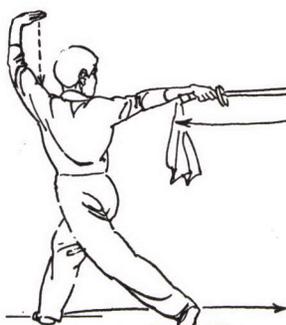


fig. 41

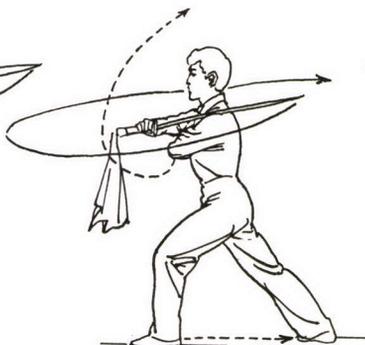


fig. 42



fig. 43

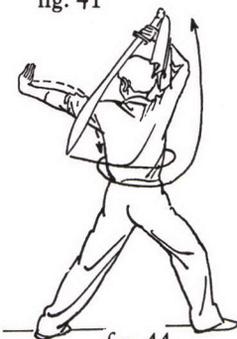


fig. 44

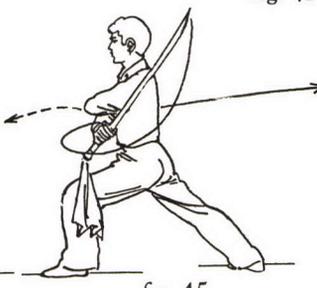


fig. 45

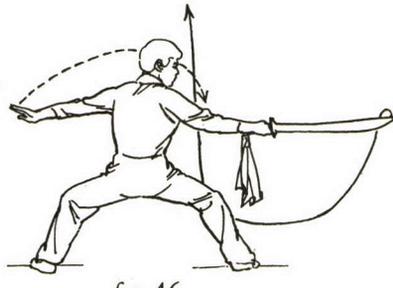


fig. 46

Form 13 Twine Head with Broadsword

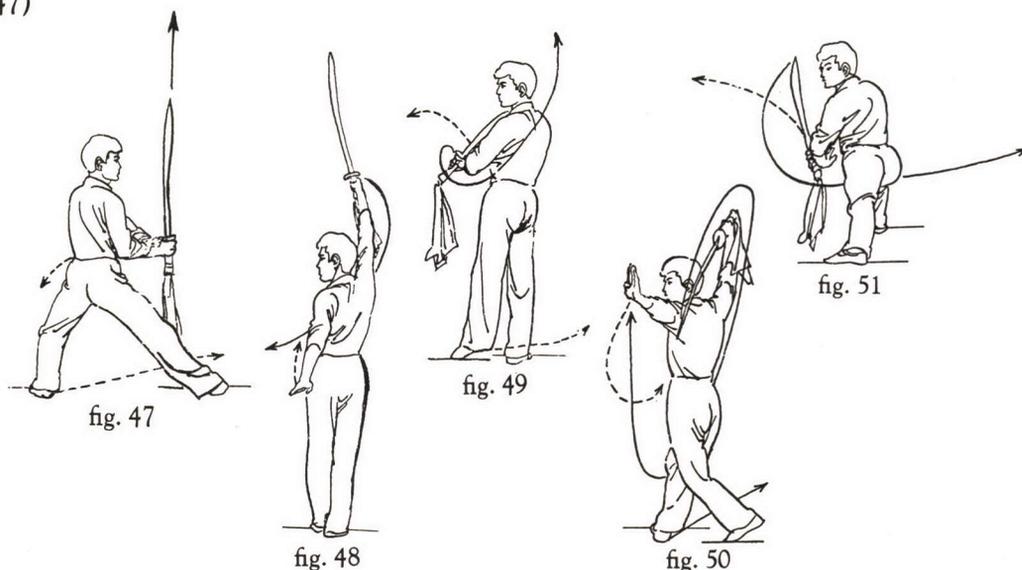
1) Step leftward with the left foot and turn the torso leftward. At the same time, hold the broadsword in the right hand and move it leftward round the outside of the left arm to the back with the back of the broadsword against the back of body, the tip of broadsword pointing downward, and pull the left palm to in front of the chest with elbow bent first, then separate leftward with arm straight. (fig. 44)

2) Continuing, turn the upper body to the left bending the left knee and straightening the right leg to form a left bow step. At the same time, sweep the broadsword in the right hand horizontally rightward, forward and leftward to under the left armpit, the sword-edge facing leftward and the sword-tip pointing upper-rear, while the left palm is pulled to in front of the chest with elbow bent. Eyes look forward. (fig. 45)

Form 14 Figure-8 and Thrust Broadsword Upward

1) Turn the upper body to the right while the broadsword in the right hand sweeps horizontally rightward and the left palm separates leftward with arm straight. Eyes follow the broadsword. (fig. 46)

2) Shift the weight mainly onto the left leg while the broadsword in the right hand describes a downward, leftward and upward arc past the inside of the right arm until the broadsword is moved erect with elbow bent at the right side of the body, and the left palm moves inward and presses on the right wrist with elbow bent. Eyes look rightward. (fig. 47)



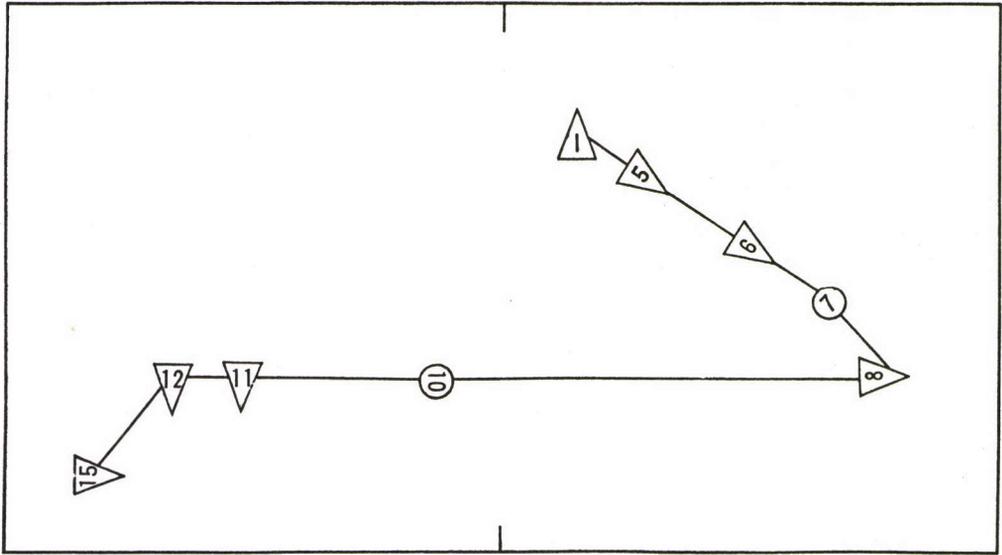
3) Shift the centre of gravity onto the right leg and step to in front of the right foot with the left foot toes touching the floor to form a high empty step. At the same time, hold the broadsword in the right hand and thrust it upward, the sword-edge facing forward, and press the left palm downward to beside the left hip palm facing downward and fingertips pointing forward. Simultaneously snap the head leftward and look forward-left. (fig. 48)

Form 15 Tilt Broadsword in Bow Step

1) The broadsword in the right hand is moved downward and leftward to beside the right arm sword-tip pointing obliquely upper-rear while the left palm rests on the right wrist. (fig. 49)

2) Turn the upper body to the left and step to behind the right foot with the left foot landing the ball on the floor and both knees bent slightly. At the same time, the broadsword in the right hand is moved leftward along the outside of the left shoulder to the back, the sword-back touching the back of body and the sword-tip pointing downward while the left palm separate leftward with arm straight. (fig. 50)

3) Step to the right with the right foot bending the right knee and straightening the left leg to form a right bow step. At the same time, describe the broadsword in the right hand a rightward and downward curve to in front of the right leg where the broadsword is tilted leftward and upward the sword-tip pointing upper-left, and the left palm presses on the right wrist. Eyes look rightward first, then to the forward-left. (fig. 51)



Layout of Movements in Section I

Section II

Form 16 Left Downward Parry with Broadsword

1) Turn the upper body to the right with the left heel raised from the floor. At the same time, the broadsword in the right hand is cut downward, rightward and backward in an arc past the right side of the body to the rear with the arm and broadsword in a straight line, the sword-edge facing upward, while the left palm pushes forward with wrist bent upward. Eyes look forward-left. (fig. 52)

2) Twist the upper body to the rear-left and lift the left leg with knee bent. Then drop to the front with the left foot toes rotating outward, simultaneously parry upward, forward and downward in an arc past the outside of the left leg with the broadsword, the sword-tip pointing leftward and resting the left palm on the right wrist. Eyes look lower-left. (figs. 53-54)

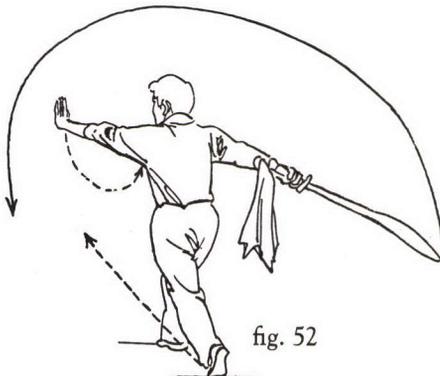


fig. 52



fig. 53



fig. 54

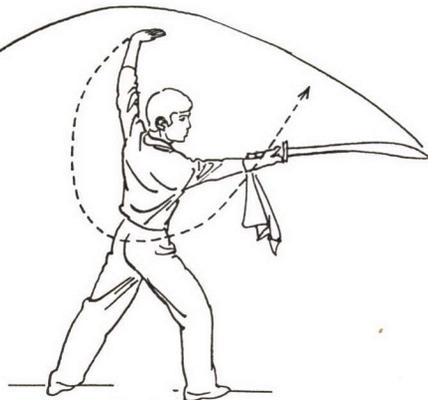


fig. 55

Form 17 Step Forward and Uppercut with Broadsword

Turn the body to the left and step to the forward-right round the left leg with the right foot. At the same time, uppercut with the broadsword in the right hand in an upward, backward and forward arc past the outside of the right leg, the sword-tip pointing forward and the sword-edge facing upward, and block the left palm leftward and upward over the head. Eyes look at the edge of broadsword. (fig. 55)

Form 18 Figure-8 and Thrust Broadsword

1) Turn the body to the left with both legs crossed. At the same time, move the broadsword in the right hand upward, leftward and downward in a vertical circle past the inside of the right arm serving the right wrist as an axis, then hold the broadsword in front of the chest with elbow bent, the sword-edge facing upward, while the left palm swings downward, leftward and upward in an arc and continuously presses downward on the right wrist. Eyes look at the tip of broadsword. (figs. 56-57)

2) Take a step to outside of the left foot past the front of the left shank with the right foot while the left foot hops and swings rightward and upward with knee bent. At the same time, thrust the broadsword to the right, and extend the left palm to the left. Eyes look rightward. (fig. 58)

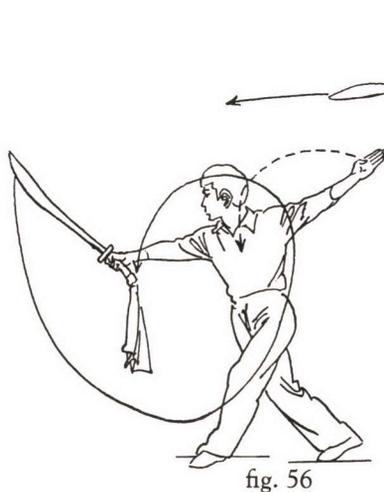


fig. 56

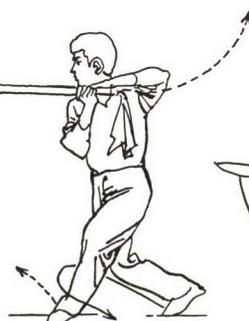


fig. 57

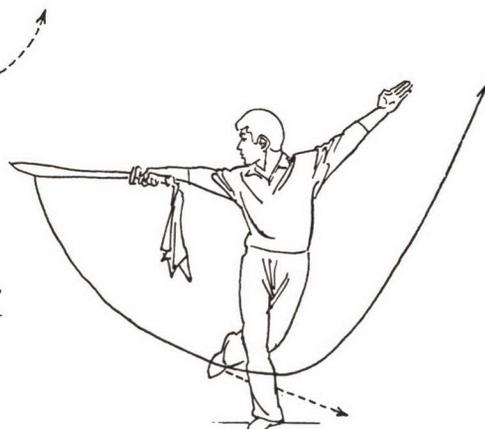


fig. 58



fig. 59

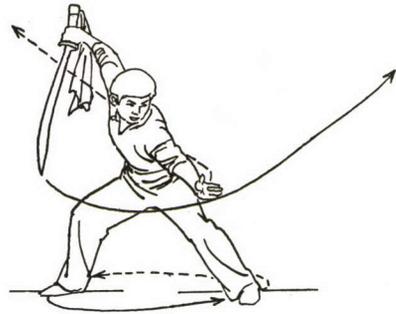


fig. 60

Form 19 Turn Body and Uppercut with Broadsword

Turn the body to the left and step to the left with the left foot. At the same time, uppercut the broadsword in the right hand downward and upward in an arc past the outside of the right leg to the upper-left, resting the left palm on the right forearm. Eyes look at the edge of broadsword. (fig. 59)

Form 20 Turn Body and Withdraw Broadsword

Turn the upper body to the right lowering the centre of gravity slightly downward and shifting the weight mainly onto the right leg. At the same time, withdraw the broadsword in the right hand downward and rightward rotating the right forearm inward, the edge of broadsword facing rightward and the tip pointing downward, and thrust the left palm to the lower-left along the back of the broadsword. Eyes look at the left palm. (fig. 60)

Form 21 Change Feet and Thrust Broadsword

Turn the body to the rear-left, jump up slightly and change both feet each other. At the same time, thrust the broadsword in the right hand to the forward-right, the edge of broadsword facing downward, and extend the left palm to the left with arm straight. Eyes look at the tip of broadsword. (fig. 61)



fig. 61



fig. 62



fig. 63



fig. 64

Form 22 Push Broadsword Backward

1) Turn the body to the right and step backward with the right foot. At the same time, withdraw the broadsword in the right hand upward and rightward in an arc, the left palm moving to touching the back of broadsword, the sword-edge facing upward and the sword-tip pointing leftward. Eyes look forward-right. (fig. 62)

2) Twist the waist to the left and bend knees downward, the left heel raised from the floor to form kneeling step. At the same time, press the broadsword slightly downward, continuing, push and thrust it leftward and backward. Eyes look leftward. (fig. 63)

Form 23 Intercept with Broadsword in Hopping Step

1) Step to the right with the left foot and pull the broadsword to beside the left ribs the sword-tip pointing backward moving the left palm forward to rest on the right wrist. Eyes look forward-left. (fig. 64)

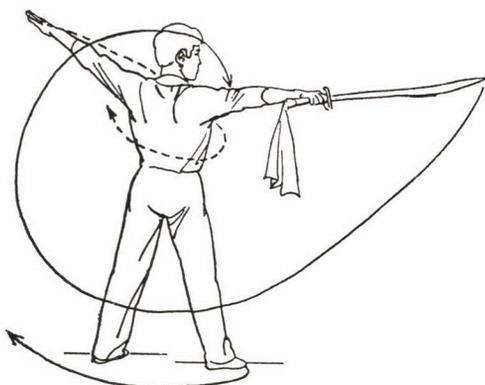


fig. 65



fig. 66

2) Turn the body to the right while sweep the broadsword in the right hand horizontally rightward and extend the left palm leftward with arm straight. Eyes look rightward. (fig. 65)

3) Turn the body to the rear-right, the right foot followed steps to the forward-right. At the same time, swing the broadsword in the right hand backward with the back of broadsword touching the back of the body, the sword-tip pointing obliquely downward. (fig. 66)

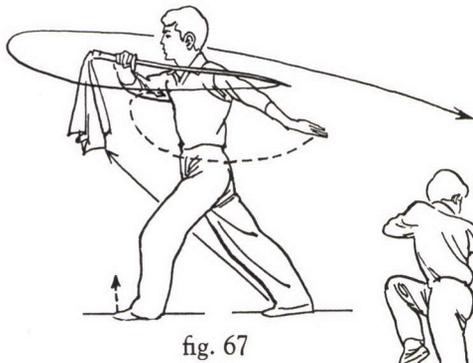


fig. 67



fig. 68



fig. 68 back view

4) Step forward with the left foot. Hold the broadsword in the right hand and move it round the back of the neck on the left shoulder while the left palm is lowered downward and backward to the rear-left of the body. Eyes look forward. (fig. 67)

5) Turn the upper body to the right and raise the right leg with knee bent while the left leg jumps up with knee straight. At the same time, sweep and intercept forward, rightward and downward in an arc to the rear-right of the body with the broadsword in the right hand, the sword-edge facing backward, the sword-tip pointing obliquely downward and the arm and the broadsword in a straight line, and swing the left palm inward and forward to in front of the chest with elbow bent, palm facing downward. Eyes look at the sword-tip. (figs. 68 and 68 back view)

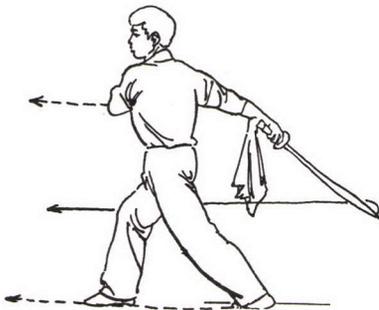


fig. 69

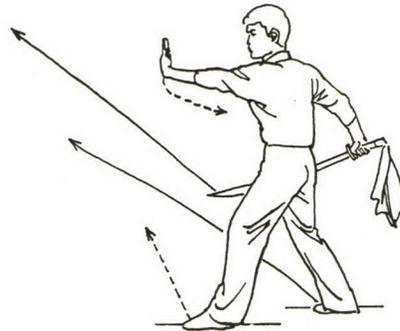


fig. 70

Form 24 Thrust Broadsword to Left and Right in Flight

1) Land the left foot on the floor, the right foot followed a forward step, at the same time, turn the head to the left. Eyes look forward. (fig. 69)

2) Step to the forward-left with the left foot and swing the right leg forward and upward with knee extended and toes pointed, then jump up with the left leg, bending the knee and turning the upper body to the left in the air. At the same time, thrust the broadsword in the right hand to the upper-right past the outside of the right leg, the sword-edge facing downward, and push the left palm to the left with wrist bent upward

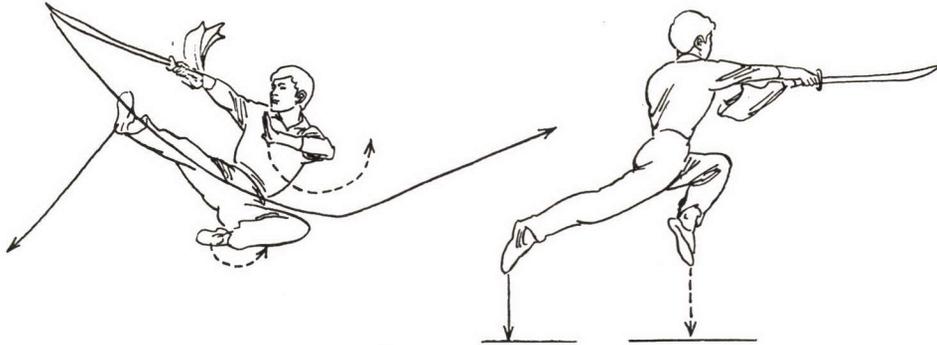


fig. 71

fig. 72

first, then pull it inward to in front of the chest with elbow bent. Eyes look to the thrusting direction. (figs. 70-71)

3) Turn the upper body to the left in the air the left knee followed swinging leftward and shank hung downward and the right leg rotating inward. With turning of the body, move the broadsword in the right hand downward and leftward, forearm rotating inward and thrust it to the forward-left past the front of the left side of the abdomen, the sword-edge facing downward, while the left palm swings in a downward and leftward arc to rest on the inside of the right upperarm. Eyes look the thrusting direction. (fig. 72)

Form 25 Intercept with Broadsword in Back Cross-Step

1) Land on the floor with the left and right feet in succession. (fig. 73)

2) Turn the upper body to the right and step backward behind the right foot with the left foot to form a back cross-step. At the same time, sweep and intercept with the broadsword in the right hand rightward, downward and backward in an arc, the sword-edge facing backward and the sword-tip pointing obliquely downward, while pull the left palm to in front of the right side of the chest. Eyes look at the tip of the broadsword. (fig. 74)

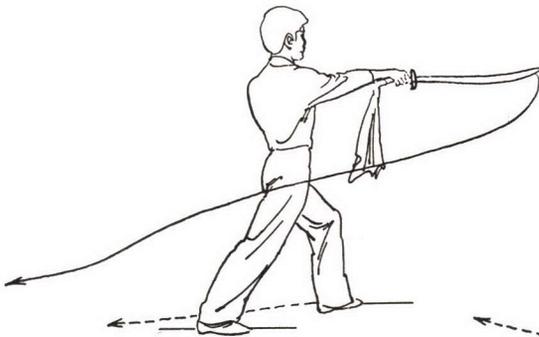


fig. 73

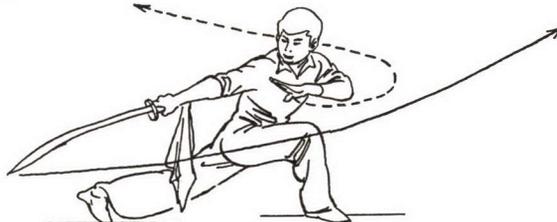


fig. 74

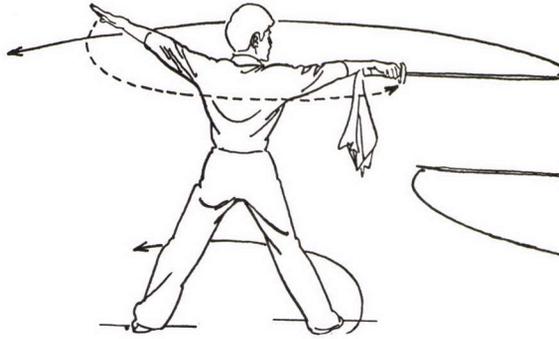


fig. 75

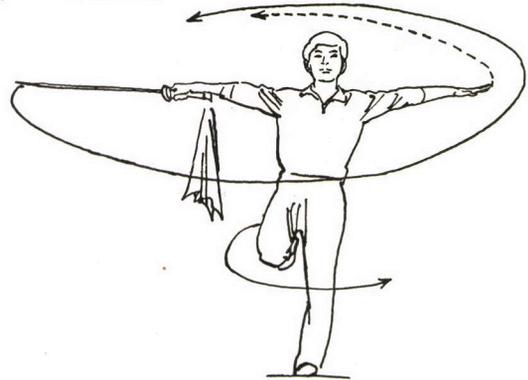


fig. 76

Form 26 Turn Body and Cloud Broadsword

1) Turn the body to the rear-left with both feet rotating leftward. Simultaneously extend the left palm leftward, palm facing downward. Then both arms followed the turning of the body swing horizontally leftward, the edge of the broadsword in the right hand facing backward and the tip pointing rightward. Eyes look rightward. (fig. 75)

2) Raise the right shank and swing it backward as the body is turned to the rear-left in a semi-circle by using the right foot as an axis. Continuing, both arms followed swing horizontally leftward. (fig. 76)

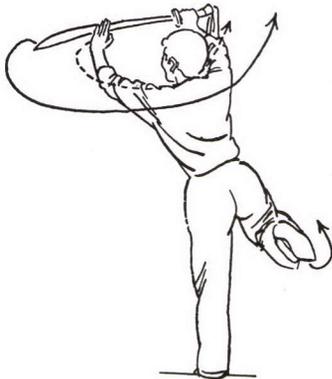


fig. 77



fig. 78

3) Continuing, turn the body to the left in half a circle while the broadsword in the right hand is swung horizontally to the forward-left where the left palm touches the back of broadsword at just over the head. Eyes look at the broadsword-blade. (fig. 77)

4) Continuing, turn the upper body to the left and bend backward. At the same time, describe the broadsword in the right hand a leftward and backward in a semi-circle over the head and at level, the sword-edge facing upward, the sword-tip pointing backward and the left palm following the broadsword. Eyes look at the broadsword-blade. (fig. 78)

5) Continuing, turn the upper body to the left and bend the left knee into a half-squatting position the right foot touching the back of the left knee. At the same time, the broadsword in the right hand continuously moves horizontally backward and right-

ward, and pulls to in front of the chest with elbow bent, the sword-edge facing upward, the sword-tip pointing rightward and the left palm still on the back of the broadsword. Eyes look rightward. (fig. 79)

Form 27 Thrust Broadsword in Bow Step

Slightly strive the left leg and then separate both legs sideways simultaneously to form a right bow step. At the same time, thrust the broadsword in the right hand rightward and the left palm leftward with the sword-edge facing downward and the palm forward. Eyes look to the thrusting direction. (fig. 80)

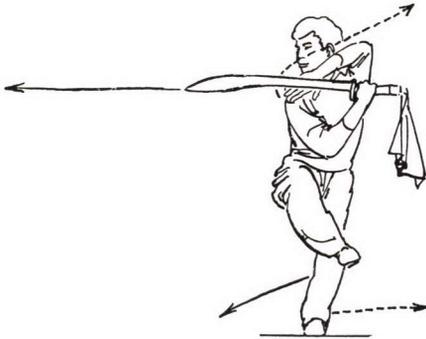


fig. 79

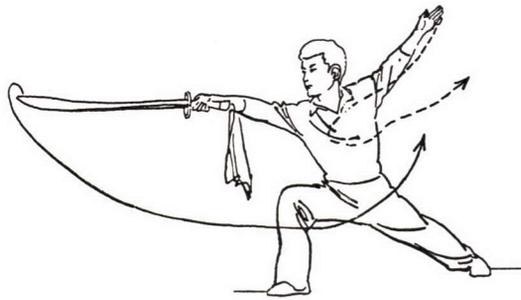
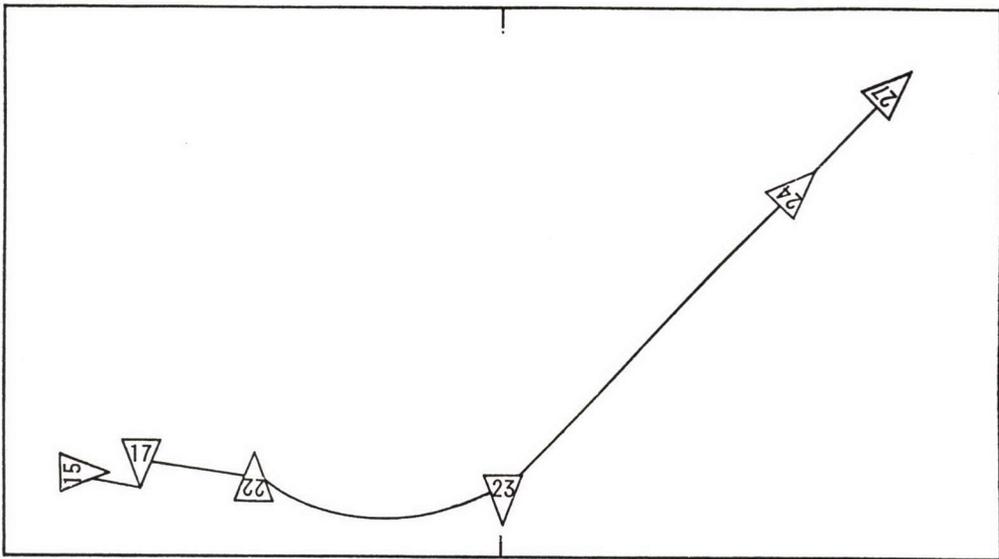


fig. 80



Layout of Movements in Section II

Section III

Form 28 Twine Head with Broadsword

1) Hold the broadsword in the right hand and rotate the right forearm inward so that the broadsword is moved leftward round the outside of the left arm to the rear of the body with the back of the broadsword touching the back of the body and the sword-tip pointing downward while the left palm pulls to in front of the chest with elbow bent first, then horizontally extends leftward. Eyes look forward-left. (fig. 81)

2) Turn the upper body to the left shifting the weight mainly onto the left leg to form a left bow step. At the same time, sweep the broadsword in the right hand rightward, forward and leftward in an arc past in front of the body to under the left armpit, the sword-edge facing leftward, the sword-tip pointing obliquely upward and the left palm closing inward to in front of the right side of the chest with elbow bent. Eyes look forward. (fig. 82)



fig. 81



fig. 82

Form 29 File with Broadsword in High Empty Step

1) Turn the upper body to the right and horizontally sweep the broadsword in the right hand rightward, the sword-edge facing backward and the sword-tip pointing rightward, while swing the left palm leftward with arm straight. Eyes look forward-right. (fig. 83)

2) Turn the upper body to the right and parry with the broadsword in the right hand backward and rightward with elbow bent, forearm rotating outward, the broadsword placed at the right side of the body, the sword-edge facing forward and the sword-tip pointing rightward, simultaneously clench the fingers of the left hand into a fist and swing it forward and rightward to in front of the chest with elbow bent, the heart of fist facing forward and the eye of fist toward downward. Eyes look forward. (fig. 84)

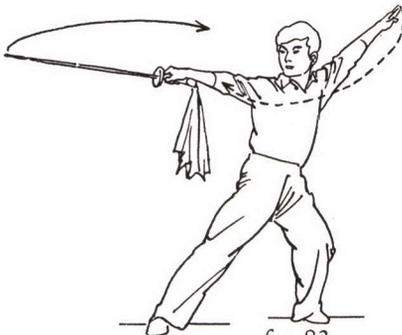


fig. 83



fig. 84



fig. 85

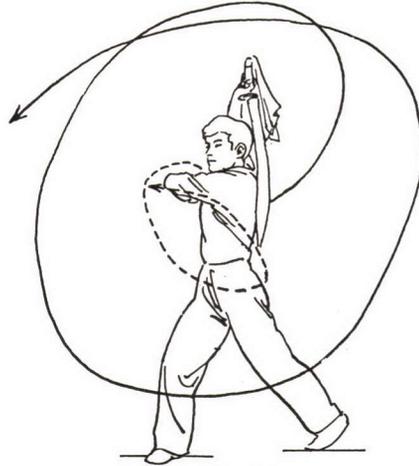


fig. 86

3) Turn the upper body to the left shifting the centre of gravity onto the right leg and step to in front of the right foot with the left foot, landing the toes on the floor to form a high empty step. At the same time, directly push the broadsword in the right hand to the right while withdraw the left fist leftward with elbow hooked and the heart of fist facing forward at shoulder level. Eyes look forward-right. (fig. 85)

Form 30 Circle Broadsword on Both Sides

1) Turn the upper body to the right and step backward with the left foot landing the toes on the floor. At the same time, hold the broadsword in the right hand and rotate the right forearm inward so that the broadsword is swung upward and backward to the back of the right shoulder, the sword-tip pointing downward, while changing the left fist into a palm, describes a downward, rightward and upward arc to in front of the right side of the chest. Eyes look forward. (fig. 86)

2) Shift the centre of gravity onto the left leg first, then back to the right leg. At the same time, chop with the broadsword in the right hand forward and downward past in front of the body, then continuing leftward, upward and forward in a full vertical circle, and the left palm following swings downward, leftward and then upward and rightward in an arc to the inside of the right elbow, while the body is turned to the left and right. Eyes look forward. (fig. 87)

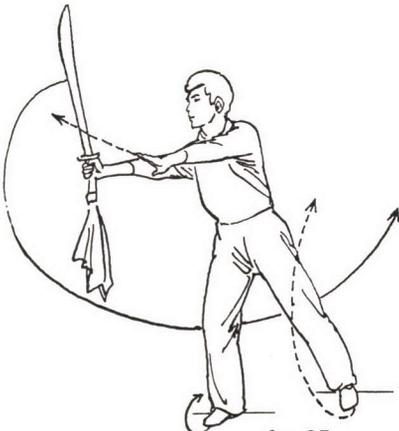


fig. 87

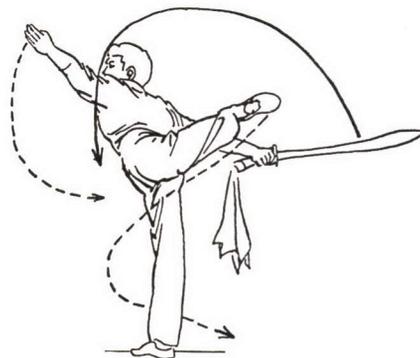


fig. 88



fig. 89

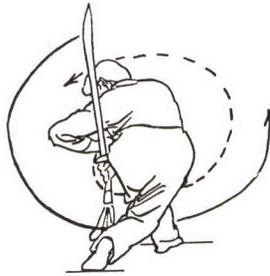


fig. 89 back view

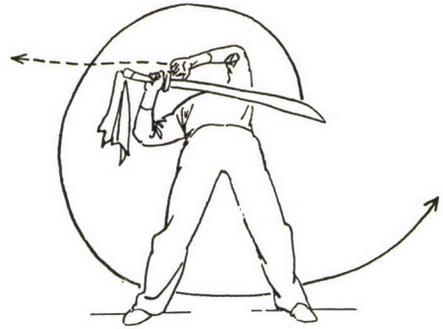


fig. 90

3) Bend the upper body forward and turn to the right while the left leg swings backward and upward and the broadsword in the right hand chops downward past the outside of the right leg to the right, the left hand followed extends to the upper-left with fingertips pointing obliquely upward. Eyes look forward-left. (fig. 88)

Form 31 Turn Body Over and Circle Broadsword

1) Take a front cross-step to the right past the front of the right foot with the left foot, both knees bent into a half-squatting position and also the upper body bent forward. At the same time, the broadsword in the right hand describes a vertical upward and leftward arc to the left side of the body, forearm rotating outward, the sword-edge facing leftward and the sword-tip pointing upward, and the left hand pulls inward and presses on the right wrist. (figs. 89 and 89 back view)

2) Turn the upper body over rightward and upward so the chest facing upward and both feet rotating rightward. With the turning of the body, the broadsword in the right hand is moved. (fig. 90)

3) Continuing, turn the upper body over to the right with elbow bent, feet rotated rightward and legs crossed to form a half-squatting position. With turning of the body, chop rightward and downward to the right side of the body with the broadsword in the right hand, the sword-edge facing upward and the sword-tip pointing obliquely downward, while extending the left palm to the left. Eyes look at the tip of broadsword. (fig. 91)

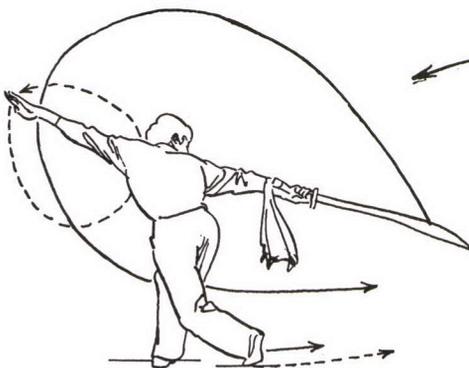


fig. 91

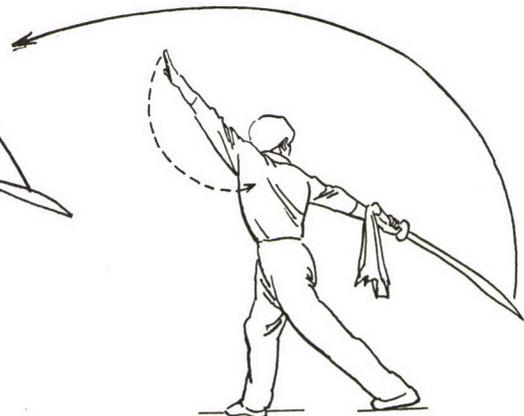


fig. 92

Form 32 Turn Body Back and Thrust Broadsword Upward

1) Step to the right with right foot and follow a step behind right foot with the left foot toes landing on the floor to form a back cross-step. At the same time, circle and chop the broadsword in the right hand upward, leftward and downward in a vertical circle, the forearm rotating outward while the left palm pulls inward to in front of the chest with elbow bent first, then extends to the upper-left. Eyes follow the broadsword. (fig. 92)

2) Turn the upper body to the left. Simultaneously chop the broadsword upward and rightward in a vertical curve, forearm rotating outward while the left palm is pulled backward to in front of the right side of the chest with elbow bent. Eyes look at the tip of broadsword. (fig. 93)

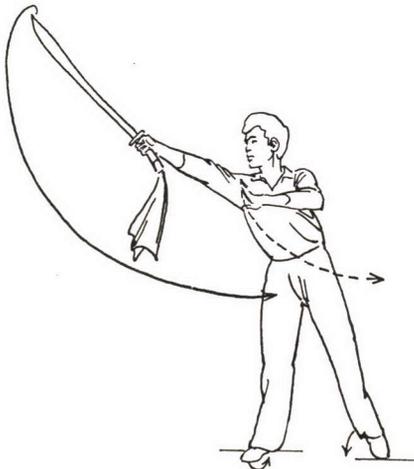


fig. 93



fig. 94

3) Turn the upper body to the rear-left. At the same time, rotate the right forearm inward with elbow bent so that the broadsword is moved downward and inward until the sword-tip being placed in front of the abdomen, without any interruption, thrust the broadsword to the left and upper-front, while the left palm swings downward, leftward and upward to the rear-left. Eyes look at the tip of broadsword. (figs. 94-95)



fig. 95



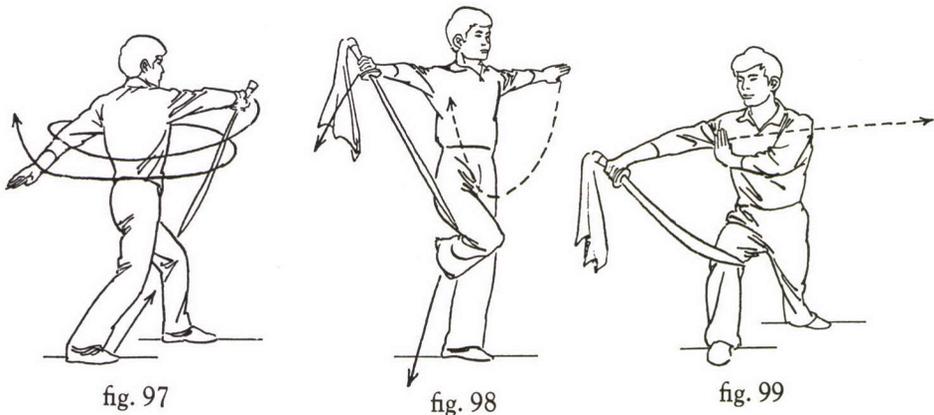
fig. 96

Form 33 Turn Body and Parry with Broadsword

1) Turn the upper body to the rear-right and shift the centre of gravity onto the right leg, rotating the toes of right foot outward. At the same time, sweep the broadsword horizontally to the right, the right forearm rotating inward with the broadsword and the arm in a straight line, the edge of broadsword facing backward and the tip pointing rightward, and pull the left palm inward with elbow bent in front of the chest first, and then extend it to the left with arm straight. Eyes follow the broadsword. (fig. 96)

2) Turn the body to the rear-right while the left foot followed steps round the right leg to the forward-left with toes turned inward. At the same time, move the broadsword backward and raise the right hand rotating the forearm outward so that the broadsword is twined round the head to the forward-left of the body with the tip of broadsword pointing downward and the edge facing forward while the left hand is lowered to the lower-left with arm straight. Eyes look forward. (fig. 97)

3) Raise the right foot to touch the back of the left knee and straighten the left leg as the body is turned rightward in a full circle. With turning of the body, parry with the broadsword in the right hand to the right, and swing the left hand horizontally rightward. (fig. 98)



Form 34 Hide Broadsword and Push Palm in Bow Step

1) Turn the upper body to the right and step forward with the right foot. Simultaneously move the left palm in a downward, inward and upward arc past the front of the abdomen to in front of the right side of the chest with elbow bent. Eyes look forward-right. (fig. 99)

2) Bend the right knee outward and straighten the left leg to form a right bow step. At the same time, hold the broadsword in the right hand to form a hiding broadsword posture, and push the left palm leftward, while the head is turned quickly leftward and eyes look leftward. (fig. 100)

Form 35 Thrust Broadsword in Back Cross-Step

1) The left palm describes an upward and rightward arc to in front of the right side of the chest with elbow bent. (fig. 101)

2) Raise the body and turn to the left shifting the centre of gravity onto the left leg and stepping to behind the left foot with the right foot to form a back cross-step. At the same time, thrust the broadsword in the right hand to the right, the sword-edge facing

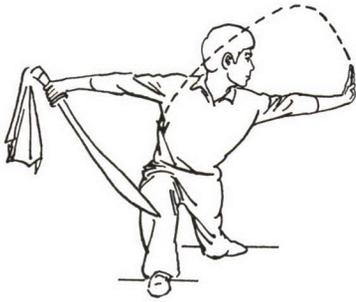


fig. 100

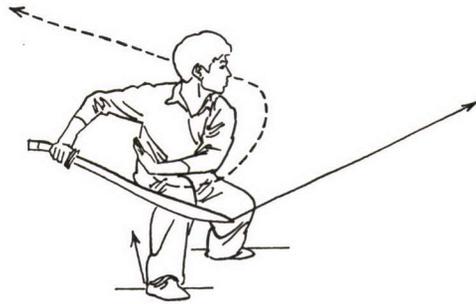


fig. 101

downward and the left palm extending to the left with arm straight. Eyes look to the thrusting direction. (fig. 102)

Form 36 Turn Body Back and Point Broadsword

Turn the upper body slightly to the left and step to the right with the right foot slightly bending the right knee, meanwhile the broadsword in the right hand describes an upward and leftward arc to in front of the abdomen and the left palm slightly lowers downward. Without any interruption, turn the upper body to the rear-right, circle the broadsword downward, forward and upward and point it backward, at the same time swing the left foot backward and upward with knee bent and the left palm also in the same way to end in front the right side of the chest with wrist bent upward. Eyes look at the tip of broadsword. (figs. 103-104)

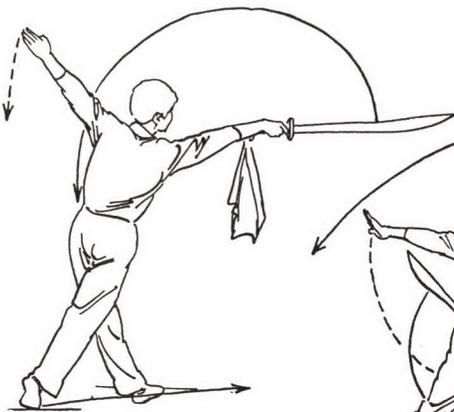


fig. 102



fig. 103

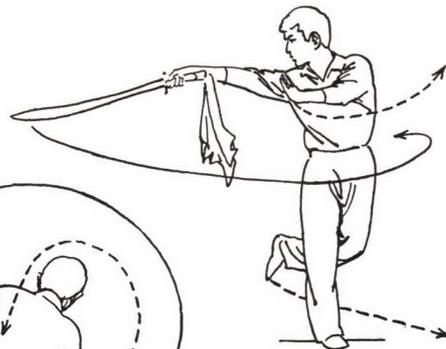


fig. 104

Form 37 Sweep with Broadsword in Butterfly

1) Take a leftward step with the left foot while sweep the broadsword leftward along the outside of the left arm and raise the right hand forearm rotating inward so that the broadsword is moved to touch the back of body with the sword-back, the sword-tip pointing downward, and the left palm followed swinging horizontally leftward. Eyes look forward-left. (fig. 105)

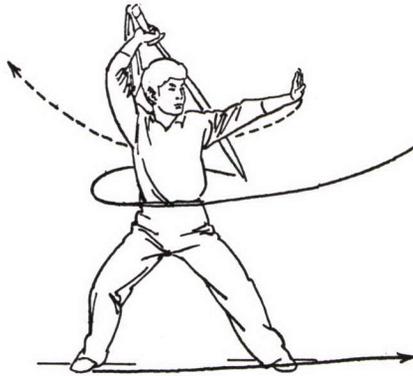


fig. 105

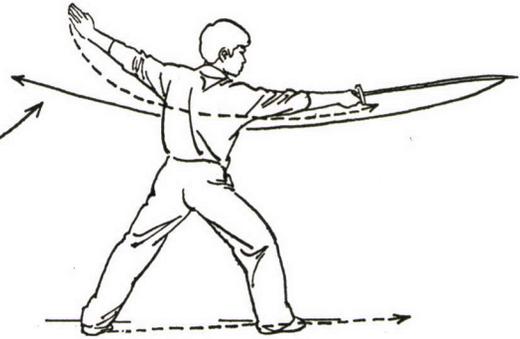


fig. 106

2) Turn the body to the left and step forward with the right foot. At the same time, sweep the broadsword horizontally leftward (fig. 106). Without any interruption, continue to turn the upper body leftward and step backward with the left foot. Continuing, sweep horizontally leftward with the broadsword. (fig. 107)

3) Bend the upper body forward and swing leftward and backward while swinging the right leg backward and upward, and jump up with the left leg and also swing backward and upward so that the body is spun in the air. At the same time, sweep the broadsword in a full circle on a horizontal plane under the body. (figs. 108-109)

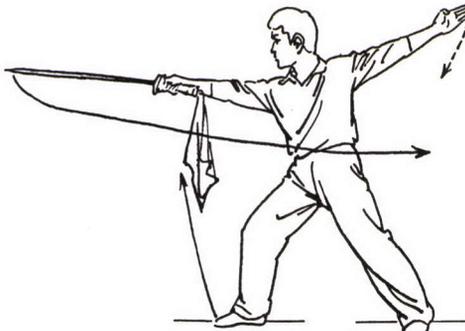


fig. 107



fig. 108

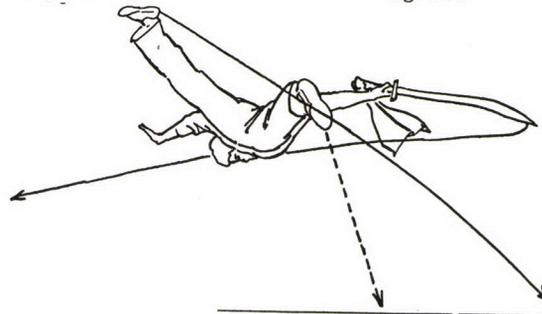


fig. 109

4) Land on the floor with right and left foot in succession. At the same time, continuing, sweep the broadsword to the right side of the body, the sword-edge facing forward and the sword-tip pointing rightward while the left palm being placed on the left side with arm straight. (fig. 110)



fig. 110

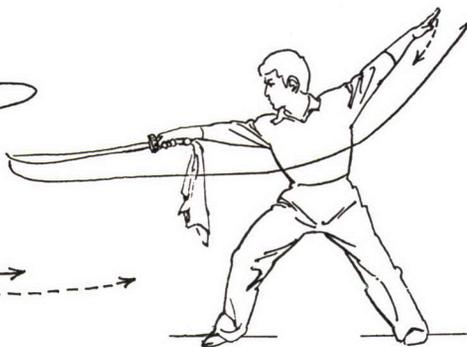


fig. 111

Form 38 Cloud Broadsword, Bend Upper Body Backward and Push Broadsword

1) Step to the left with the right foot and turn the body leftward in a full circle. With the turning of the body, take a rightward step with the left foot, and swing both arms horizontally leftward so that the broadsword is swept leftward on a horizontal plane. (fig. 111)

2) Swing the broadsword in the right hand to the upper-front as the upper body is turned to the left. Simultaneously the left palm slightly lowers down to touch the sword-back. Eyes look at the sword-blade. (fig. 112)

3) Turn the upper body backward and cloud the broadsword over the head in a full circle on a horizontal plane, the sword-edge facing leftward, the sword-tip pointing forward and the left palm touching the sword-back tightly. Eyes look forward. (fig. 113)

4) Twist the waist leftward first, then turn the upper body over rightward, backward and upward and lean leftward. At the same time, raise the left foot to touch the back of the right knee, and move the broadsword upward past the left side of the body and push it backward over the head with both arms straight and the sword-edge facing upward. Eyes look at the sword-blade. (figs. 114-115)



fig. 112



fig. 114

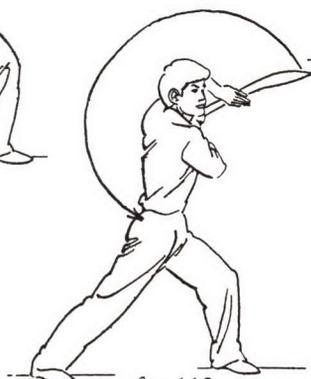


fig. 113

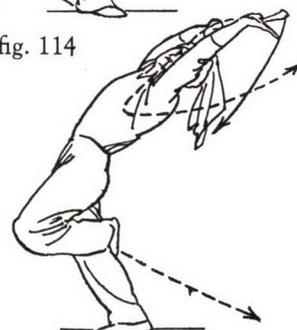


fig. 115



fig. 116

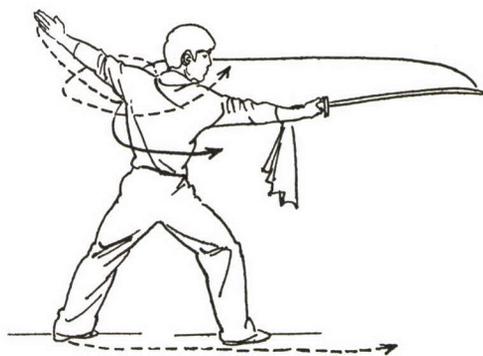


fig. 117

Form 39 Turn Body and Twine Head

1) Turn the upper body to the left and step leftward with the left foot while the broadsword is moved downward along the outside of the left arm to the back of the body, the sword-tip pointing downward, and the left palm pulls downward past the front of the chest, then extends leftward. Eyes look forward-left. (fig. 116)

2) Turn the body to the left and step to the outside of the left foot with the right foot. At the same time, hold the broadsword in the right hand and sweep it horizontally leftward, the sword-edge facing forward and the sword-tip pointing rightward. Eyes look at the sword-blade. (fig. 117)

3) Turn the body to the left and step backward behind the right foot with the left foot. At the same time, swing the broadsword leftward along the outside of the left arm so that the back of broadsword touching the back of the body and the tip pointing downward, and pull the left palm to in front of the chest with elbow bent first, then extend to the left. Eyes look forward. (fig. 118)

4) Turn the upper body to the left and bend both knees into a half-squatting position. At the same time, sweep horizontally leftward with the broadsword to beside the left ribs the sword-edge facing leftward and the sword-tip pointing backward, and place the left palm on the right forearm with elbow bent. Eyes look at the right hand. (fig. 119)

Form 40 Wrap-Head and Sweep with Broadsword

1) Slightly turn the upper body to the right and horizontally sweep rightward with



fig. 118



fig. 119



fig. 120

the broadsword while the left palm swings leftward with arm straight. Eyes look at the tip of broadsword. (fig. 120)

2) Turn the body to the right and step backward with the right foot. Simultaneously rotate the right forearm outward and raise the right hand so that the broadsword is swung rightward and backward round the back of the body to the left shoulder the sword-back touching the left shoulder and the sword-tip pointing backward, while pull the left palm inward to in front of the right side of the chest with elbow bent. (fig. 121)

3) Continue to turn the upper body to the right and slice with the broadsword horizontally to the right, the sword-edge facing backward and the sword-tip pointing rightward. Eyes look at the sword-tip. (fig. 122)

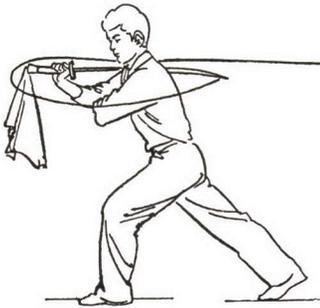


fig. 121

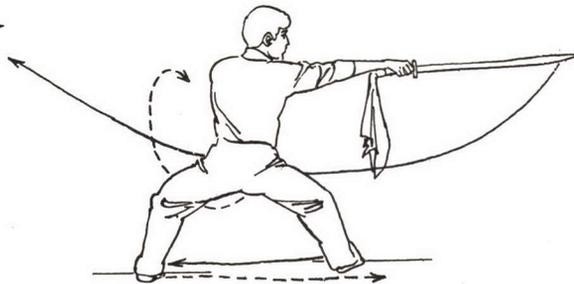


fig. 122

Form 41 Change to Gallop and Thrust Broadsword

Slightly jump up with both feet, quickly turn the body to the rear-left in flight and drop feet into a right bow step. At the same time, rotate the right forearm inward so that the broadsword is moved downward and inward past the front of the abdomen and thrust forward the sword-edge facing downward, and swing the left palm downward and leftward to rest on the inside of the right upperarm with elbow bent. Eyes look forward. (fig. 123)

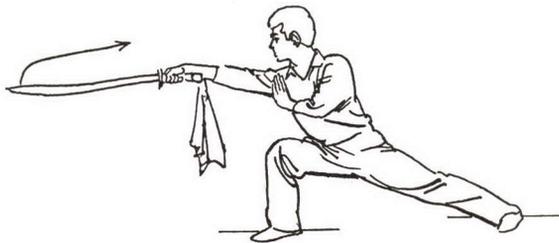
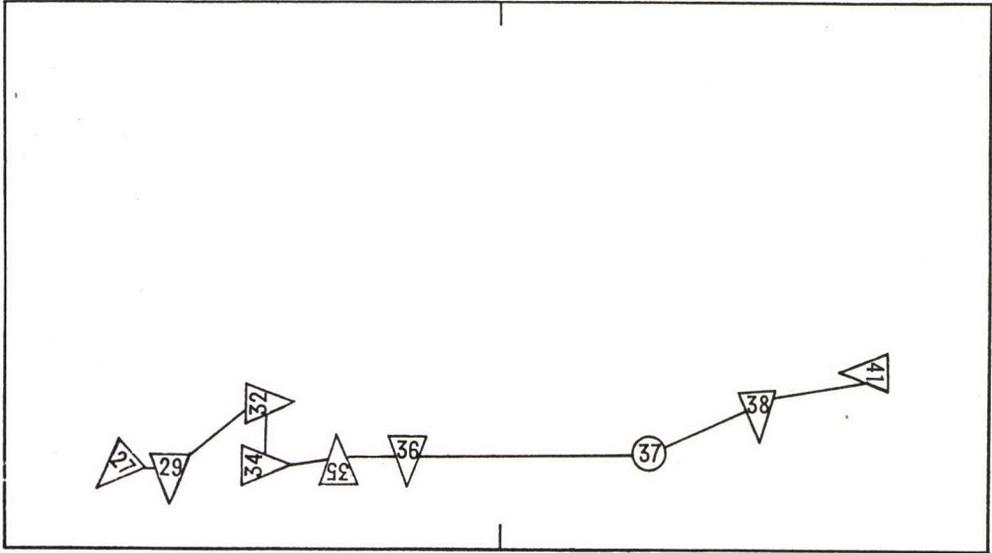


fig. 123

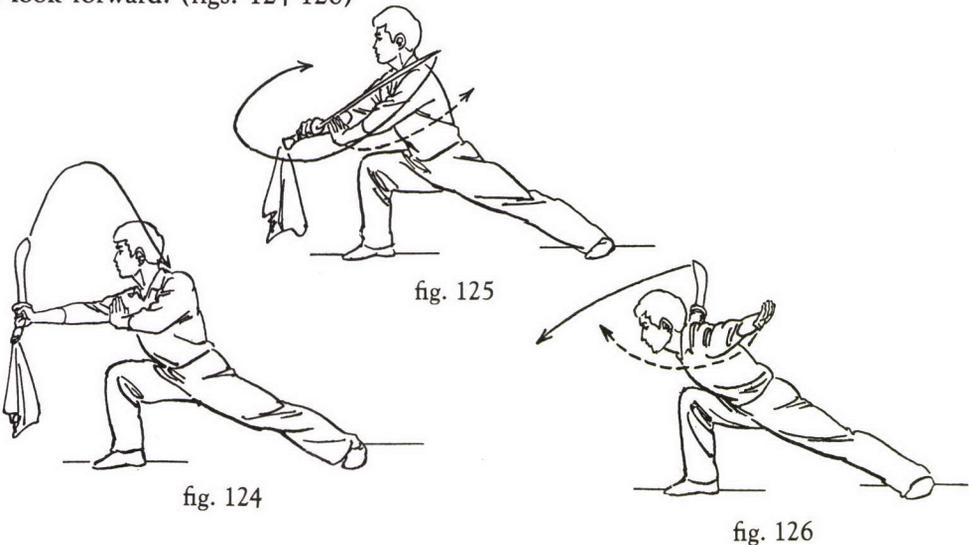


Layout of Movements in Section III

Section IV

Form 42 Separate Hand and Broadsword on a Horizontal Plane

Rotate the right forearm outward so the broadsword is moved rightward and backward serving the right wrist as an axis, then rotate the right forearm inward so the broadsword continued upward, leftward, and sliced horizontally forward and rightward while the left palm swings leftward with arm straight and the upper body leaning forward. Eyes look forward. (figs. 124-126)



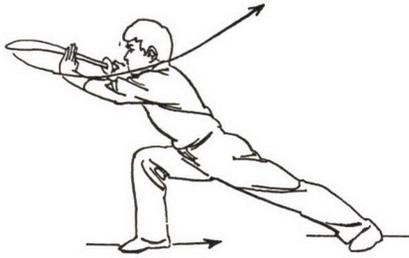


fig. 127

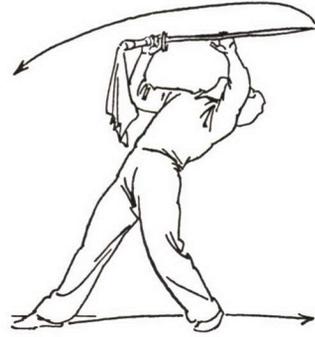


fig. 128

Form 43 Cloud and Press Broadsword

1) Raise the upper body slightly upward and swing the broadsword forward and upward to the upper-front of the body where the left palm touches the sword-back. Eyes look at the left palm. (fig. 127)

2) Take half a step backward with the right foot and shift the centre of gravity almost onto the left leg bending the upper body backward. At the same time, describe the broadsword a leftward and backward arc over the head using the right wrist as a pivot. Without any interruption, step backward with the right foot and twist the waist leftward bending the upper body forward, at the same time describe the broadsword a rightward and forward arc to in front of the body the sword-edge facing leftward and sword-tip pointing forward, the left palm still on the back of broadsword. Eyes look at the broadsword-blade. (figs. 128-129)

3) Bend the upper body forward, lift the left foot and swing it backward. At the same time, circle the broadsword leftward past the front of the abdomen to the right the sword-edge facing rightward and sword-tip pointing backward, the left palm keeping on the back of broadsword. Eyes look at the tip of broadsword. (fig. 130)

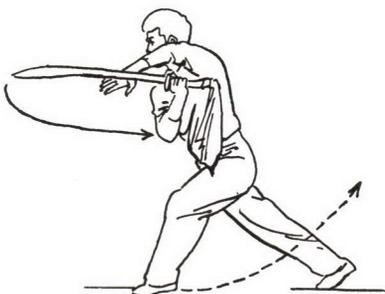


fig. 129

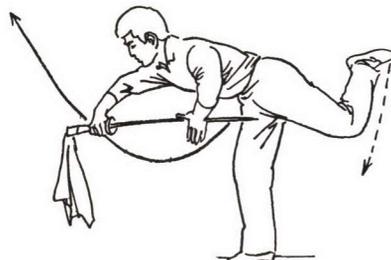


fig. 130

4) Raise the upper body and hold the broadsword rightward, forward and upward with both hands, the sword-edge facing upward and sword-tip pointing forward. (fig. 131)

5) Step forward with the left foot and lower the body downward to form a semi-horse step. At the same time, move a small leftward circle with the broadsword and immediately press it downward the sword-edge facing downward, the sword-tip pointing forward. (fig. 132)



fig. 131

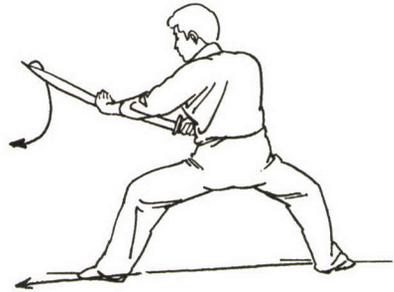


fig. 132

Form 44 Twist Broadsword in Back Cross-Step

Step leftward behind the left foot with the right foot, the left foot followed a step to the forward-left. At the same time, twist the broadsword in a vertical circle along the clockwise direction, then slightly withdraw it rightward to end in front of the chest keeping the left palm on the back of broadsword tightly. Eyes follow the broadsword. (figs. 133-134)

Form 45 Push Broadsword in Kneeling Step

Bend the left knee forward and kneel the right knee to form a kneeling step. At the same time, thrust and push the broadsword to the forward-left the sword-edge facing forward, the left palm keeping on the sword-back and the upper body bending forward. Eyes look forward. (fig. 135)

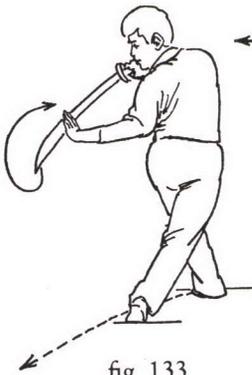


fig. 133

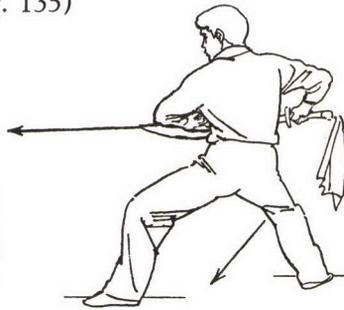


fig. 134



fig. 135

Form 46 Crosscut with Broadsword in Hopping Step

1) Turn the upper body to the left and step forward with the right foot. At the same time, hold the broadsword in the right hand and move it leftward and backward to beside the left ribs while the left palm rests on the right forearm. Eyes look forward-right. (fig. 136)

2) Turn the upper body to the right and step forward with the left foot toes rotating inward. At the same time, sweep horizontally rightward with broadsword and extend the left palm leftward with arm straight. (fig. 137)



fig. 136

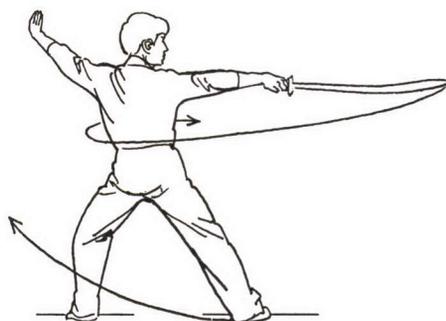


fig. 137

3) Continuing, turn the upper body to the right and step to the outside of the left foot with the right foot. At the same time, rotate the right forearm outward and raise the right hand so that the broadsword is swung backward with the sword-back against the back of body, the sword-tip pointing downward. (fig. 138)

4) Step forward with the left foot. Continuously the broadsword is moved round the back of body on the left shoulder the sword-edge facing leftward and sword-tip pointing backward while the left palm moves inward to rest on the inside of the right forearm with elbow bent. (fig. 139)

5) Jump up with the left leg and lift the right leg with knee bent and toes pointed as the upper body is twisted rightward. At the same time, crosscut with the broadsword forward and rightward past the right side of the body to the rear-right, and swing the left palm to the upper-left with arm straight. Eyes look at the tip of broadsword. (fig. 140)



fig. 138

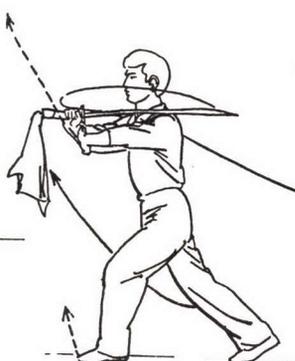


fig. 139

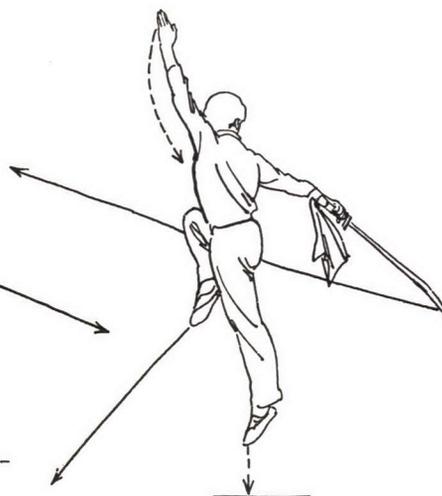


fig. 140

Form 47 Step Forward and Thrust Broadsword

Land on the floor with the left foot first, then step forward with the right foot as the upper body turns to the left. At the same time, rotate the right forearm inward and thrust the broadsword in the right hand to the front past the outside of the right thigh the sword-edge facing downward while lower the left palm downward resting on the inside of the right upperarm. Eyes look to the thrusting direction. (fig. 141)

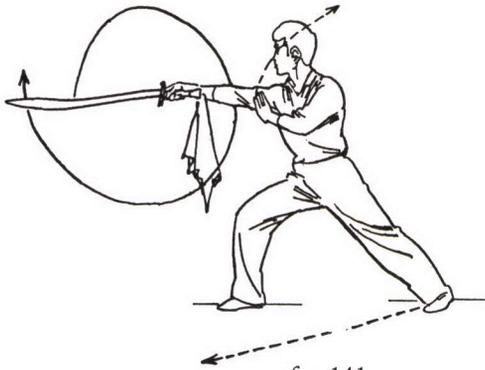


fig. 141

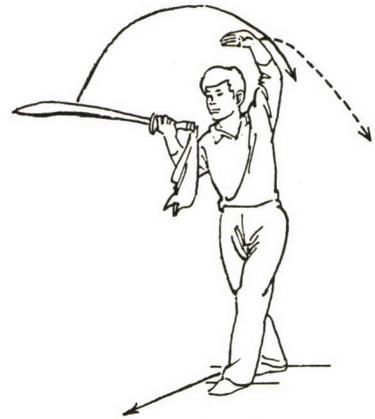


fig. 142

Form 48 Reverse Figure-8 and Tilt Broadsword in Jumping Step

1) Slightly turn the upper body to the left and step to the forward-left with the left foot. At the same time, rotate the right forearm outward and serve the right wrist as an axis so that the broadsword is circled upward, backward, downward and forward in a vertical circle past the outside of the right arm to in front of the chest with the sword-edge facing upward, meanwhile the left palm raises over the head. Eyes look at the edge of broadsword. (fig. 142)

2) Step forward with the right foot and continuously describe the broadsword an upward and leftward arc to in front of the left shoulder, the sword-edge facing leftward and sword-tip pointing upward while lower the left palm to the left side. Eyes look forward. (fig. 143)

3) Slightly turn the upper body to the right and raise the left leg forward and rightward with knee bent. At the same time, arch with the broadsword downward past the outside of the left thigh to in front of the body the sword-edge facing forward and sword-tip pointing downward, and swing the left palm inward to rest on the inside of the right upperarm. Eyes look at the sword-blade. (fig. 144)

4) The right leg jumps up with knee bent, toes pointed and the left leg straightened. At the same time, tilt the broadsword in the right hand upward with arm straight and the tip of broadsword pointing obliquely upward. Eyes look at the tip of broadsword. (fig. 145)

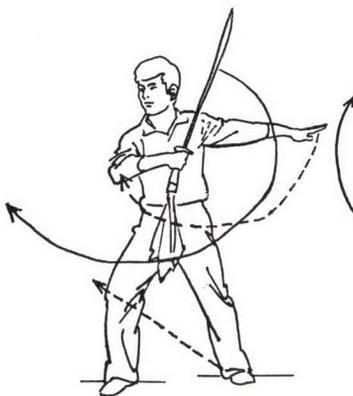


fig. 143



fig. 144

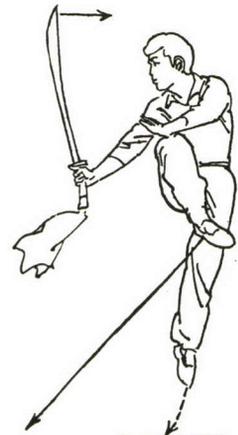


fig. 145



fig. 146

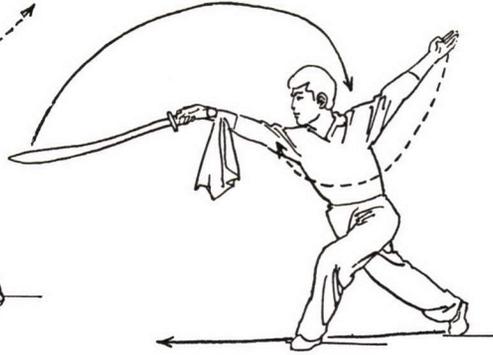


fig. 147

Form 49 Separate Hands and Point Broadsword

1) Land on the floor with the left foot first, then step to the right with the right foot. Simultaneously move the tip of broadsword slightly backward. (fig. 146)

2) Step forward with the left foot toes rotating outward and the right heel raised from the floor. At the same time, point the broadsword in the right hand forward and extending the left palm to the left with arm straight. Eyes look at the tip of broadsword. (fig. 147)

Form 50 Figure-8 and Thrust Broadsword with Feet Together

1) Step to the right with the right foot, simultaneously bend the right elbow so that the broadsword is swung upward and backward, and pull the left palm inward to in front of the chest with elbow bent. (fig. 148)

2) Step to the right with the left foot and slightly jump up with the right foot, the right knee bent and foot touching the back of the left knee. At the same time, describe the broadsword downward, inward and upward in a vertical circle past the inside of the right arm, then hold the broadsword in front of the chest with elbow bent and forearm rotated outward, the sword-edge facing upward and sword-tip pointing rightward, while the left palm resting on the inside of the right wrist. Eyes look rightward. (figs. 149-150)

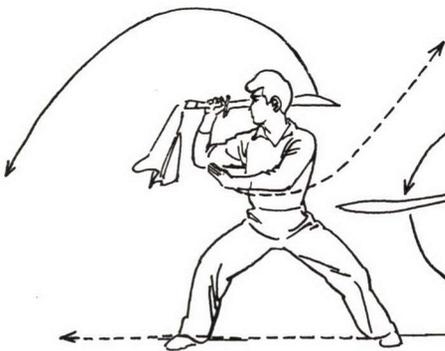


fig. 148

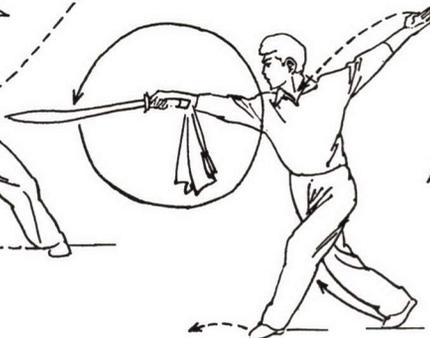


fig. 149

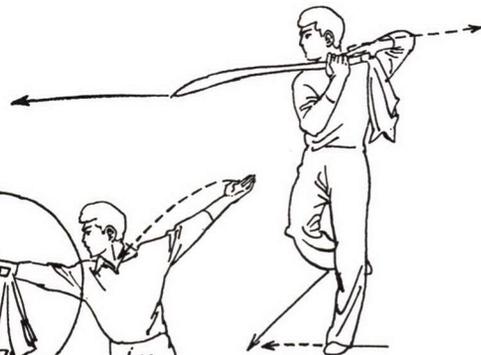


fig. 150

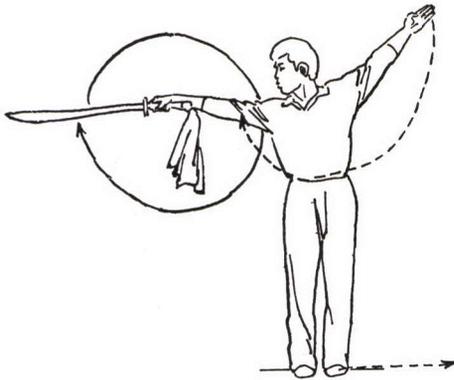


fig. 151

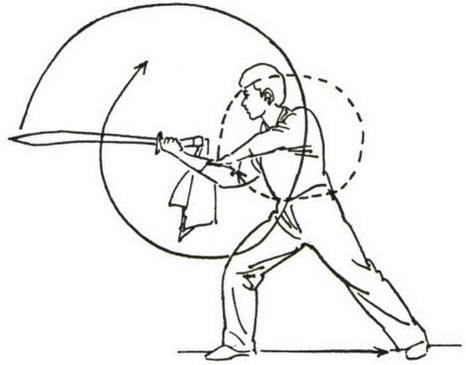


fig. 152

3) Step to the right with the right foot the left foot followed a step to the inside of the right foot with feet together and legs straight. At the same time, thrust the broadsword rightward the sword-edge facing downward, and extend the left palm leftward with arm straight. Eyes look rightward. (fig. 151)

Form 51 Tilt and Point Broadsword

1) Step to the left with the left foot and move the broadsword upward, backward, downward and forward past the outside of the right arm in a vertical circle rotating the forearm outward and serving the wrist as an axis, the sword-edge facing upward and sword-tip pointing rightward, while the left palm pulls downward and inward to rest on the right wrist. Eyes follow the broadsword. (fig. 152)

2) Withdraw the right foot to the inside of the left foot landing the toes on the floor to form a T-step. At the same time, arch the broadsword upward, leftward and downward in a vertical circle past the front of the body and tilt it rightward and upward, the sword-edge facing rightward and sword-tip pointing upward, and circle the left palm in a same direction to rest on the inside of the right upperarm with elbow bent. Eyes look at the tip of broadsword. (fig. 153)

3) Step rightward with the right foot bending the right knee and straightening the left leg to form a right bow step. At the same time, point the broadsword rightward, and extend the left palm leftward with arm straight. Eyes look at the tip of broadsword. (fig. 154)



fig. 153

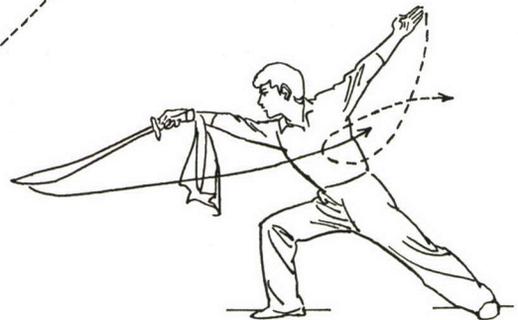


fig. 154



fig. 155

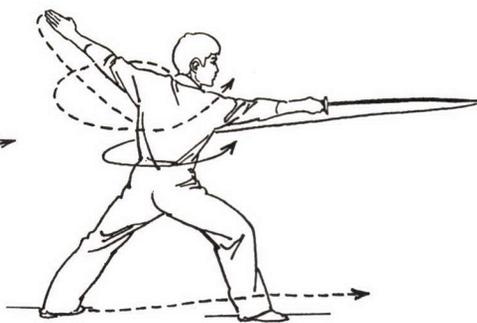


fig. 156

Form 52 Turn Body and Twine-Head with Broadsword

1) Slightly turn the upper body to the left. Simultaneously sweep leftward with the broadsword along the outside of the left arm to the back of body with the sword-back touching the body and sword-tip pointing downward while the left palm is pulled inward to in front of the chest with elbow bent first, then extended leftward with arm straight. Eyes look forward. (fig. 155)

2) Turn the upper body to the left and step leftward with the right foot. At the same time, sweep horizontally leftward with the broadsword in the right hand, the sword-edge facing forward and sword-tip pointing rightward. (fig. 156)

3) Continuing, turn the upper body to the left and step to the outside of the right foot with the left foot. At the same time, swing the broadsword leftward along the outside of the left arm to behind the body with the sword-back against the back, the sword-tip pointing downward while the left palm is pulled inward to in front of the chest with elbow bent first, then extended to the left with arm straight. Eyes look forward. (fig. 157)

4) Continuing, turn the upper body to the left and shift the weight mainly onto the left leg bending the left knee and straightening the right leg. At the same time, horizontally sweep leftward with the broadsword past in front of the body to beside the left ribs the sword-edge facing leftward and sword-tip pointing backward, while the left palm presses downward to rest on the right forearm. Eyes look forward. (fig. 158)

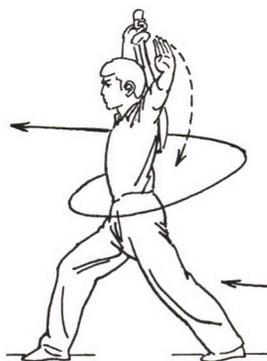


fig. 157

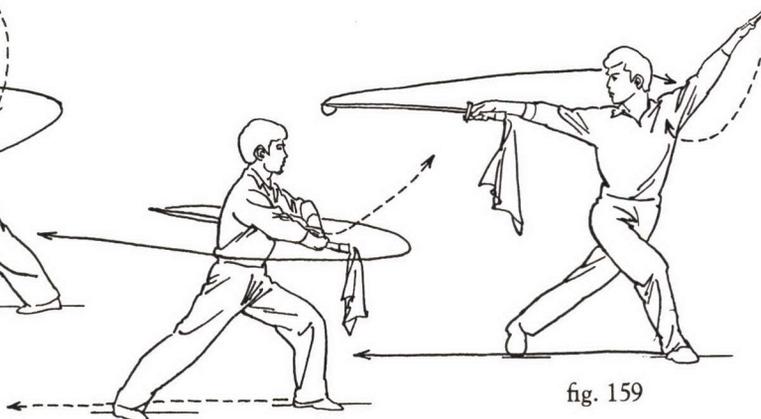


fig. 158

fig. 159



fig. 160

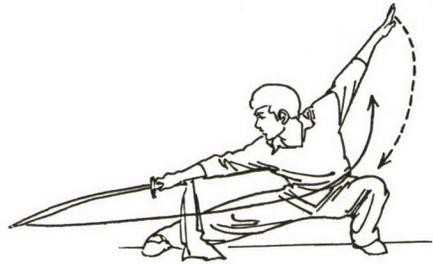


fig. 161

Form 53 Crosscut with Broadsword in Crouch Step

1) Turn the upper body to the right shifting the centre of gravity onto the right leg and step rightward behind the right foot with the left foot to form a back cross-step. At the same time, hold the broadsword in the right hand and sweep it horizontally rightward the sword-edge facing backward and sword-tip pointing rightward, and extend the left palm leftward with arm straight. Eyes look rightward. (fig. 159)

2) Take a rightward step with the right foot. Simultaneously rotate the right forearm outward so the broadsword is moved backward round the head being placed horizontally on the left arm, the sword-edge facing leftward and sword-tip pointing backward while the left palm pulls downward and inward to rest on the inside of the right wrist with elbow bent. Eyes look forward-left. (fig. 160)

3) Turn the body to the right and bend the left knee into a full-squatting position straightening the right leg to form a right crouch step. At the same time, crosscut to the lower-right with the broadsword keeping the broadsword and the right arm in a straight line, and extend the left palm to the left with arm straight and palm facing downward. Eyes look to the lower-right. (fig. 161)

Form 54 Turn Body and Twine-Neck with Broadsword

1) Slightly raise the upper body and turn to the left. At the same time, move the broadsword in the right hand leftward and upward and close the left palm downward and inward so the both hands meeting in front of the chest, the broadsword placed on the left arm and the left palm resting on the inside of the right wrist. Eyes look forward-left. (fig. 162)

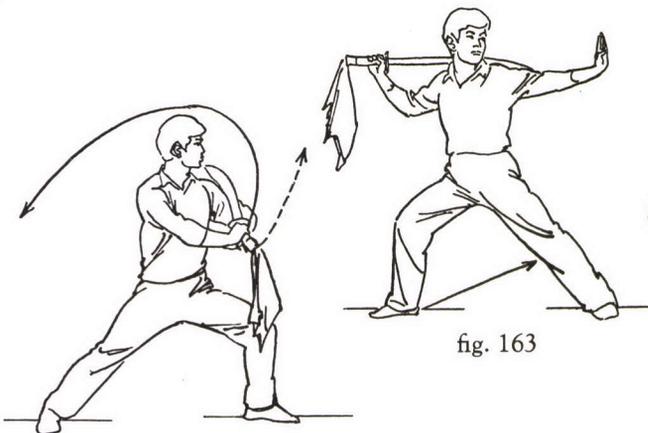


fig. 162



fig. 163



fig. 164

2) Turn the upper body slightly to the right shifting the weight mainly onto the right leg. At the same time, raise the right hand rotating the forearm inward so that the broadsword is moved upward, backward and rightward round the head the sword-blade placed horizontally on the right shoulder, sword-edge facing backward and sword-tip pointing leftward, while extend the left palm leftward with arm straight and wrist bent upward. Eyes look forward-left. (fig. 163)

3) Extend the left leg upward and lift the right leg with knee bent, foot touching the back of the left knee and immediately turn the body to the left in a full circle, keeping the broadsword on the right shoulder. (fig. 164)



fig. 165

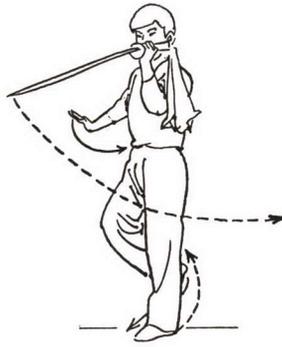


fig. 166



fig. 167

Form 55 Change Hand and Push Palm in Bow Step

1) Hold the broadsword in the right hand and swing it to in front of the chest while close the left hand to under the handle of broadsword palm facing upward and thumb-side forward. Eyes look forward. (fig. 165)

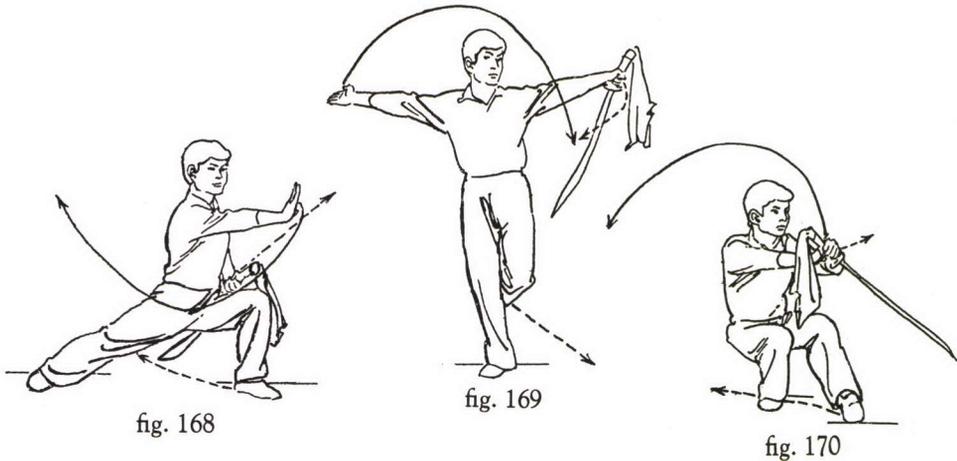
2) Hold the handle of broadsword with the left hand and rotate the left forearm inward so the broadsword is moved upward and forward in an arc to in front of the body the sword-edge facing rightward and sword-tip pointing lower-front while swing the right hand downward to the right side of the body. (fig. 166)

3) Stamp the right foot on the ground with knee bent into a half-squatting position and raise the left foot with the back of foot against the back of the right knee. At the same time, describe the broadsword a downward and leftward arc to beside the left thigh, the sword-edge facing downward and sword-tip pointing rear-left, and pull the right palm to the right flank with elbow bent, palm facing upward. Eyes look forward-left. (fig. 167)

4) Step to the forward-left with the left foot bending the left knee and straightening the right leg to form a left bow step. At the same time, push the right palm forward with arm straight and wrist bent upward, and hold the broadsword in the left hand at the left flank, the sword-edge facing downward and sword-tip pointing lower-rear. Eyes look forward. (fig. 168)

Form 56 Cut with Palm in Left Empty Step

1) Turn the upper body to the right and raise the body shifting the centre of gravity onto the right leg while the left foot is lifted to touch the back of the right knee. At the same time, extend the left hand to the forward-left, and swing the right palm downward, rightward and upward in an arc to shoulder level, palm facing obliquely upward. Eyes look at the left hand. (fig. 169)



2) Slightly turn the upper body to the left bending the right knee into a half-squatting position and drop the left foot to the forward-left landing the toes on the floor to form a left empty step. At the same time, cut upward and forward with the right palm ending at the inside of the left wrist bending the right wrist upward. Eyes look forward. (fig. 170)

Form 57 Press Palm with Feet Together

1) Step backward behind the right foot with the left foot bending both knees into a half-squatting position. At the same time, describe the right hand upward and backward arc to the upper-left palm facing backward, and extend the left hand forward with arm straight. (fig. 171)

2) Step backward with the right foot to form a left bow step. Simultaneously swing the right hand downward and forward in an arc both hands meeting in front of the chest and the right palm facing upward. Eyes look at both hands. (fig. 172)

3) Shift the centre of gravity onto the right leg and withdraw the left foot to the inside of the right foot with both legs straight. At the same time, swing the right hand downward, rightward and upward in an arc to the upper-right where bend the elbow and press the palm downward to beside the right hip palm facing downward and fingertips pointing forward, and lower the broadsword in the left hand to beside the left hip, both arms curved slightly. Eyes follow the right hand first and finally look to the forward-left. (fig. 173)



Form 58 Closing Movement

Slightly turn the body to the left. Step forward with the left foot, the right foot followed a step with feet together and legs straight. Naturally hang both arms downward at sides of the body. Eyes look straight ahead. (fig. 174)

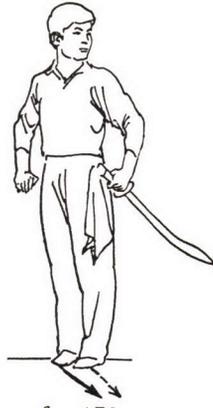
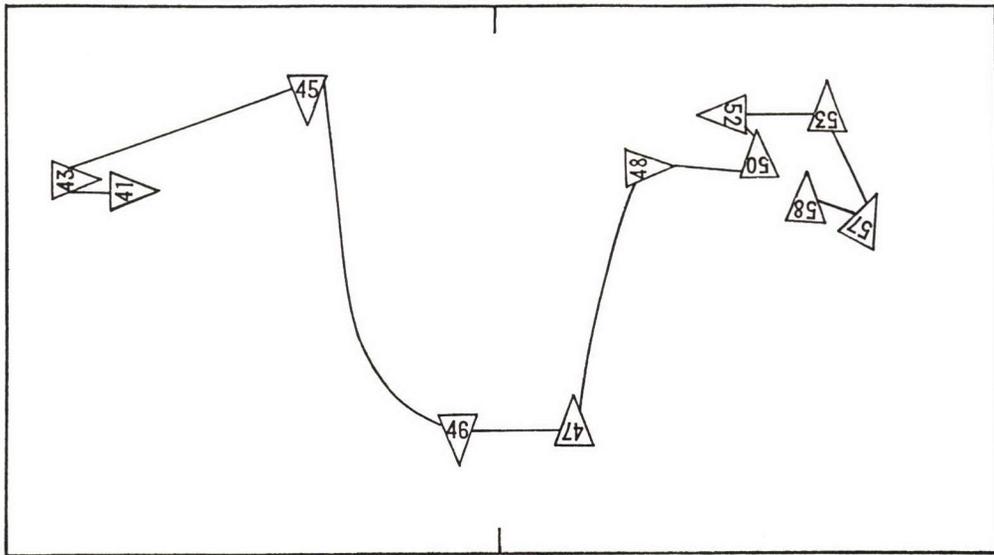


fig. 173



fig. 174



Layout of Movements in Section IV

JIANSHU (SWORDPLAY) COMPETITION ROUTINE

**Jianshu is a form of weaponplay in which hacking, tilting, pointing and thrusting techniques are integrated with balancing and turning of the body. It is characterized by quick, light and rhythmic movements and changeable bodywork.

Names of Movements in Jianshu (Swordplay) Routine

Section I

1. Ready Position
2. Flash Sword-Fingers with Feet Together
3. Turn Body and Cloud Sword
4. Intercept with Sword in Cross-Legged Balance
5. Step Forward and Uppercut with Sword
6. Lift Knee and Hold Sword
7. Withdraw Sword in Walking Step
8. Step Forward and Uppercut with Sword
9. Point with Sword in Toe-in Step
10. Sword Figure-8 and Back Cross-Step
11. Thrust Sword in Bow Step
12. Point Sword with Feet Together
13. Step Backward and Slice with Sword
14. Step Backward and Uppercut with Sword
15. Lift Knee and Uppercut with Sword
16. Step Forward and Thrust Sword
17. Thrust Sword in Bow Step

Section II

18. Uppercut with Sword in Feet-Together Step
19. Thrust Sword in Empty Step
20. Intercept with Sword in Feet-Together Step
21. Step Forward and Downward Parry with Sword
22. Turn Body Over, and Windmill and Parry with Sword
23. Step Backward and Downward Parry with Sword
24. Uppercut with Sword in Back Cross-Step
25. Hack with Sword in Feet-Together Step
26. Withdraw Sword in Walking Step
27. Hold Sword in Cross-Legged Resting Step
28. Turn Body and Cloud Sword
29. Pierce with Sword in Crouch Step
30. Press Sword in Bow Step
31. Step Backward and Envelopment with Sword
32. Tilt Sword in Cross-Legged Sitting Stance
33. Uppercut with Sword in Look-at-Moom Balance

Section III

34. Uppercut with Sword in Back Cross-Step
35. Step Forward and Thrust Sword
36. Jump and Change Feet, and Thrust Sword
37. Turn Waist Over and Sweep with Sword
38. Turn Body and Sweep with Sword
39. Step Backward and Figure-8
40. Turn Waist Over, Windmill and Hack with Sword
41. Tilt Sword in Bow Step

Section IV

42. Beat Step and Point with Sword
43. Turn Body Over and Parry Upward with Sword
44. Tilt Sword in T-Step
45. Point Sword in Bow Step
46. Turn Waist Over, Windmill and Hack with Sword
47. Thrust Sword in Back Cross-Legged Balance
48. Swing Sword in Crouch Step
49. Hack with Sword in Back Cross-Step
50. Turn Body and Cloud Sword
51. Hold Sword in Empty Step
52. Back Sword and Point Sword-Fingers Upward
53. Closing Movement

Jianshu (Swordplay) Competition Routine Diagram

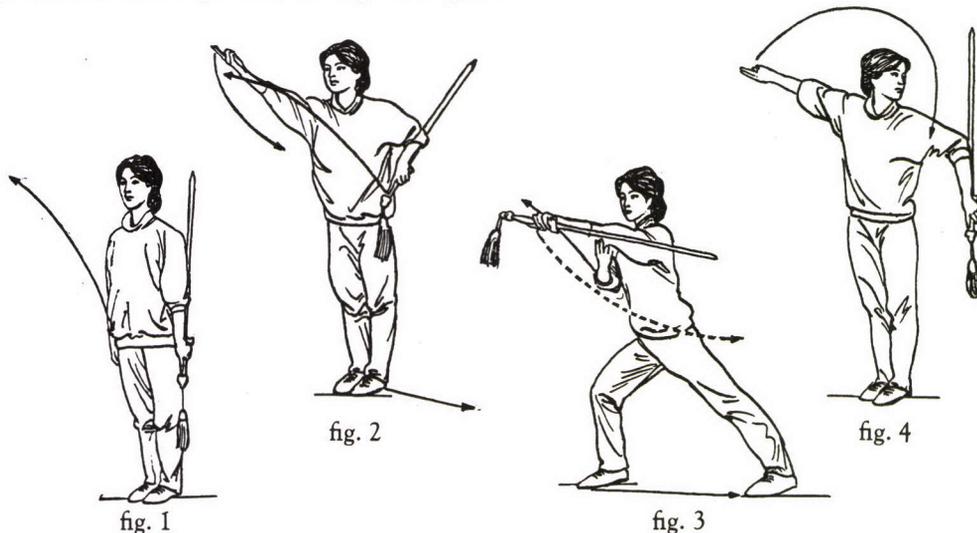
Section I

Form 1 Ready Position

Stand upright with feet together. Face forward-right. Hold the sword in the left hand, the sword-blade touching the inside of the left forearm tightly. Hang both arms at sides of the body. Eyes look straight ahead. (fig. 1)

Form 2 Flash Sword-Fingers with Feet Together

1) Hold the sword in the left hand and raise it up to the left flank with elbow bent. At the same time, curl the thumb, ring and little fingers of the right hand in but extend the index and middle fingers together to form a sword-fingers and slightly raise it upward with elbow bent, then extend it to the forward-right at head level, palm facing upward. Eyes look at the right sword-fingers. (fig. 2)



2) Step to the forward-left with the left foot bending the right knee as the upper body is turned slightly to the right. At the same time, hold the handle of sword in the left hand and thread it forward over the right arm at just over the shoulder level palm facing downward, and swing the right sword-fingers to under the left elbow, palm facing upward. Eyes look forward-right. (fig. 3)

3) Shift the centre of gravity onto the left leg and withdraw the right foot to the inside of the left foot with feet together as the upper body is turned slightly to the left. At the same time, lower the left hand downward and leftward in an arc to beside the left hip with elbow bent slightly sword erect and touching the inside of the left forearm, and swing the right sword-fingers rightward past the right flank, continuing backward, upward and forward in a curve to the right side at just over head level where quickly snap the right wrist, palm facing rightward. Simultaneously turn the head suddenly to the left and look forward-left. (fig. 4)

Form 3 Turn Body and Cloud Sword

1) The right sword-finger describes an upward, leftward and downward curve to in front of the left side of the chest, palm facing obliquely downward. (fig. 5)

2) Step forward-right with the right foot slightly bending the knee, meanwhile swing the right sword-fingers horizontally to the forward-right with arm straight at just over the



fig. 5



fig. 6



fig. 7



fig. 8

shoulder level, thumb side of the sword-fingers facing upward, and raise the sword in the left hand up to chest level at side of the body, palm facing downward. Eyes look at the right sword-fingers. (fig. 6)

3) Turn the body about 180 degrees to the right shifting the weight forward, serving the ball of the right foot as a pivot and withdrawing the left foot to the inside of the right foot with feet together. At the same time, swing the sword in the left hand to the upper-right the sword-tip pointing leftward, and move the right sword-fingers horizontally rightward in an arc to the right side of the body at shoulder level, the thumb side of the sword-fingers facing downward. Eyes look forward-left. (fig. 7)

4) Continuing, turn the body about 90 degrees to the right, the right foot rotating rightward and the left foot moving to the rear of the body, toes touching the floor. At the same time, cloud the sword in the left hand over the head in a full circle along the clockwise, palm facing upward, and swing the right sword-fingers backward at waist level, palm facing obliquely downward. Eyes look forward. (fig. 8)

Form 4 Intercept with Sword in Cross-Legged Balance

1) Turn the upper body slightly to the left and step rightward with the right foot, the left knee bending slightly and the entire sole of the left foot touching the floor. At the same time, lower the sword in the left hand to in front of the chest, and move the right hand inward to take over the sword with elbow bent. Eyes look forward. (fig. 9)

2) Turn the upper body to the right, rotating the toes of the right foot outward and shift the centre of gravity onto the right leg, raising the left leg with knee bent and placing the shank on the right knee to form a front cross-legged balance. With turning of the upper body, crosscut rightward past in front of the chest with the sword in the right hand at chest level and palm facing downward while changing the left hand into a sword-fingers extends to the left at just over head level, palm facing obliquely downward. Eyes look at the tip of sword. (fig. 10)

Form 5 Step Forward and Uppercut with Sword

1) Turn the upper body about 180 degrees to the left and step forward with the left foot bending the left knee and straightening the right leg to form a left bow step. At the same time, raise the sword downward, forward and upward in an arc with the right arm straight at chest level and the thumb-side facing upward, while the left sword-fingers pulls backward to in front of the right side of the chest with elbow bent and the tips of the sword-fingers pointing upward. Eyes look forward. (fig. 11)

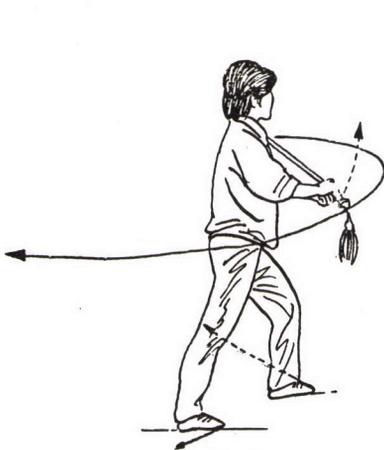


fig. 9

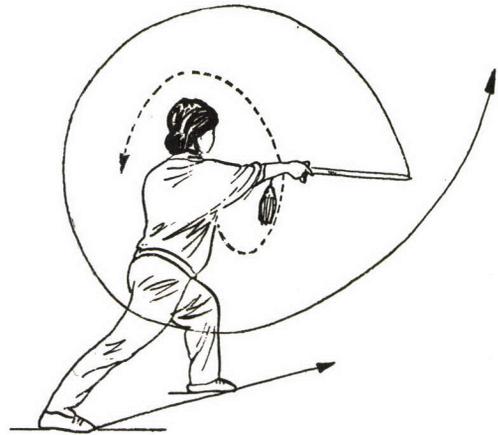


fig. 11

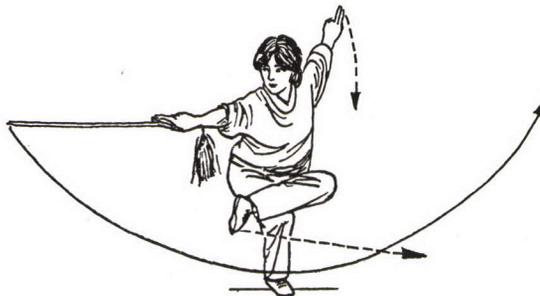


fig. 10

2) Shift the centre of gravity forward and step forward with the right foot slightly leaning the upper body forward. At the same time, extend the left knee, and uppercut with the sword in the right hand upward, backward, downward and forward in an arc until the right hand being at eye level keeping the arm straight, and circle the left sword-fingers downward past the front of the abdomen, then forward, upward and backward to shoulder level, palm facing downward. Eyes look at the sword-tip. (fig. 12)



fig. 12



fig. 13



fig. 14



fig. 15

Form 6 Lift Knee and Hold Sword

1) Turn the upper body about 180 degrees to the left shifting the centre of gravity onto the right leg and rotating the toes of the right foot inward, and raise the left leg with knee bent. At the same time, hack rightward with the sword, the sword-tip at slightly over shoulder level, and swing the left sword-fingers downward and backward in an arc to slightly over the shoulder level palm facing downward. Eyes look at the tip of sword. (fig. 13)

2) Bend the right knee and step backward with the left foot, knee straight and the upper body slightly leaning forward while lower the sword downward to waist level. Eyes look at the sword-tip. (fig. 14)

3) Shift the centre of gravity onto the left foot and stand on the left leg while lift the right leg with knee bent at chest level. At the same time, slightly lower the sword in the right hand and then hold it up to in front of the left shoulder palm facing inward, and move the left sword-fingers downward, inward and upward in an arc resting on the handle of sword with elbow bent. Eyes look to the lower-right. (fig. 15)

Form 7 Withdraw Sword in Walking Step

1) Bend the left knee into a full-squatting position and drop the right foot behind the left leg, both legs crossed to form a seated step. At the same time, lower the sword to waist level and then pierce forward, the tip of sword at ankle level and palm facing upward, and thread the left sword-fingers downward and backward in an arc past the left flank at over head level, the thumb-side facing downward. Eyes look at the tip of sword. (fig. 16)

2) Raise the body and step backward with the left foot knee extended. (fig. 17)

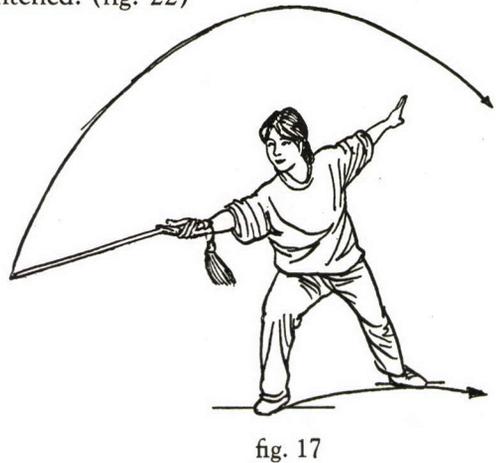
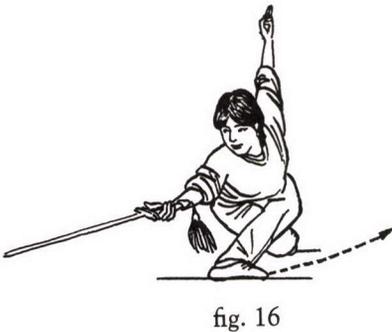
3) Shift the centre of gravity onto the left leg and step to the forward-right past the inside of the left foot with the right foot toes rotating outward, knee bent slightly and the left heel raised from the floor. At the same time, withdraw the sword upward and leftward in an arc to the forward-left of the body at chest level, palm facing downward and the left sword-fingers resting on the right wrist. Eyes look at the tip of sword. (fig. 18)

4) Step forward-right with the left foot, toes rotating slightly inward, the weight shifting forward and the right heel raised from the floor. (fig. 19)

5) Shift the weight forward and step forward-right with the right foot, toes rotating outward and the left heel raised from the floor. (fig. 20)

6) Step forward-right with the left foot, toes rotating outward, shifting the weight forward and the right heel raised from the floor. (fig. 21)

7) Shift the centre of gravity forward and step forward-right with the right foot, toes rotating outward and the left knee straightened. (fig. 22)



Form 8 Step Forward and Uppercut with Sword

Move the centre of gravity forward and step to the front with the left foot bending the knee, rotating the toes outward and leaning the upper body forward while the right knee straightens with the heel raised from the floor. At the same time, uppercut with the sword in the right hand downward, forward and upward in an arc to slightly over the shoulder level, palm facing rightward and the thumb-side downward, and swing the left sword-fingers downward and backward past the front of the abdomen to shoulder level, palm facing downward. Eyes look at the tip of sword. (fig. 23)

Form 9 Point with Sword in Toe-in Step

1) Step forward with the right foot bending the knee and rotating the toes outward. At the same time, move the sword downward, inward, upward and forward in a vertical circle past the inside of the right arm serving the wrist as an axis, the sword almost at shoulder level and the thumb-side facing upward, while the left sword-fingers swings downward and forward to rest on the inside of the right forearm, palm facing obliquely backward. Eyes look forward. (fig. 24)



fig. 21

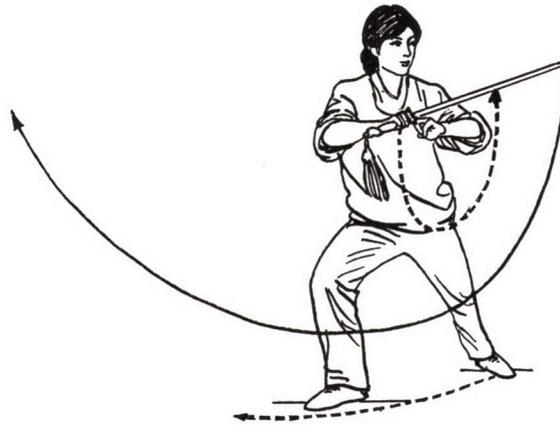


fig. 22

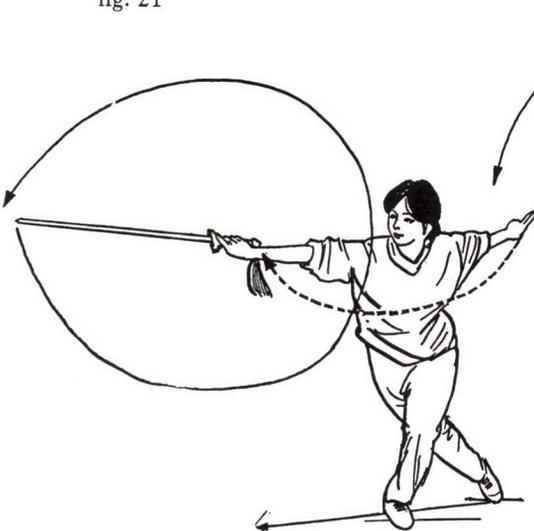


fig. 23



fig. 24

2) Twist the waist rightward and step to the forward-right with the left foot toes rotating slightly inward. At the same time, move the sword in the right hand downward, leftward and upward in a vertical circle past the right side of the body using the right wrist as a pivot and point the sword forward, the sword-tip at waist level, elbow bent slightly and thumb-side facing upward, while the left sword-fingers describes a small circle to rest on the right wrist. Eyes look at the tip of sword. (fig. 25)

Form 10 Sword Figure-8 and Back Cross-Step

1) Step to the right with the right foot bending the knee slightly and rotating the toes inward. Simultaneously press with the sword upward and rightward in an arc to the right side of the body, the sword-tip at head level, elbow bent slightly and palm facing upward, describe the left sword-fingers a downward, leftward and upward curve to the left at shoulder level, palm facing obliquely downward. Eyes look at the tip of sword. (fig. 26)

2) Move the sword in the right hand downward, backward, upward and forward in a vertical circle past the right side of the body to the front at shoulder level the thumb-side facing upward while the left sword-fingers describes an upward and forward arc resting on the right wrist. Eyes look forward. (fig. 27)



fig. 25

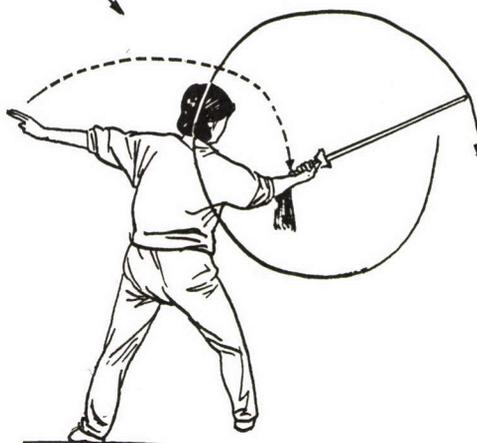


fig. 26

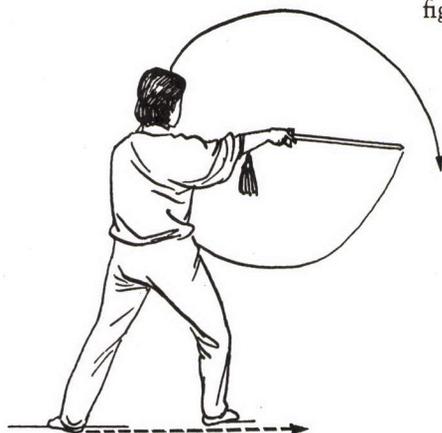


fig. 27

3) Slightly turn the upper body to the left and step leftward behind the right leg with the left foot, bending the knee slightly and landing the toes on the floor to form a cross-legged step. At the same time, move the sword in the right hand downward, inward and upward in a vertical circle past the front of the body to the right side the sword-tip at waist level and thumb-side facing upward, and pull the left sword-fingers back to in front of the right side of the chest. Eyes look forward-right. (fig. 28)

Form 11 Thrust Sword in Bow Step

1) Turn the upper body about 180 degrees to the left serving the heel of right foot and the ball of left foot as axes, then landing the left heel on the floor and straightening the left leg. Simultaneously describes arc with the sword downward and forward in an arc to nose level, palm facing upward, while swing the left sword-fingers downward, past the front of the body then leftward and upward in an arc to the rear at shoulder level, palm facing obliquely downward. Eyes look at the tip of sword. (fig. 29)

2) Turn the upper body about 180 degrees to the left shifting the weight onto the left leg with knee bent and toes rotated outward, and the right heel raised from the floor. With turning of the body, hack with the sword upward and forward in an arc to nose level, and swing the left sword-fingers downward and backward in an arc to shoulder level, palm facing downward. Eyes look at the tip of sword. (fig. 30)

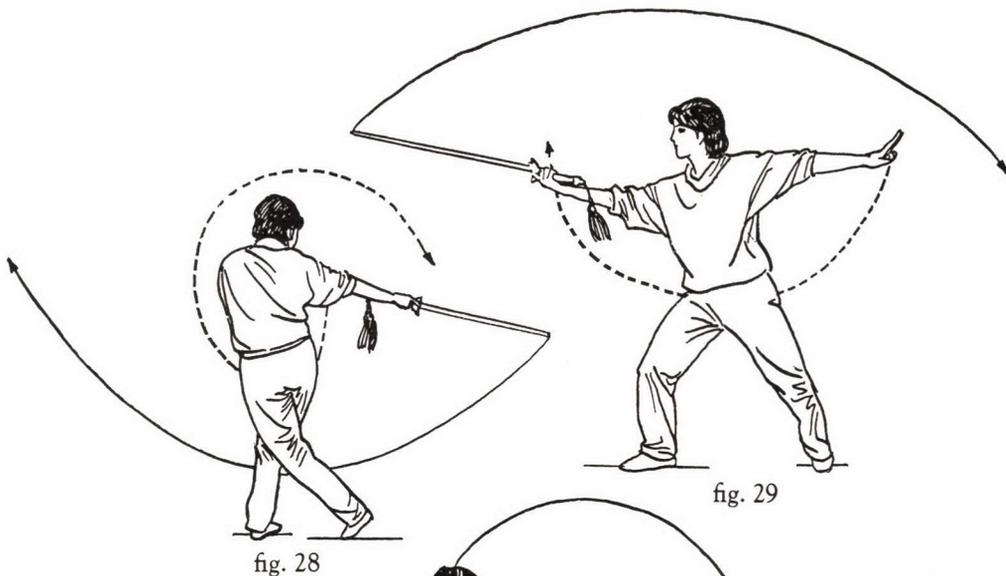
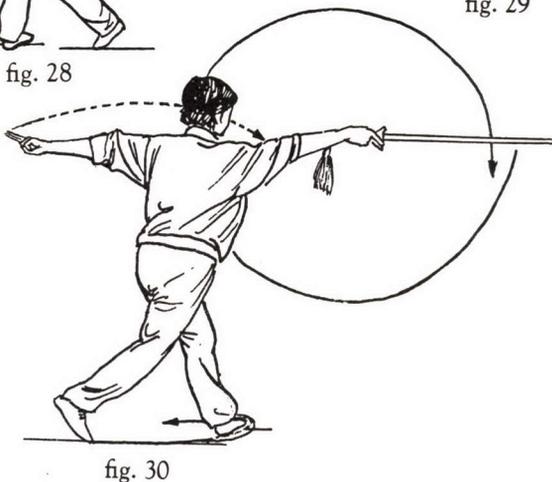


fig. 28



3) Turn the upper body to the left and step to the outside of the left foot round the front of the left foot with the right foot toes rotating outward and knee bent, and the left heel raised from the floor. At the same time, vertically circle the sword in a downward, inward and upward circle past the front of the body to the right at shoulder level, and pull the left sword-fingers upward and inward to in front of the right side of the chest with elbow bent, the tip of the sword-fingers pointing upward. Eyes look at the tip of sword. (fig. 31)

4) Turn the upper body to the left and step forward with the left foot bending both knees slightly into a half-squatting position. At the same time, rotate the right forearm inward so the sword is moved downward and inward until the sword-tip at knee level and the sword-edge of the thumb-side facing upward, while lower the left sword-fingers downward past the front of the body and raise it leftward and upward in an arc to shoulder level with arm straight and the thumb-side of the sword-fingers facing upward. Eyes look leftward. (fig. 32)

5) Take a bit forward step with the left foot bending the left knee and straightening the right leg to form a left bow step as the upper body turns slightly leftward. At the same time, thrust the sword forward at chest level, the thumb-side of the right hand facing upward, and pull the left sword-fingers backward to in front of the right side of the chest, the tip of the sword-fingers pointing upward. Eyes look forward. (fig. 33)

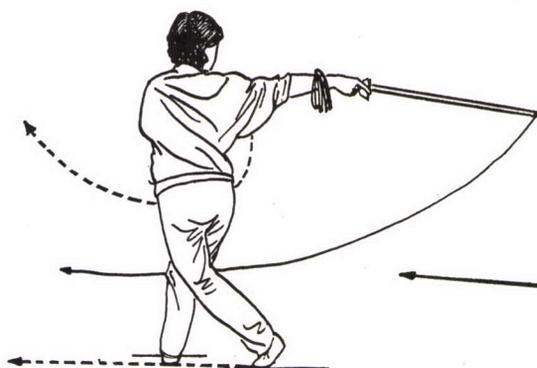


fig. 31



fig. 32

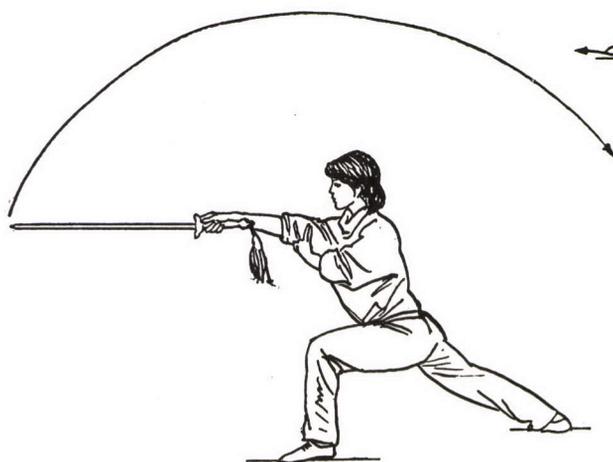


fig. 33

Form 12 Point Sword with Feet Together

1) Turn the upper body to the right and shift the weight mainly onto the right leg bending the right knee, straightening the left leg and rotating the toes of the left foot inward. At the same time, hack with sword upward and backward in an arc to shoulder level, and swing the left sword-fingers to the left. Eyes look to the hacking direction. (fig. 34)

2) Shift the weight onto the left leg bending the left knee into a full-squatting position and straightening the right leg to form a right crouch step. At the same time, the sword in the right hand describes a downward, inward and upward arc past the right side of the body using the wrist as a pivot, placing the right hand on the inside of the right knee and the sword erect, and the left sword-fingers presses in an upward and downward arc to in front of the right side of the chest. Eyes look rightward. (fig. 35)

3) Shift the centre of gravity onto the right leg and withdraw the left foot to the inside of the right foot with feet together. At the same time, point the sword leftward, the sword-tip being at chest level, and swing the left sword-fingers downward, past the front of the abdomen, continuing leftward and upward in an arc to over the head where quickly snap the left wrist with palm facing upward. Eyes look at the tip of sword. (fig. 36)

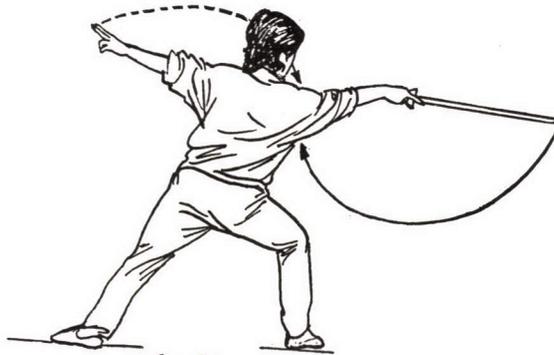


fig. 34



fig. 35



fig. 36

Form 13 Step Backward and Slice with Sword

1) Turn the upper body slightly to the left and retreat rear-left with the right foot toes landing on the floor, bending the left knee and keeping the weight mainly onto the left leg. With turning of the upper body, hold the sword in the right hand and slice it to the forward-left forearm rotating outward, palm facing upward and the sword-tip being at nose level, and lower the left sword-fingers downward to the rear-left of the body. Eyes look at the tip of sword. (fig. 37)

2) Shift the weight mainly onto the right leg heel placed on the floor and step backward with the left foot bending the knee slightly and landing the toes on the floor. At the same time, slice with the sword horizontally to the forward-right forearm rotating inward, palm facing downward and the sword-tip being at nose level, and swing the left sword-fingers horizontally forward resting on the right wrist. Eyes look at the tip of sword. (fig. 38)

Form 14 Step Backward and Uppercut with Sword

Turn the upper body to the left leaning it slightly forward, shift the centre of gravity onto the left leg with knee bent, the ball of the left foot rotating leftward, then followed by the entire sole flat on the floor, meanwhile step backward with the right foot toes landing on the floor and knee straightening. At the same time, arch with the sword in the right hand upward and backward past the right side of the body, continuing downward and forward to in front of the body the sword-tip at just over head level palm facing upward, and describe the left sword-fingers a downward, forward, upward and backward arc to the rear at shoulder level, palm facing downward. Eyes look at the tip of sword. (fig. 39)

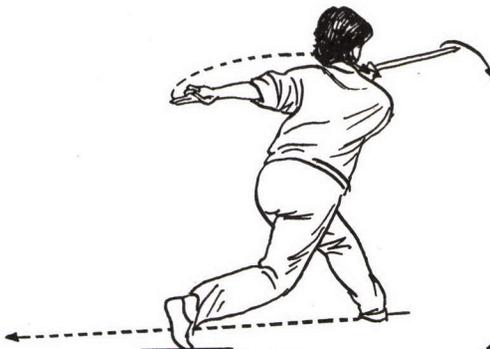


fig. 37

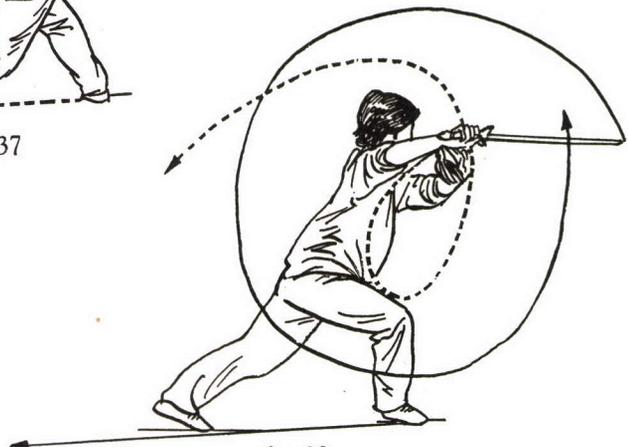


fig. 38

Form 15 Lift Knee and Uppercut with Sword

1) Step forward with the right foot bending the right knee and straightening the left leg. At the same time, arch with the sword in an upward, backward, downward and forward curve past the front of the body to slightly over shoulder level, and pull the left sword-fingers downward and forward ending in front of the right side of the chest with elbow bent. Eyes look at the tip of sword. (fig. 40)

2) Raise the body and turn it about 180 degrees to the right serving the ball of the right foot as an axis while the left foot steps forward landing the toes on the floor and straightening the knee. At the same time, press the sword upward and forward the sword-edge of the little finger side facing upward and elbow bent slightly, and move the left sword-fingers forward resting on the right wrist. Eyes look at the tip of sword. (fig. 41)



fig. 39

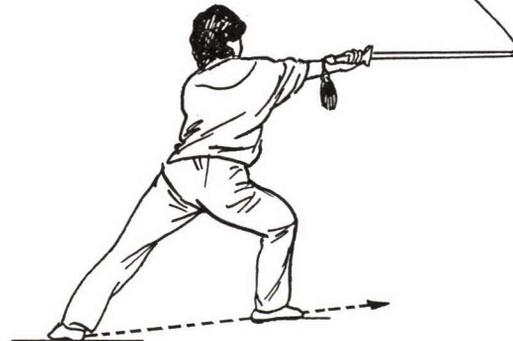


fig. 40

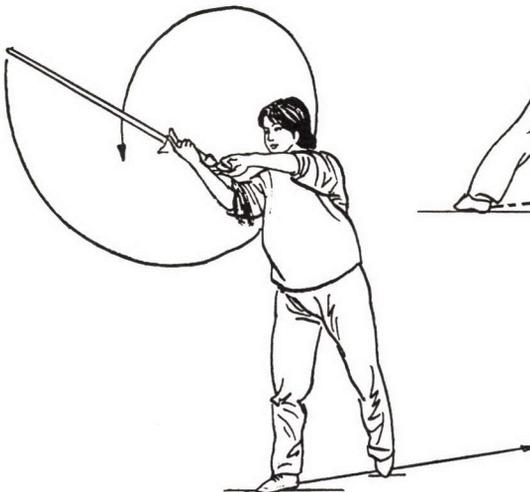


fig. 41

3) Shift the weight onto the left leg with knee bent and step backward with the right foot knee bent slightly. Simultaneously circle the sword downward, backward, upward and forward past the right side of the body in a vertical circle using the right wrist as a pivot, the sword-tip being at eye level. Eyes look at the tip of sword. (fig. 42)

4) Turn the upper body about 120 degrees to the right shifting the weight onto the right foot and jump up with the right leg lifting the left leg with knee bent. At the same time, arch with the sword downward and forward to shoulder level the thumb-side of the right hand facing downward, while the left sword-fingers pulls backward to in front of the right side of the chest and swings downward and backward to shoulder level the thumb-side facing obliquely downward. Eyes look at the tip of sword. (fig. 43)

Form 16 Step Forward and Thrust Sword

1) Land the right foot on the floor with knee bent and step forward with the left foot also the knee bent and toes rotating outward while shifting the weight forward. (fig. 44)

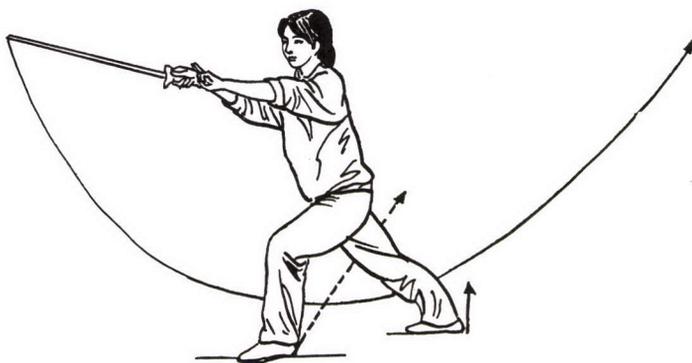


fig. 42



fig. 43

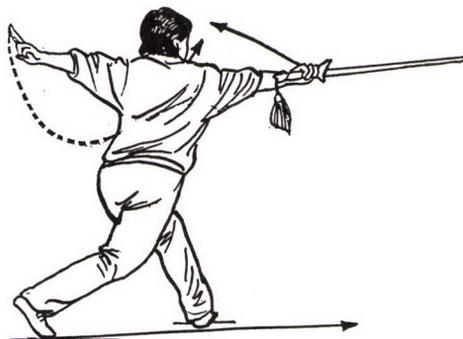


fig. 44

2) Shift the centre of gravity forward and step forward with the right foot toes rotating outward, both knees bent slightly and the left heel raised from the floor. At the same time, withdraw the sword in the right hand backward to beside the right ear forearm rotating inward and the sword-tip being at eye level, and describe the left sword-fingers a downward and forward arc to rest on the handle of sword. Eyes look forward. (fig. 45)

3) Move the centre of gravity forward and step to the front with the left foot toes rotating outward, both knees bent slightly and the right heel raised from the floor. At the same time, hold the sword in the right hand and lower it to the right flank, palm turning to face upward, then thrust forward, the tip of sword being at just over shoulder level, while the left sword-fingers swings downward and backward in an arc to shoulder level, palm facing obliquely downward. Eyes look at the tip of sword. (fig. 46)

Form 17 Thrust Sword in Bow Step

1) Jump up with the left leg and lift the right leg with knee bent. At the same time, vertically describe the sword a vertical downward, inward, upward and forward circle past in front of the body, following withdraw the sword backward to in front of the left side of the chest, palm facing inward, and pull the left sword-fingers inward to rest on the handle of sword, palm facing downward. Eyes look forward-right. (figs. 47 and 47 back view)

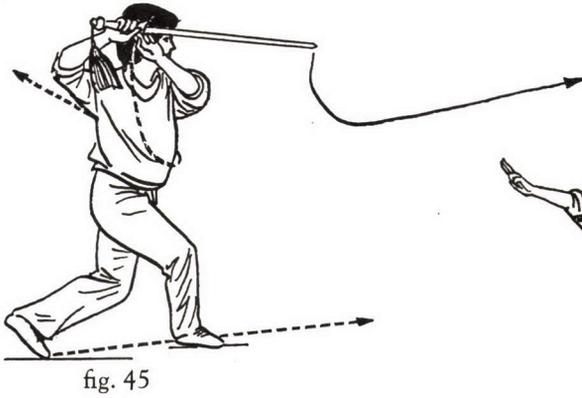


fig. 45

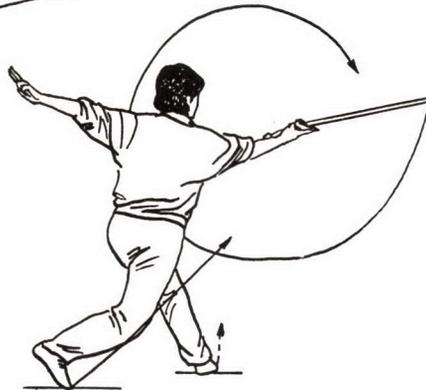


fig. 46

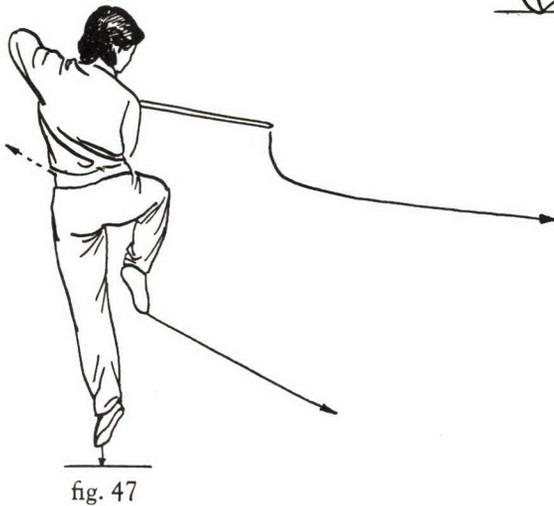


fig. 47

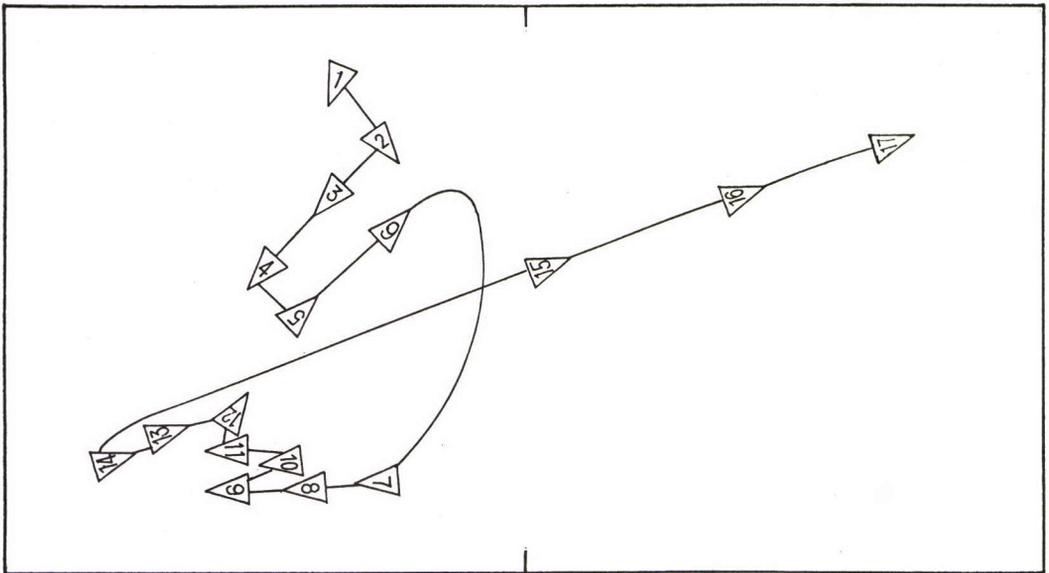


fig. 47 back view

2) Land the left foot on the floor and drop the right foot forward bending the right knee and straightening the left leg to form a right bow step. At the same time, lower the sword in the right hand to the right flank and immediately thrust it forward at shoulder level the thumb-side of the right hand facing upward, and extend the left sword-fingers backward at just over shoulder level, its thumb-side facing upward. Eyes look at the tip of sword. (fig. 48)



fig. 48



Layout of Movements in Section I

Section II

Form 18 Uppercut with Sword in Feet-Together Step

1) Turn the upper body to the left and shift the weight mainly onto the left leg bending the left knee and straightening the right leg to form a left bow step. At the same time, rotate the right forearm inward and slightly lower the sword so that the sword is withdrawn backward, the sword-tip being as high as hip and the sword-edge of the little finger-side facing upward, while snapping the left sword-fingers at the upper-left. Eyes look at the tip of sword. (fig. 49)

2) Turn the upper body to the right and shift the weight mainly onto the right leg rotating its toes outward, bending the knee and straightening the left leg with toes turned inward. At the same time, describe the sword in the right hand downward, inward and upward in a vertical circle past in front of the body to shoulder level using the right wrist as a pivot, while the left sword-fingers moves in a forward and downward arc resting on the inside of the right wrist. Eyes look forward. (fig. 50)

3) Turn the upper body about 180 degrees to the right, leaning it forward and serving the ball of the right foot as an axis and step to the inside of the right foot to form a feet-together step heels raised from the floor. At the same time, circle the sword vertically past the outside of the right arm using the right wrist as a pivot, then continuously arch to in front of the body with the sword, the sword-tip being at chest level and the thumb-side of the right hand facing downward, while lower the left sword-fingers and swing it backward and upward to shoulder level, palm facing upward. Eyes look at the left sword-fingers. (fig. 51)

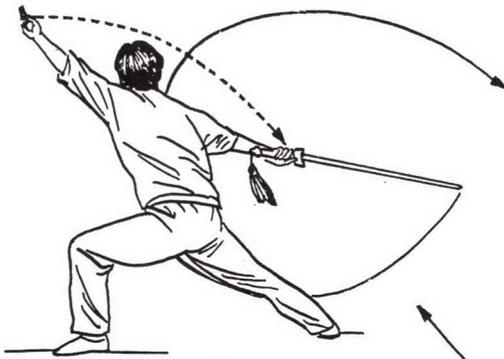


fig. 49

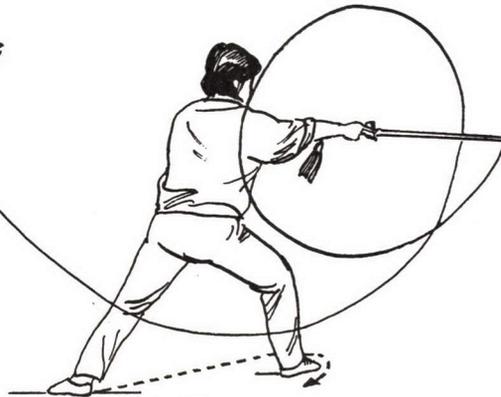


fig. 50

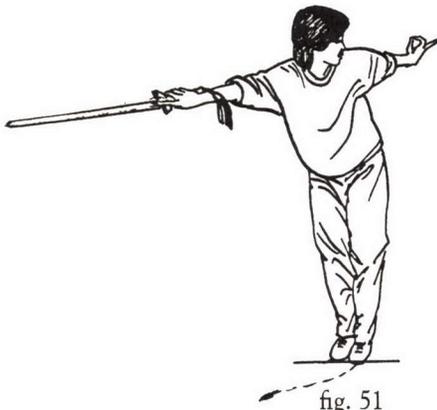


fig. 51

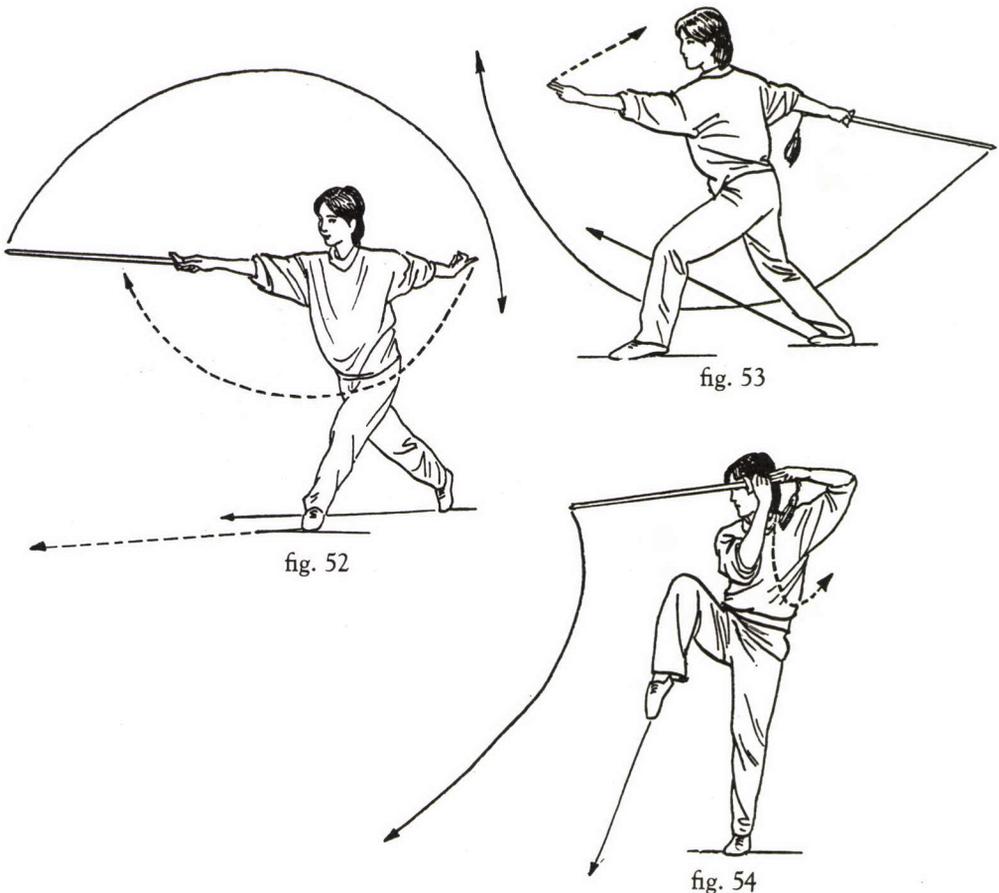
Form 19 Thrust Sword in Empty Step

1) Step forward with the left foot, toes rotating outward, knee bent and the right heel raised from the floor. Eyes look forward. (fig. 52)

2) Step forward with the right foot, bending the knee and rotating the toes outward, and following step forward with the left foot, also bending the knee and rotating the toes outward. At the same time, hack with the sword upward and backward in an arc until the sword-tip is at waist level keeping the arm straight, and swing the left sword-fingers downward and forward to shoulder level with arm straight, the thumb-side of the sword-fingers facing upward. Eyes look forward. (fig. 53)

3) Shift the centre of gravity onto the left leg and lift the right leg with knee bent. At the same time, uppercut with the sword forward and upward in an arc, then withdraw it back to beside the left ear with the right elbow bent, palm facing inward, while pull the left sword-fingers backward resting on the handle of sword, palm facing downward. Eyes look forward (fig. 54)

4) Bend the left knee into a half-squatting position and drop the right foot forward with its toes landing on the floor to form a right empty step. At the same time, lower the sword in the right hand downward to the right flank, then thrust it to lower-front at ankle level, while lower the left sword-fingers downward past the left flank and extend backward at over the head level, keeping the sword and arms in a straight line. Eyes look at the sword-tip. (fig. 55)



Form 20 Intercept with Sword in Feet-Together Step

1) Raise the body up and step to the rear-left with the right foot bending the knee and landing the toes on the floor. At the same time, swing the sword in the right hand horizontally leftward at waist level palm facing upward, and lower the left sword-fingers downward to shoulder level. Eyes look forward. (fig. 56)

2) Shift the centre of gravity onto the right leg and turn the body about 180 degrees to the right serving the ball of the right foot as an axis, bending the right knee slightly and almost straightening the left leg with its heel raised from the floor. With turning of the body, hold the sword in the right hand upward and cloud it over the head in a plane circle along the clockwise direction until the sword-tip being placed at the upper-left of the body and the sword-edge of the little finger-side facing upward, and pull the left sword-fingers inward resting on the right wrist with elbow bent. Eyes look forward-left. (fig. 57)

3) Continuing, turn the body to the right shifting the weight forward and step to the front with the left foot, toes rotating outward, both knees bent slightly and the right heel raised from the floor. At the same time, swing the sword horizontally to in front of the body while the left sword-fingers lowers downward past in front of the body and swings backward to waist level, palm facing obliquely upward. Eyes look at the tip of sword. (fig. 58)

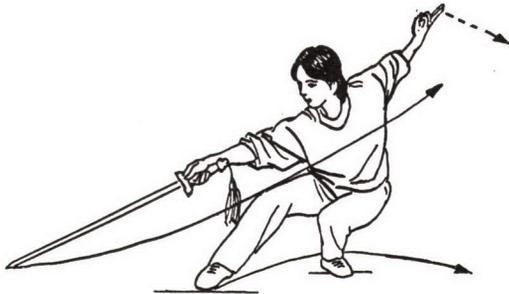


fig. 55



fig. 56

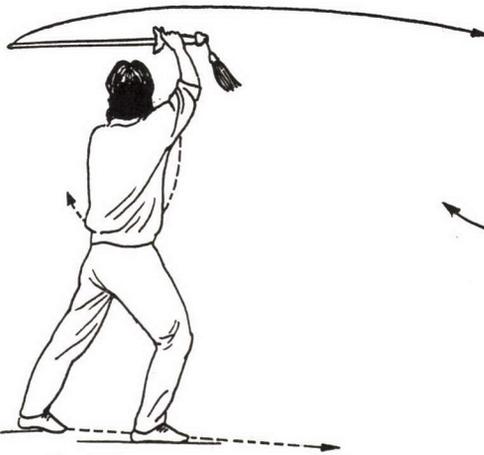


fig. 57

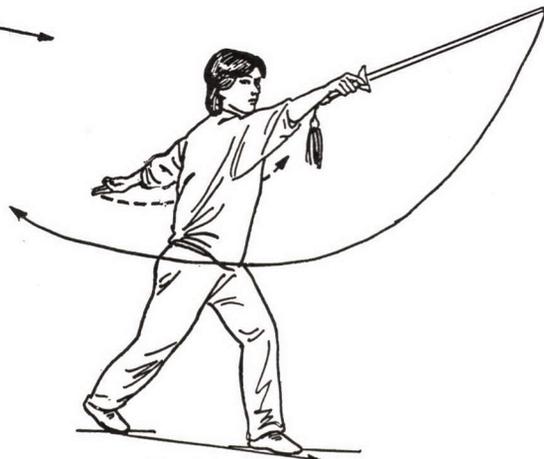


fig. 58

4) Shift the centre of gravity onto the left leg and step to the inside of the left foot with the right foot to form a feet-together step, both heels slightly raised from the floor. At the same time, cut with the sword downward and backward, and swing the left arm forward and bend the elbow until the sword-fingers is ended in front of the right side of the chest, palm facing obliquely downward. Eyes look at the tip of sword. (fig. 59)

Form 21 Step Forward and Downward Parry with Sword

1) Step forward with the right foot, bending the knee, rotating the toes outward and shifting the weight forward. Simultaneously lower the sword-tip downward to knee level, and describe the left sword-fingers an upward and forward arc to head level with the thumb-side facing upward. Eyes look at the sword-fingers. (fig. 60)

2) Stand on the right leg with knee straight and lift the left leg with knee bent and toes pointed as the upper body is slightly bent forward. At the same time, parry with the sword in the right hand upward, forward and downward in an arc until the sword-tip is at knee level, and swing the left sword-fingers downward and backward in an arc to shoulder level, palm facing upward. Eyes look at the tip of sword. (fig. 61)



fig. 59



fig. 60



fig. 61

3) Drop the left foot forward, rotating the toes outward, bending both knees slightly and raising the right heel from the floor. At the same time, continuing, parry with the sword downward and upward in an arc past the left side of the body so the tip of sword is over head level, and lower the left sword-fingers downward and rest on the inside of the right wrist. Eyes look forward. (fig. 62)

Form 22 Turn Body Over, and Windmill and Parry with Sword

1) Step forward with the right foot bending the knee, rotating the toes outward and raising the left heel from the floor as the upper body is turned to the right. Simultaneously parry with the sword downward past the right side of the body, then upward, the tip of sword being at eye level while extend the left sword-fingers forward at head level and its thumb-side facing upward. Eyes look at the tip of sword. (fig. 63)

2) Turn the body 360 degrees to the left and step forward with the left foot quickly, followed a forward step with the right foot to form a feet-together step. With turning of the body, rotate the both feet leftward using the balls as pivots. At the same time, circle and parry with the sword upward and downward in a full circle to the left side while the left sword-fingers followed swings in a full circle to over the shoulder level, palm facing obliquely downward. Eyes look at the sword-fingers. (fig. 64)

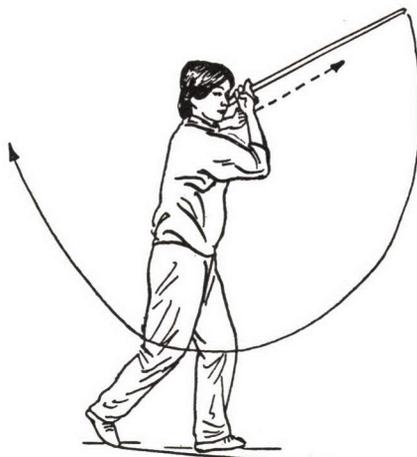


fig. 62

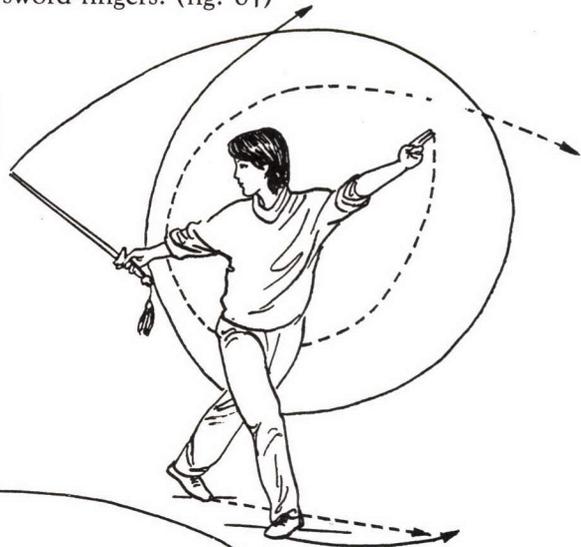


fig. 63



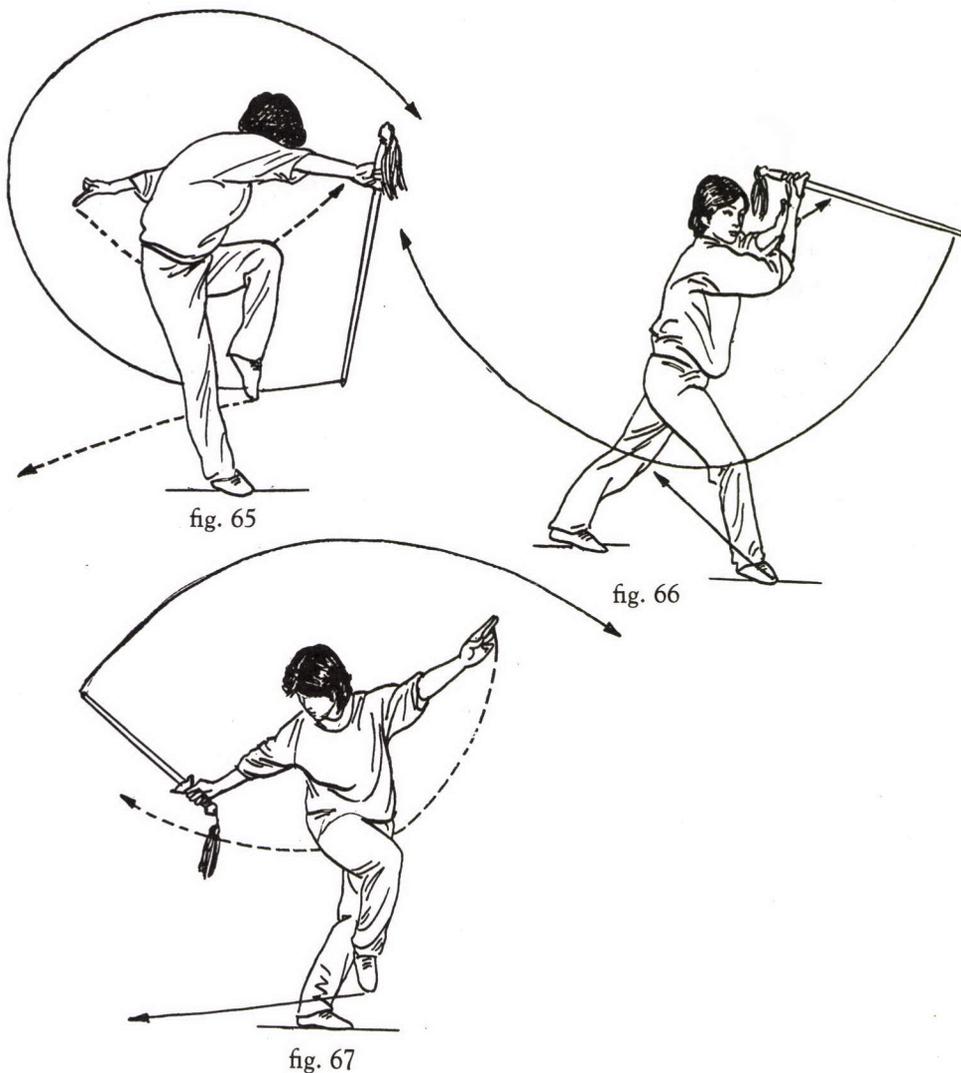
fig. 64

Form 23 Step Backward and Downward Parry with Sword

1) Turn the body about 90 degrees to the left leaning the upper body forward and rotating the right foot leftward, and raise the left leg with knee bent. At the same time, parry with the sword upward, forward and downward in an arc until the sword-tip is at right knee level, and swing the left sword-fingers downward and backward past the left side of the body almost at level, palm facing upward. Eyes look at the sword-tip. (fig. 65)

2) Step backward with the left foot landing the toes on the floor and bending the right knee. Simultaneously parry with the sword backward, upward and forward in an arc past the left side of the body to in front of the body, the sword-tip at eyes level, and lower the left sword-fingers downward to rest on the right wrist. Eyes look at the sword-tip. (fig. 66)

3) Shift the centre of gravity onto the left leg and lift the right leg with knee bent. At the same time, parry with the sword downward and backward past the right side of the body to the rear, the tip of sword being at eye level while extend the left sword-fingers forward at just over the head level the thumb-side of the sword-fingers facing upward. Eyes look at the tip of sword. (fig. 67)



Form 24 Uppercut with Sword in Back Cross-Step

1) Drop the right foot to the rear-right, bending the left knee slightly. Simultaneously hack with the sword to the front, the sword-tip at head level, and swing the left sword-fingers downward and backward to chest level, palm facing obliquely upward. Eyes look at the tip of sword. (fig. 68)

2) Move the weight backward with the right knee bent into a half-squatting position and step backward with the left foot to form a back cross-step. At the same time, arch with the sword downward, backward and upward, the right hand being at just over the head level, and swing the left sword-fingers downward and forward in an arc to the left at shoulder level where snap the right wrist. Eyes look at the tip of sword. (fig. 69)

Form 25 Hack with Sword in Feet-Together Step

1) Move the weight forward and step forward with the left foot bending the knee. At the same time, lower the sword in the right hand downward and raise it forward and upward to shoulder level with the arm straight, the thumb-side of the right hand facing upward, and swing the left sword-fingers downward and backward in an arc past the left side of the body to chest level, the thumb-side facing downward. Eyes look forward. (fig. 70)



fig. 68

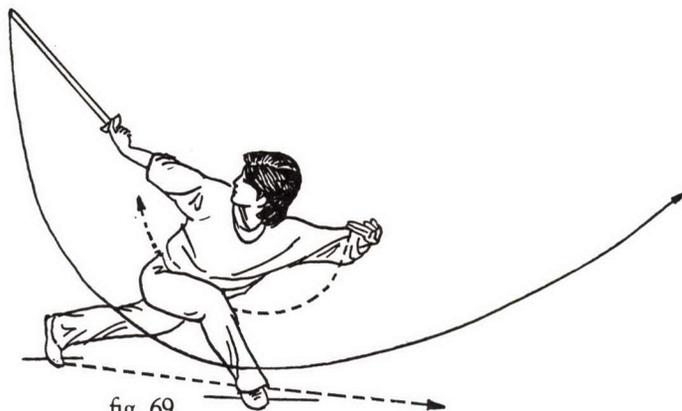


fig. 69

2) Shift the centre of gravity onto the left leg and withdraw the right foot to the inside of the left foot with both legs straightened to form a feet-together step as the body is turned to the right. At the same time, hack with the sword in the right hand upward and backward to shoulder level, and swing the left sword-fingers downward, forward and upward in an arc past the left side of the body to the upper-left where snap the left wrist. Eyes look at the tip of sword. (fig. 71)

Form 26 Withdraw Sword in Walking Step

1) Step forward with left foot bending the knee and rotating the toes outward and slightly turn the upper body to the left. At the same time, rotate the right forearm outward so the right palm facing upward, and lower the left sword-fingers downward to chest level in front of the right side of the chest. Eyes look forward. (fig. 72)

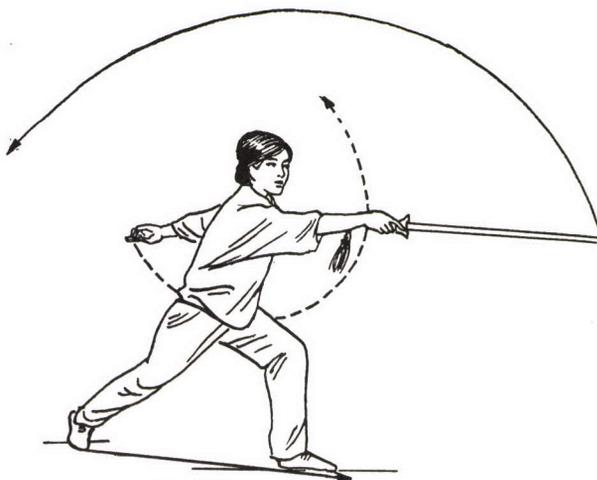


fig. 70



fig. 71



fig. 72

2) Turn the upper body about 90 degrees to the left, the left foot followed a forward step with the knee bent and toes rotating slightly inward. Eyes look forward. (fig. 73)

3) Continuously turn the upper body 130 degrees to the left and step forward along the inside of the right foot with the left foot bending the knee, rotating the toes outward and raising the right heel from the floor. With turning of the body, withdraw the sword to the front and swing the left sword-fingers horizontally leftward at just below shoulder level, palm facing downward. Eyes look forward. (fig. 74)

Form 27 Hold Sword in Cross-Legged Resting Step

Turn the upper body to the left and step forward with the right foot following a backward step behind the right foot with the left foot and bending both knees into a full-squatting position to form a cross-legged resting step. At the same time, swing the sword in the right hand horizontally forward to the upper-front where cloud it in a horizontal circle along the counter-clockwise direction over the head, and then withdraw it to in front of the right side of the chest with elbow bent, the sword-tip being at slightly over the shoulder level palm facing inward while the left sword-fingers moves upward and snaps over the head, palm facing upward. Eyes look rightward. (fig. 75)



fig. 73

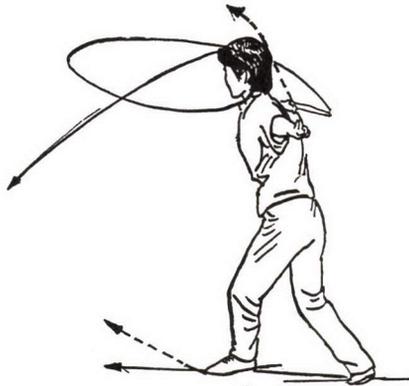


fig. 74



fig. 75

Form 28 Turn Body and Cloud Sword

1) Raise the body upward and step to the right with the right foot shifting the centre of gravity onto the right leg and straightening the right knee while swinging the left leg leftward with knee straightened. At the same time, thrust the sword rightward at shoulder level palm facing upward, and lower the left sword-fingers leftward and downward to shoulder level, palm facing downward. Eyes look at the tip of sword. (fig. 76)

2) Bend the right knee into a half-squatting position and drop the left foot to the rear-right behind the right foot landing the toes on the floor to form a back cross-step. Simultaneously rotate the right forearm inward until the sword-edge of the little finger-side of the right hand is faced upward, and describe the left sword-fingers a downward, inward and upward arc to in front of the right side of the chest, palm facing downward. Eyes look at the tip of the sword. (fig. 77)

3) Turn the upper body about 180 degrees to the left, rotating the toes of the right foot inward while land the left heel on the floor with its toes rotating outward. At the same time, swing the sword in the right hand horizontally forward and leftward, palm facing downward, and the left sword-fingers to the left at shoulder level, palm facing downward. Eyes look forward. (fig. 78)

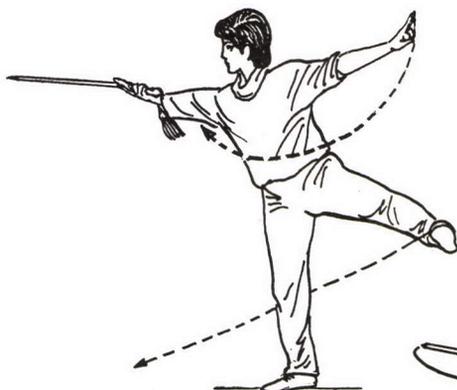


fig. 76



fig. 77



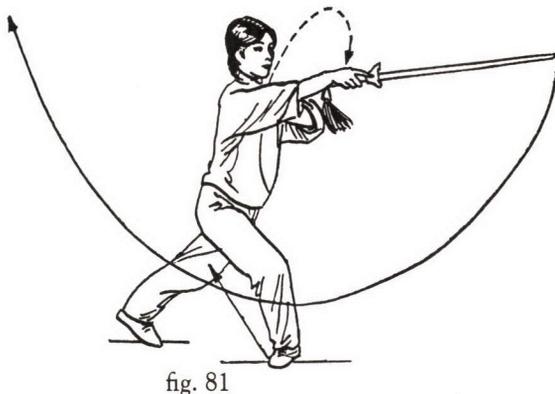
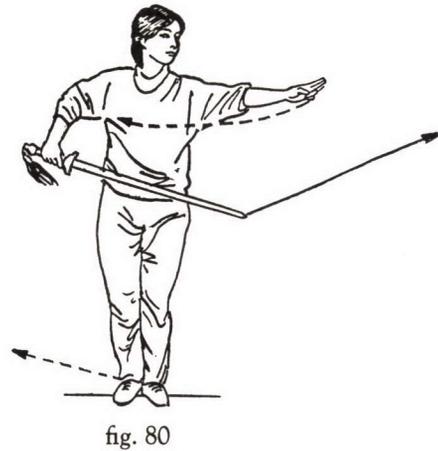
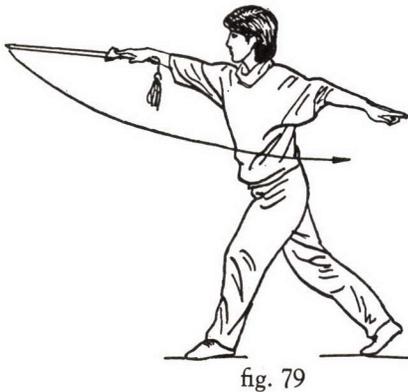
fig. 78

4) Continuously turn the upper body about 90 degrees to the left shifting the weight onto the left leg and slightly bend the left knee rotating the toes outward and raising the right heel from the floor. With turning of the body, swing the sword leftward and cloud it over head in a full circle, the sword-tip being at shoulder level palm facing upward, while the left sword-fingers moves horizontally backward at chest level palm facing downward. Eyes look at the tip of sword. (fig. 79)

5) Continuously turn the upper body about 90 degrees to the left rotating the left foot leftward and straightening the knee, meanwhile withdraw the right foot to the inside of the left foot to form a feet-together step. At the same time, bend the right elbow and rotate the forearm inward so that the sword in the right hand is swung downward until the sword-tip being in front of the body at hip level, and raise the left sword-fingers up to shoulder level its thumb-side facing upward. Eyes look forward. (fig. 80)

Form 29 Pierce with Sword in Crouch Step

1) Bend the right knee and step backward with the left foot landing the toes on the floor. At the same time, thrust the sword forward at shoulder level while the left sword-fingers is pulled backward to in front of the right side of the chest with elbow bent and the tips of the sword-fingers pointing upward. Eyes look forward. (fig. 81)

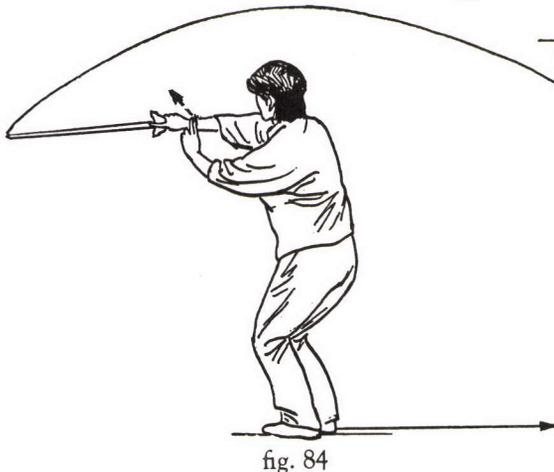
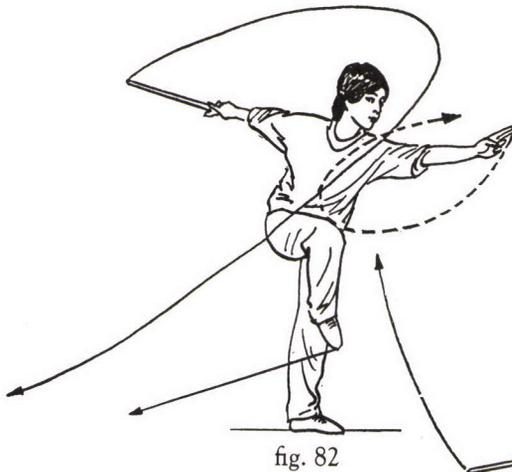


2) Shift the centre of gravity onto the left leg and lift the right leg with knee bent and toes pointed. At the same time, arch with the sword in the right hand downward and backward in a curve, the tip of sword being at just over shoulder level and palm facing downward, and describe the left sword-fingers an upward and forward arc to shoulder level its tips pointing obliquely upward. Eyes look forward. (fig. 82)

3) Squat the left leg into a full-squatting position and drop the right foot to the right with knee straight to form a right crouch step. At the same time, pierce with the sword forward and downward past the front of the left side of the chest, continuing rightward along the inside of the right leg, the tip of sword being at knee level and palm facing obliquely upward, and move the left sword-fingers downward, inward and upward in an arc past the front of the chest and extend it leftward being higher than head, palm facing leftward. Eyes look at the tip of sword. (fig. 83)

Form 30 Press Sword in Bow Step

1) Raise the body shifting the centre of gravity onto the right leg and rotating the toes of the right foot outward and withdraw the left foot to the inside of the right foot with feet together, both knees bent into a half-squatting position. Simultaneously raise the sword in the right hand upward to shoulder level with the thumb-side of the right hand facing downward, and move the left sword-finger downward, inward and upward in an arc past the front of the body to rest on the right wrist. Eyes look at the tip of sword. (fig. 84)



2) Step backward with the right foot bending the right knee and straightening the left leg to form a right bow step as the upper body is turned to the right and slightly leaned forward. At the same time, press the sword upward and backward in an arc to in front of the body at chest level with the sword-edge of the little finger-side facing upward, and move the left sword-fingers upward and backward at over head level palm facing obliquely downward. Eyes look at the sword-tip. (fig. 85)

Form 31 Step Backward and Envelopment with Sword

1) Shift the centre of gravity onto the left leg with left knee bent into a half-squatting position and move half a backward step with the right foot, the toes landing on the floor to form a right empty step. At the same time, describe the sword in the right hand a small circle along the counter-clockwise direction with palm facing upward, and move the left sword-fingers upward over head where snapping the left wrist and flashing the sword-fingers. Eyes look forward. (fig. 86)

2) Step backward with the right foot bending the knee and landing the toes on the floor. Simultaneously describe the sword a small circle along the counter-clockwise direction. Eyes look at the sword-tip. (fig. 87)



fig. 85

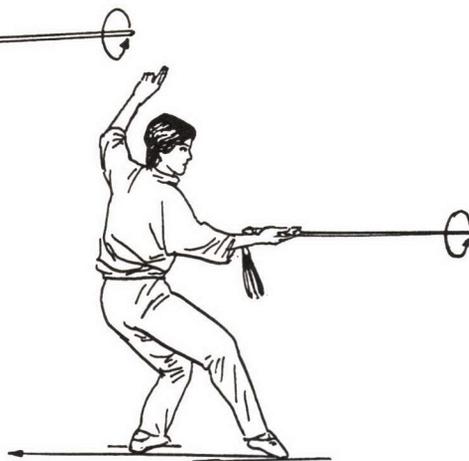


fig. 86



fig. 87

3) Step backward with the left foot shifting the centre of gravity onto the left leg, bending the knee and keeping the toes of the right foot on the floor to form a right empty step. Simultaneously describe the sword a small circle along the counter clockwise. Eyes look at the tip of sword. (fig. 88)

4) Step backward with the right foot bending the knee and landing the toes on the floor. At the same time, describe the sword a small circle along the counter clockwise direction. Eyes look at the tip of sword. (fig. 89)

Form 32 Tilt Sword in Cross-Legged Sitting Stance

1) Turn the upper body about 180 degrees to the right, bending the right knee, rotating the toes of the right foot rightward and raising the left heel from the floor. At the same time, withdraw the sword in the right hand to the upper-right rotating the right forearm inward, and lower the left sword-fingers forward and downward resting on the right wrist. Eyes look forward-left. (fig. 90)



fig. 88



fig. 89



fig. 90

2) Continuing, turn the upper body about 180 degrees to the right rotating the toes of the right foot outward, and slightly withdraw the left foot inward bending the knee and rotating the toes rightward. At the same time, lower the sword in the right hand downward to chest level and horizontally sweep it rightward, the tip of sword being at hip level and palm facing downward, while extend the left sword-fingers to the upper-left, palm facing obliquely downward. Eyes look at the tip of sword. (fig. 91)

3) Continuing, turn the upper body slightly to the right and bend both knees into a full-squatting position to form a cross-legged sitting stance. At the same time, tilt the sword in the right hand upward using the right wrist as a pivot, and rotate the left forearm slightly outward. Eyes look rightward. (fig. 92)

Form 33 Uppercut with Sword in Look-at-Moon Balance

1) Raise the body and turn it about 90 degrees to the left with the right knee bent while step forward with the left foot. With turning of the body, raise the right arm up to shoulder level and lower the left sword-fingers downward to in front of the right side of the chest with elbow bent. Eyes look forward. (fig. 93)

2) Shift the centre of gravity onto the left leg bending the knee, rotating the toes outward, and straighten the right knee, raising the heel from the floor as the upper body is turned to the left. At the same time, arch with the sword in the right hand downward and forward in a curve until the tip of sword is at mouth level, while describe the left sword-fingers a downward arc past the front of the body, continuously upward and backward arc to shoulder level, palm facing downward. Eyes look at the tip of sword. (fig. 94)



fig. 91



fig. 92



fig. 93



fig. 94

3) Turning the upper body about 90 degrees to the left, rotate the left foot leftward and step to the inside of the left foot with the right foot, bending both knees into a half-squatting position to form a feet-together step. At the same time, hack with the sword obliquely forward, the sword-tip being at slightly over the head level in front of the body, and lower the left sword-fingers downward resting on the handle of sword. Eyes look forward. (fig. 95)

4) Straighten the left leg as a supporting leg and lift the left leg backward and upward with knee bent and toes pointed to form a look-at-moon balance. At the same time, arch with the sword in a downward, rightward, backward and upward curve, and swing the left sword-fingers downward, upward and leftward to the left side at shoulder level where snap the left wrist, palm facing outward. Eyes look at the sword-tip. (fig. 96)

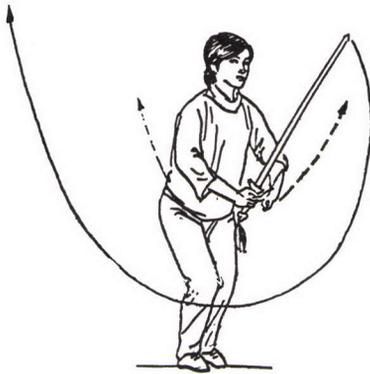


fig. 95

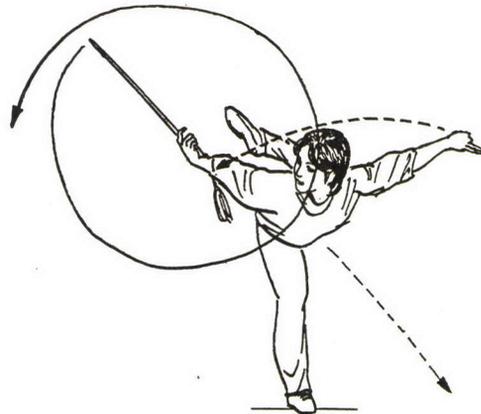
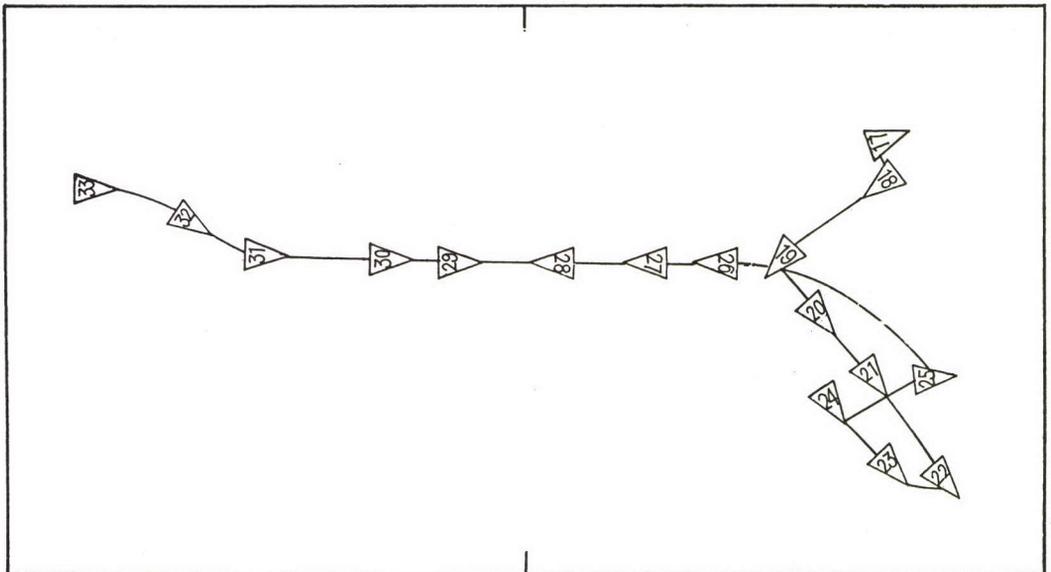


fig. 96



Layout of Movements in Section II

Section III

Form 34 Uppercut with Sword in Back Cross-Step

1) Slightly turn the upper body to the right and drop the left foot to the left side with the knee bent slightly and the right foot rotating rightward. At the same time, circle the sword downward, leftward and upward past the front of the body in a vertical circle serving the right wrist as an axis until the sword being at shoulder level with the sword-edge of the thumb-side facing upward, and describe the left sword-fingers an upward arc to rest on the inside of the right upperarm. Eyes look forward. (fig. 97)

2) Step backward with the right foot. Simultaneously move the sword in the right hand downward, backward, upward and forward in a vertical circle past the outside of the right arm serving the right wrist as an axis. Eyes look forward. (fig. 98)

3) Step backward with the left foot landing the toes on the floor to form a back cross-step. At the same time, arch with the sword backward and upward in a curve the sword-tip being at shoulder level while the left sword-fingers is pulled backward to in front of the right side of the chest, the tips of the sword-fingers pointing upward. Eyes look at the sword-tip. (fig. 99)

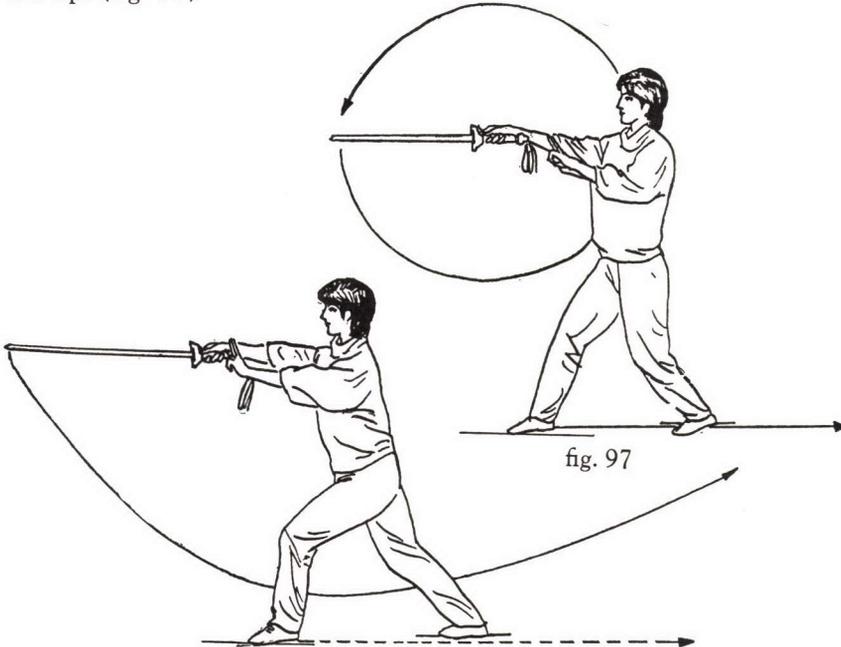


fig. 97

fig. 98

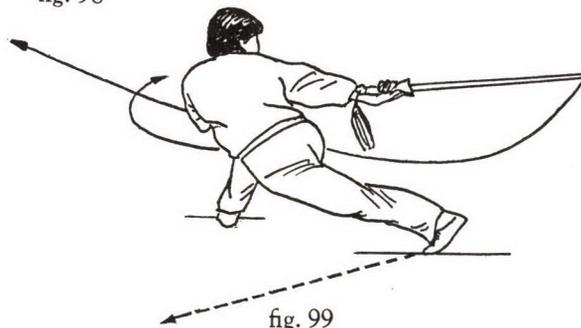


fig. 99

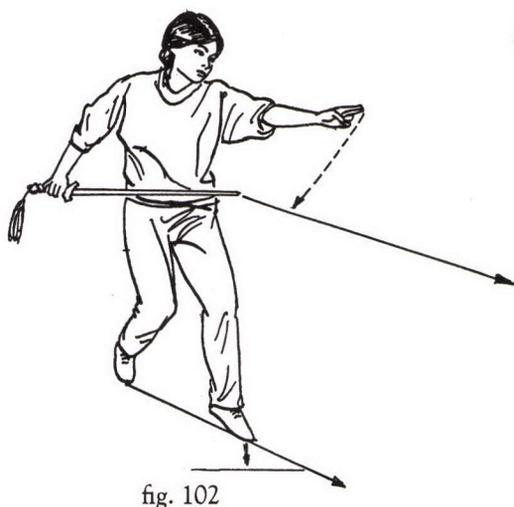
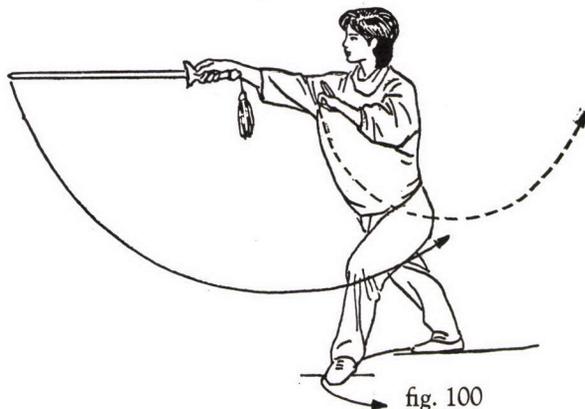
Form 35 Step Forward and Thrust Sword

Raise the upper body and step to the left with the left foot bending the knee and rotating the toes outward while straighten the right knee rotating the heel rightward. At the same time, thrust the sword forward at shoulder level, the sword-edge of the thumb-side facing upward, and swing the left sword-fingers downward and forward and then pull it backward in front of the right side of the chest with elbow bent. Eyes look at the tip of sword. (fig. 100)

Form 36 Jump and Change Feet, and Thrust Sword

1) Turn the upper body about 130 degrees to the left and step to the forward-left of the left foot with the right foot landing the toes on the floor and bending the knee slightly. At the same time, bend the right elbow and wrist slightly so the sword is moved downward and inward to beside the right hip, and raise the left sword-fingers downward and forward to shoulder level with arm straight, its thumb-side facing upward. Eyes look forward. (fig. 101)

2) Jump up with the right foot and stride forward with the left foot swinging the right foot backward and upward. Eyes look forward. (fig. 102)



3) Land the left foot on the floor with knee bent first, followed drop the right foot to the front. At the same time, thrust the sword to the lower-front, the tip of sword being at lower abdomen level and the thumb-side of the right hand facing obliquely upward, and lower the left sword-fingers downward resting on the inside of the right arm. Eyes look at the sword-tip. (fig. 103)

Form 37 Turn Waist Over and Sweep with Sword

1) Step forward with the left foot rotating the toes outward, raising the right heel from the floor and bending both knees slightly. At the same time, bend the right elbow and wrist leftward so that the sword is swung to the left, right palm facing downward, while the left sword-fingers swings downward and backward at waist level. Eyes look forward. (fig. 104)

2) Bend the upper body backward twisting the torso rightward and step forward with the right foot, toes landing on the floor and knee straight. At the same time, sweep with the sword in the right hand horizontally rightward and backward, the tip of sword being at just over head level and palm facing downward, and swing the left sword-fingers forward to in front of the right side of the chest, palm facing obliquely downward. Eyes look at the sword-tip. (fig. 105)

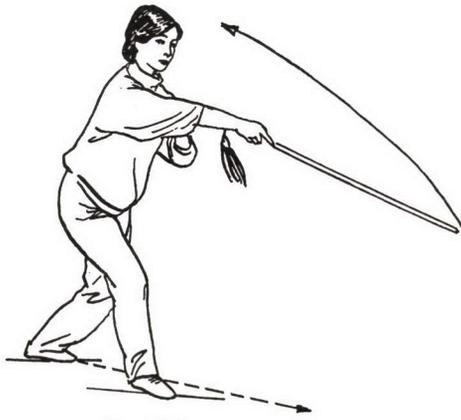


fig. 103

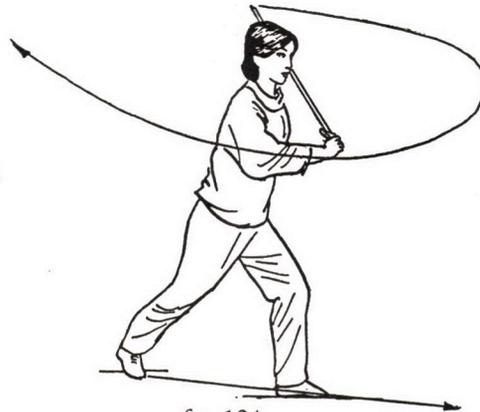


fig. 104



fig. 105

3) Turn the upper body over leftward rotating both feet leftward. Eyes look at the sword-tip. (fig. 106)

Form 38 Turn Body and Sweep with Sword

Turn the upper body about 270 degrees to the right, shifting the centre of gravity onto the right foot and rotating the right foot rightward with the heel raised from the floor, and withdraw the left foot to the right foot with feet together. With turning of the body, sweep with the sword in the right hand rightward to in front of the body at shoulder level, palm facing downward, and extend the left sword-fingers backward to slightly higher than shoulder and palm facing downward. Eyes look at the tip of sword. (fig. 107)

Form 39 Step Backward and Figure-8

1) Turn the upper body to the right, bend the left knee and step backward with the right foot straightening the knee. At the same time, sweep with the sword in the right hand to the right at shoulder level, palm facing downward, while the left sword-fingers swings horizontally forward to in front of the right side of the chest with elbow bent and the tips of the sword-fingers pointing upward. Eyes look at the sword-tip. (fig. 108)

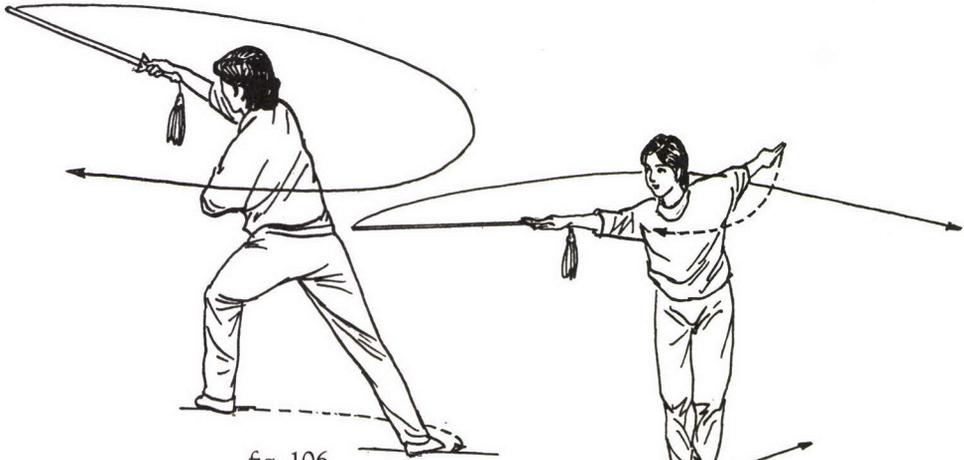


fig. 106

fig. 107

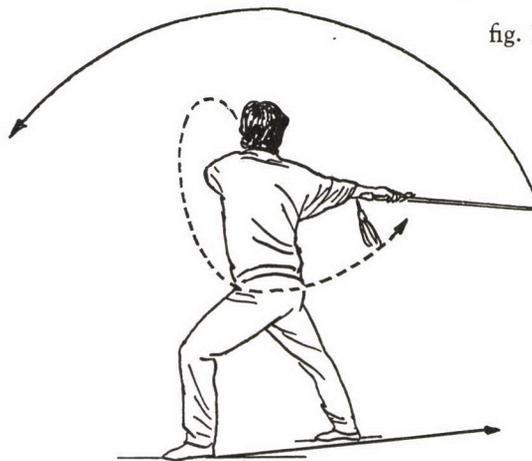


fig. 108

2) Turn the upper body to the left and step backward with the left foot landing the toes on the floor and bending the right knee slightly. With turning of the body, hack with the sword in the right hand upward and forward to shoulder level, and swing the left sword-fingers upward, forward and backward past the left side of the body to shoulder level, palm facing downward. Eyes look at the tip of sword. (fig. 109)

3) Step backward with the right foot. Simultaneously describe the sword downward, inward, upward and forward past the front of the body in a vertical circle by using the right wrist as a pivot while move the left sword-fingers in an upward and forward arc to rest on the inside of the right forearm. Eyes look at the tip of sword. (fig. 110)

4) Turn the upper body to the right and step backward with the left foot bending the knee and landing the toes on the floor. At the same time, describe the sword in the right hand downward, backward, upward and forward in a vertical circle past the outside of the right arm by using the right wrist as a pivot, continuing, arch with the sword backward and upward, the sword-tip being at waist level, while pull the left sword-fingers inward in front of the right side of the chest. Eyes look forward. (fig. 111)

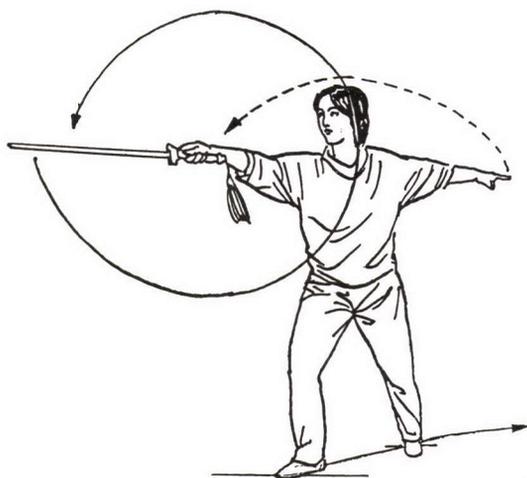


fig. 109

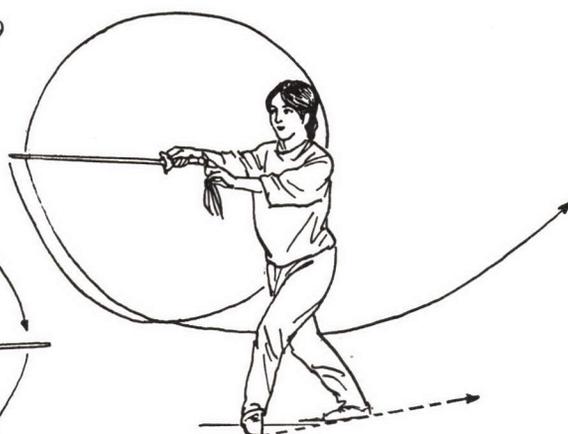


fig. 110



fig. 111

Form 40 Turn Waist Over, Windmill and Hack with Sword

1) Slightly turn the upper body to the left leaning it forward and straightening the left knee. At the same time, move the sword in a downward vertical circle past the front of the body by using the right wrist as a pivot, the sword being at chest level and palm facing backward. Eyes look at the tip of sword. (fig. 112)

2) Turn the upper body over about 360 degrees to the left, rotating both feet leftward, bending both knees and raising the right heel from the floor. At the same time, windmill and hack with the sword in the right hand upward and forward the sword-tip at mouth level, and swing the left sword-fingers upward, downward and backward in a circle past the left side of the body to shoulder level, palm facing downward. Eyes look at the tip of sword. (fig. 113)

Form 41 Tilt Sword in Bow Step

1) Shift the centre of gravity onto the left leg and lift the right leg forward and upward with knee bent and toes pointed, touching the back of the left knee. Simultaneously move the sword in a downward vertical circle past the front of the body by using the right wrist as a pivot. The sword-tip being as high as shoulder, palm facing forward. Eyes look at the tip of sword. (fig. 114)

2) Drop the right foot to the right, with the knee bent and the left leg straightening to form a right bow step. At the same time, tilt the sword in the right hand leftward and upward, the sword-tip at head level, and lower the left sword-fingers downward resting on the right wrist. Eyes look at the tip of sword. (fig. 115)

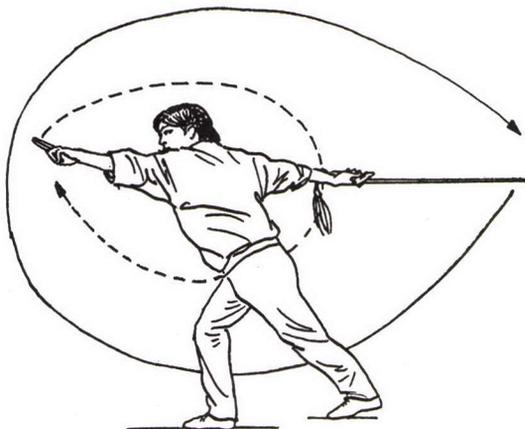


fig. 112



fig. 113

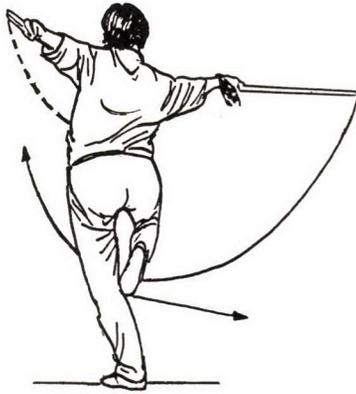
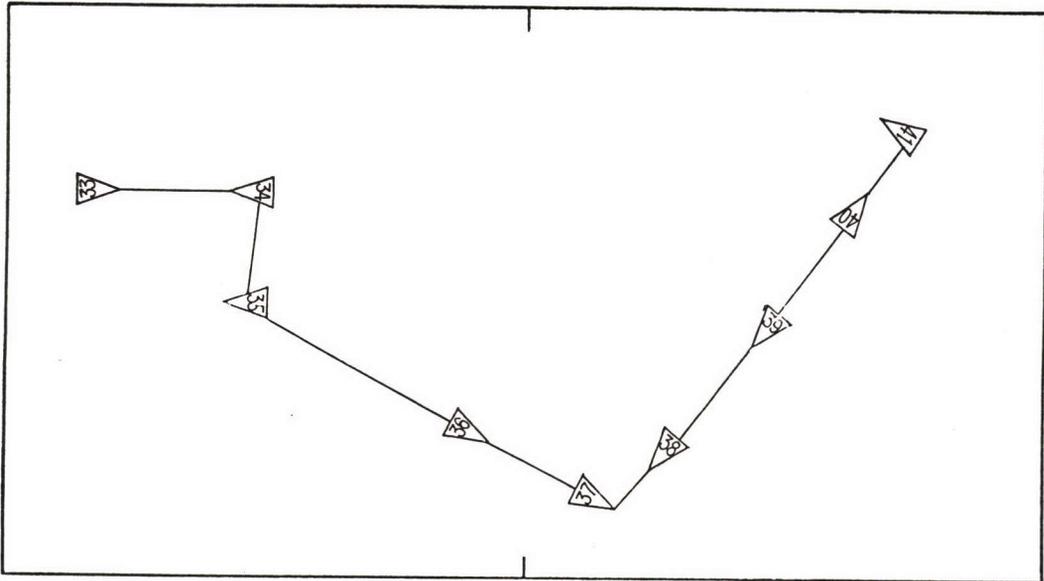


fig. 114



fig. 115



Layout of Movements in Section III

Section IV

Form 42 Beat Step and Point with Sword

1) Turn the upper body to the right shifting the centre of gravity onto the left leg and step backward with the right foot bending the knee and landing the toes on the floor. With turning of the body, tilt the sword in the right hand downward, forward and upward in an arc, and swing the left sword-fingers downward and backward to head level. Eyes look at the sword-tip. (fig. 116)

2) Set the right heel on the floor and step backward with the left foot with knee straight. (fig. 117)

3) Move the weight backward and jump up with the left leg, the right foot beating the left foot with feet together in flight. Simultaneously point with the sword in the right hand to the front, the sword-tip being at waist level. Eyes look at the tip of sword. (fig. 118)

4) Land the right and left foot on the floor in succession with the right knee bent slightly. (fig. 119)



fig. 116



fig. 117



fig. 118



fig. 119

Form 43 Turn Body Over and Parry Upward with Sword

1) Step backward with the right foot landing the toes on the floor and bending the left knee. At the same time, raise the sword with the right arm straight, and describe the left sword-fingers a forward arc to in front of the right side of the chest the tips of the sword-fingers pointing upward. Eyes look forward. (fig. 120)

2) Turn the upper body to the right and shift the weight mainly onto the right leg rotating both feet rightward, bending the right knee and straightening the left leg. With turning of the body, parry with the sword in the right hand downward, rightward and upward, the tip of sword being at just over the head level, and extend the left sword-fingers to the left at eye level. Eyes look at the sword-tip. (fig. 121)

3) Turn the body 180 degrees to the right rotating the toes of the right foot rightward and withdraw the left foot to the inside of the right foot with legs straight, both heels slightly raised from the floor to form a feet-together step. With turning of the body, continuously parry with the sword in the right hand upward and rightward until the tip of sword being at mouth level, and swing the left sword-fingers downward and leftward to nose level, palm facing downward. Eyes look at the tip of sword. (fig. 122)

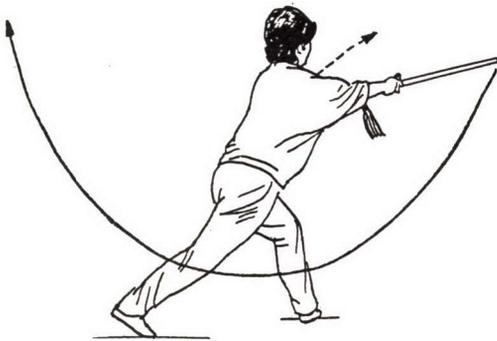


fig. 120



fig. 121

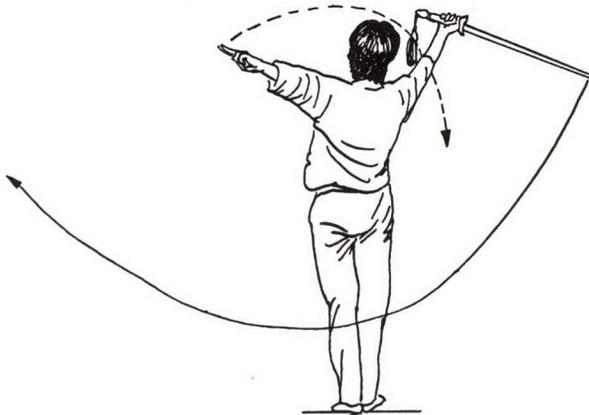


fig. 122

4) Continuing, turn the body about 180 degrees to the right, rotating the left foot rightward and step forward with the right foot bending the knee. At the same time, parry the sword in the right hand downward and forward until the sword-tip is at mouth level, and describe the left sword-fingers an upward and downward arc to the left side of the body at nose level, palm facing downward. Eyes look at the sword-tip. (fig. 123)

Form 44 Tilt Sword in T-Step

1) Shift the centre of gravity onto the right leg and raise the left leg with knee bent and toes pointed as the upper body is slightly leaned forward. At the same time, arch with the sword in the right hand in an upward, leftward, downward and forward curve rotating the forearm outward first, then inward, the sword being placed in front of the body and the sword-tip pointing downward, while the left sword-fingers describes an upward, rightward, downward and leftward circle to shoulder level, the thumb-side of the sword-fingers facing downward. Eyes look forward. (fig. 124)

2) Drop the left foot to the forward-left bending the knee and rotating the toes outward. Simultaneously uppercut with the sword forward and upward to chest level, the sword-edge of the little finger-side facing upward, while swing the left sword-fingers downward and forward resting on the inside of the right forearm. Eyes look at the tip of sword. (fig. 125)



fig. 123

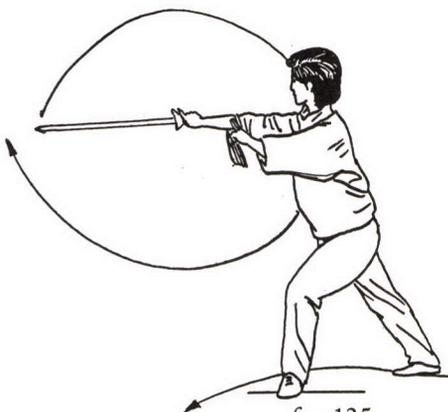


fig. 125

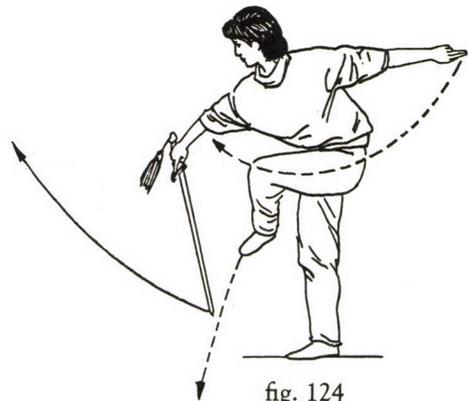


fig. 124

3) Step forward with the right foot bending the knee, rotating the toes outward and raising the left heel from the floor. At the same time, move the sword in the right hand upward, backward, downward and forward in a vertical circle past the right side of the body by using the right wrist as a pivot, keeping the left sword-fingers on the right forearm. Eyes look at the tip of sword. (fig. 126)

4) Shift the centre of gravity onto the right leg and raise the left leg with knee bent and toes pointed. At the same time, describe the sword in the right hand an upward and leftward arc rotating the forearm inward, the tip of sword being at eye level and palm facing inward, and swing the left sword-fingers downward and backward to shoulder level, palm facing downward. Eyes look forward. (fig. 127)

5) Jump up with the right leg and stride to the forward-left with the left foot swinging the right foot backward with knee bent. At the same time, move the sword in the right hand downward and forward and raise it upward with arm straight and the thumb-side of the right hand facing upward, and move the left sword-fingers to the left side. Eyes look at the tip of sword. (fig. 128)

6) Land the left foot on the floor with knee bent into a full-squatting position and drop the right foot to the inside of the left foot, toes touching the floor. At the same time, sink the right hand downward so the sword is tilted upward, and lower the left sword-fingers downward resting on the right wrist. Eyes look forward-right. (fig. 129)



fig. 126



fig. 127



fig. 128

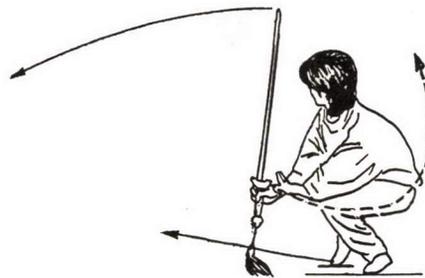


fig. 129

Form 45 Point Sword in Bow Step

Step to the right with the right foot bending the knee and straightening the left leg to form a right bow step. At the same time, point the sword forward at chest level, and swing the left sword-fingers downward and backward at slightly over head level. Eyes look forward. (fig. 130)

Form 46 Turn Waist Over, Windmill and Hack with Sword

1) Step forward with the left foot bending the knee, rotating the toes outward and raising the right heel from the floor. Simultaneously raise the sword-tip upward to shoulder level, and lower the left sword-fingers slightly downward to shoulder level, palm facing downward. Eyes look forward. (fig. 131)

2) Step forward with the right foot bending the knee and rotating the toes outward and take a step behind the right foot with the left foot, both legs crossed and the toes of the left foot landing on the floor. At the same time, move the sword in the right hand downward, leftward, upward and rightward in a vertical circle past the front of the body, the sword-tip being at waist level, and describe the left sword-fingers an upward arc to in front of the right side of the chest. Eyes look at the sword-tip. (fig. 132)

3) Turn the body 360 degrees to the left rotating both feet leftward, bending the left knee, rotating the toes of left foot outward and raising the right heel from the floor. At the same time, windmill and hack with the sword in the right hand in a downward, upward and forward arc, the sword-tip being at head level, and describe the left sword-fingers a downward, leftward, upward, rightward arc and continuously swing it backward to chest level, palm facing obliquely downward. Eyes look at the sword-tip. (fig. 133)



fig. 130



fig. 131

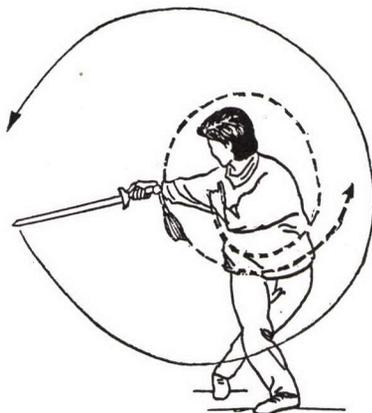


fig. 132



fig. 133

Form 47 Thrust Sword in Back Cross-Legged Balance

1) Take a step to the outside of the left foot round the left shank with the right foot bending the knee, rotating the toes outward and crossing both legs. At the same time, withdraw the sword in the right hand to the left flank with elbow bent, palm facing upward, and move the left sword-fingers upward to the upper-left where snap it at over head level, palm facing upward. Eyes look rightward. (fig. 134)

2) Shift the centre of gravity onto the right leg and lift the left leg with knee bent, the back of the left foot touching the back of the right knee and the upper body leaning rightward. At the same time, thrust the sword to the upper-right at head level, and lower the left sword-fingers leftward to eye level, palm facing downward. Eyes look at the tip of sword. (fig. 135)

Form 48 Swing Sword in Crouch Step

Bend the right knee into a full-squatting position and stretch the left leg to the left to form a left crouch step as the upper body is turned slightly leftward. At the same time, rotate the right forearm inward so that the sword is swung horizontally leftward to in front of the body at waist level palm facing obliquely downward, and rotate the left forearm inward so palm facing upward. Eyes look forward. (fig. 136)



fig. 134

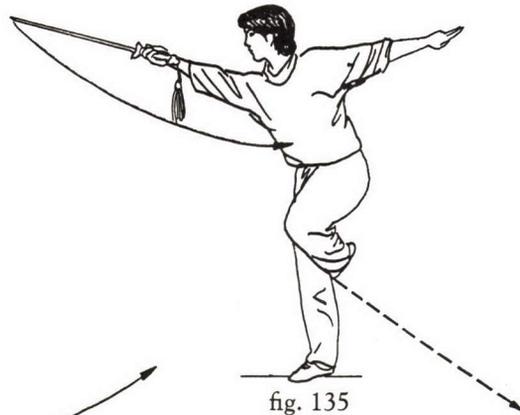


fig. 135

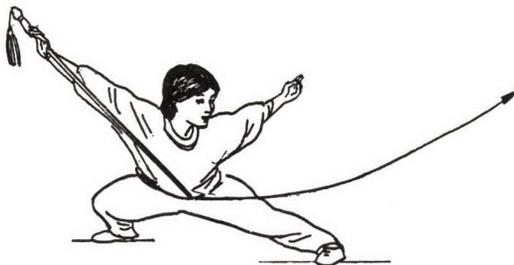


fig. 136

Form 49 Hack with Sword in Back Cross-Step

1) Shift the weight mainly onto the left leg bending the left knee and straightening the right leg to form a left bow step. At the same time, pierce the sword in the right hand forward at shoulder level the thumb-side facing upward, and lower the left sword-fingers downward to rest on the inside of the right forearm. Eyes look forward. (fig. 137)

2) Shift the weight onto the right leg bending the knee and step backward with the left foot landing the toes on the floor to form a back cross-step as the upper body is twisted rightward. At the same time, hack with the sword in the right hand upward and backward to shoulder level, and describe the left sword-fingers a downward, forward and upward arc to the upper-left where snap it over head, palm facing upward. Eyes look at the tip of sword. (fig. 138)

Form 50 Turn Body and Cloud Sword

1) Turn the upper body about 180 degrees to the left, rotating both feet leftward, bending the left knee and straightening the right leg. At the same time, swing the sword horizontally leftward, palm facing downward, while lower the left sword-fingers to in front of the right side of the chest and swing leftward at level, palm facing downward. Eyes look forward. (fig. 139)

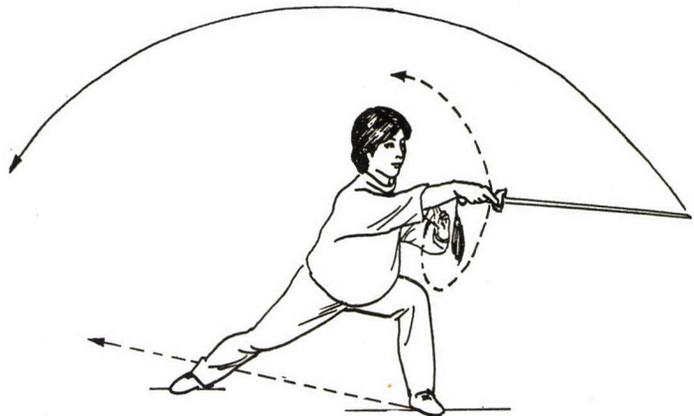


fig. 137

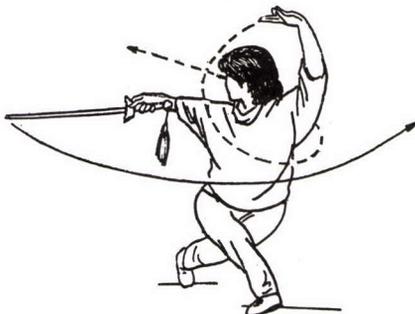


fig. 138



fig. 139

2) Move the weight forward and step to the front with the right foot. At the same time, cloud the sword in the right hand over head in a plane circle, when the sword-tip is moved to the upper-left where the palm facing inward, and change the left sword-fingers into a palm which faces inward to hold the handle. Eyes look forward. (fig. 140)

3) Turn the body about 180 degrees to the left rotating both feet leftward, bending the left knee and straightening the right leg. Simultaneously continue to cloud the sword leftward to the upper-left where the left hand hold the handle of sword. Eyes look forward. (fig. 141)

Form 51 Hold Sword in Empty Step

Shift the centre of gravity onto the right leg with knee bent into a half-squatting position and withdraw the left foot slightly backward landing the toes on the floor to form a left empty step. At the same time, hold the sword in the left hand and lower it downward to in front of the body at knee level keeping the sword upright, while the right sword-fingers swings downward, backward and upward and press it forward and downward on the left wrist. Eyes look forward. (fig. 142)

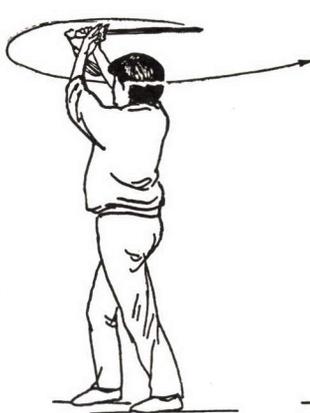


fig. 140



fig. 141



fig. 142

Form 52 Back Sword and Point Sword-Fingers Upward

1) Raise the body upward and step backward with the left and right foot in succession, bending the left knee and straightening the right leg. At the same time, swing the sword in the left hand rightward and upward over the head, rotating the forearm outward and palm facing upward, and move the right sword-fingers backward to waist level with the thumb-side facing downward. Eyes look forward. (fig. 143)

2) Move the weight forward and rotate the left forearm inward so that the sword-tip is curved leftward while raise the right sword-fingers up to rest on the inside of the left wrist. Eyes look forward. (fig. 144)

3) Lean the upper body forward and swing both hands downward and backward with arms straight past the respective side to chest level. Eyes look forward. (fig. 145)

4) Shift the centre of gravity onto the right leg with knee straight and withdraw the left foot backward to in front of the right foot landing the toes on the floor to form a high empty step. At the same time, hold the sword in the left hand and back it against the back of the body, while pull the right sword-fingers to the right flank, then stretch it upward with palm facing rightward. Eyes look forward-left. (fig. 146)

Form 53 Closing Movement

Withdraw the left foot to the inside of the right foot to form a feet-together stance and lower both hands downward at the sides of the body. Hold the sword in the left hand keeping it upright. Eyes look straight ahead. (fig. 147)



fig. 143

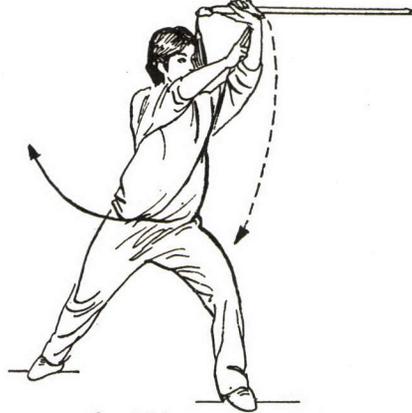


fig. 144



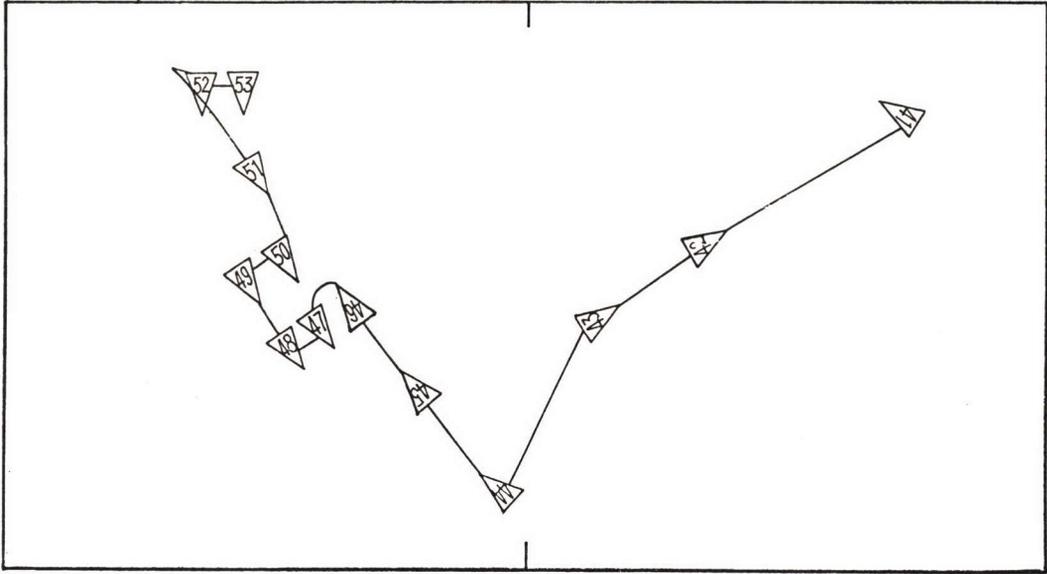
fig. 145



fig. 146



fig. 147



Layout of Movements in Section IV

GUNSHU (CUDGELPLAY) COMPETITION ROUTINE

**Gunshu is a form of weaponplay which mainly includes circling, chopping, poking, uppercutting and figure-8 techniques. The cudgelplay strikes on a large plane, and both ends of the weapon can be used in attack. So the movements are very swift and powerfu.

Names of Movements in Gunshu (Cudgelplay) Routine

Section I

1. Ready Position
2. Uppercut Palm and Push Cudgel
3. Hold Cudgel in T-Step
4. Circle Horizontally and Hold Cudgel in Crouch Step
5. Cudgel Envelopment in Cross-Legged Resting Step
6. Sweep and Raise Cudgel in Flight
7. Swing Cudgel Downward and Slam on Ground in Crouch Step
8. Circle and Back Cudgel in Bow Step
9. Turn Body, Cloud and Deflect with Cudgel
10. Turn Body and Circle Cudgel
11. Circle Horizontally with Cudgel in Butterfly
12. End Coil in Back Cross-Step
13. Thrust with End in Bow Step
14. Cudgel Envelopment and Thrust in Back Cross-Step
15. Point with Cudgel in Jumping Step, and Swing Cudgel and Slam on Ground in Crouch Step
16. Tilt Cudgel in Side Bow Step
17. Raise and Uppercut with Cudgel, and Kick with Heel
18. Thrust with End in Bow Step
19. Circle Trunk and Sweep with Cudgel
20. Lift Knee and Back Cudgel

Section II

21. Figure-8 in Place
22. Beat Step and Whirlwind Kick
23. Turn Body and Sweep with Cudgel
24. Hold Cudgel in Cross-Legged Sitting Step
25. Turn Body and Sweep with Cudgel
26. Step Forward and Uppercut with Cudgel
27. Downward Strike Cudgel in Semi-Horse-Riding Step
28. Cloud and Parry with Cudgel in Bow Step
29. Thrust with End in Back Cross-Legged Balance

Section III

30. Cudgel Envelopment in Back Cross-Step
31. Poke Cudgel in Back Cross-Step
32. Figure-8, Jump, Swing Cudgel and Slam on Ground in Crouch Step

33. Sweep with Cudgel in Bow Step
34. Turn Body and Point Cudgel in Jumping Step
35. Swing Cudgel and Slam on Ground in Crouch Step
36. Turn Body and Cover with End
37. Circle and Back Cudgel in Bow Step

Section IV

38. Turn Body and Point Cudgel
39. Back Cudgel in Back Cross-Step
40. Turn Body, Cloud and Parry in Back Cross-Step
41. Turn Body, Circle and Sweep with Cudgel
42. Jump and Drop into Crouch Step, and Swing with Cudgel and Slam on Ground
43. Tilt Cudgel in Bow Step
44. Cudgel Envelopment in Back Cross-Step
45. Turn Body and Circle with Cudgel
46. Back Cudgel in Empty Step
47. Turn Body and Cloud Cudgel
48. Push Palm in Bow Step
49. Hold Cudgel with Feet Together
50. Closing Form

Gunshu (Cudgelplay) Competition Routine Diagram

Section I

Form 1 Ready Position

Stand upright with feet together. Hold the butt of cudgel in the right hand in front of the right side of the chest with the right elbow bent, keeping cudgel erect. Hang the left hand downward at the side of body. Look straight ahead. (fig. 1)

Form 2 Uppercut Palm and Push Cudgel

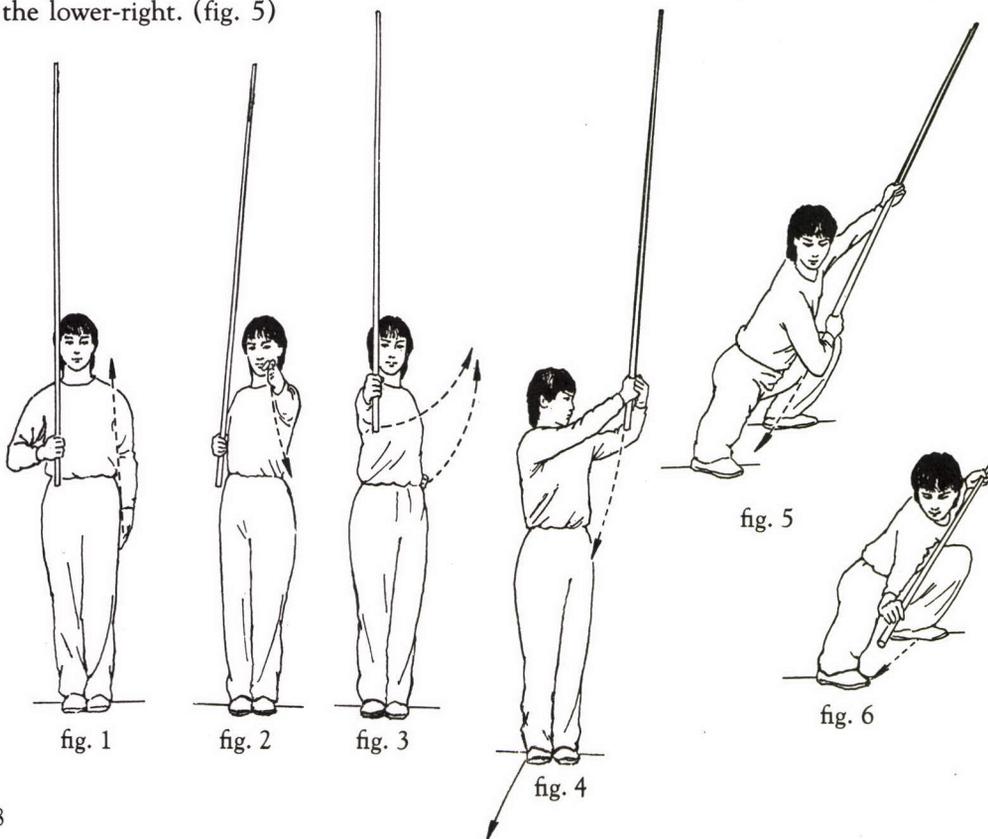
1) Turn the body slightly to the right and uppercut the left palm forward and upward to shoulder level. (fig. 2)

2) Turn the body to the left. Simultaneously clench the left hand and pull it backward to the left flank while the right hand pushes the cudgel forward retaining the cudgel erect. Look straight ahead. (fig. 3)

Form 3 Hold Cudgel in T-Step

1) With turning the body slightly leftward, hold the cudgel in the right hand and move it to in front of the left side of the chest, and open the left fist and move it forward to rest on the back of right hand. Eyes look at the right hand. (fig. 4)

2) Bend the left knee into a full-squatting position and step rightward with the right foot, knee straightened to form a right crouch step. At the same time, the right hand pulls the butt slightly downward and the left hand slides to the middle part of cudgel. Eyes look to the lower-right. (fig. 5)



3) Slightly bend the upper body rightward, in the meantime thrust the butt in the right hand to the lower-right while sliding the left hand to the top part of cudgel. Eyes look at the butt. (fig. 6)

4) Shift the centre of gravity onto the right foot extending the right leg upward and draw the left foot to the right with the heel touching the inside of the right foot to create a "T" form stance. At the same time, move the butt in the right hand upward to shoulder level at the right side. Eyes look at the butt. (fig. 7)

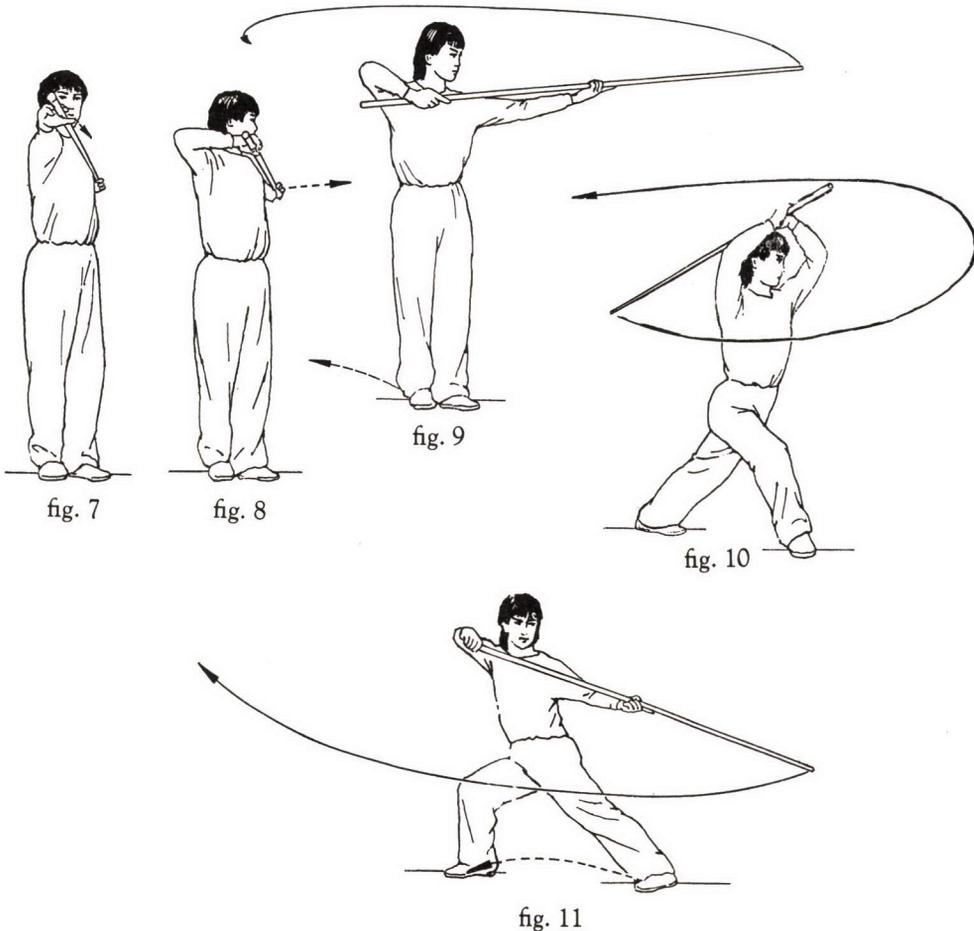
5) Bend the right elbow leftward while sliding the left hand slightly to the butt. Eyes look forward. (fig. 8)

Form 4 Circle Horizontally and Hold Cudgel in Crouch Step

1) Turn the body to the right. Simultaneously rotate the right wrist outward so the butt moved to under the right armpit, and hold the top part of cudgel in the left hand and swing it horizontally rightward. Eyes look at the tip of cudgel. (fig. 9)

2) Step to the rear-right with the left foot. Simultaneously slide the left hand to in front of the right hand and swing the top part of cudgel horizontally leftward and backward. (fig. 10)

3) Turn the body to the rear-left. With turning of the body, continuously swing the cudgel in a full circle on a plane. Eyes look at the tip of cudgel. (fig. 11)



4) Continuously turn the body to the rear-left shifting the centre of gravity onto the left leg and lift the right foot with its back touching the back of the left knee. At the same time, the left hand slides to the top part of cudgel so the cudgel swinging leftward. Eyes look at the tip of cudgel. (fig. 12)

5) Drop the right foot to the right to form a left crouch step as the upper body is slightly turned to the left. Simultaneously both hand hold the cudgel in front of the chest. Eyes look leftward. (fig. 13)

Form 5 Cudgel Envelopment in Cross-Legged Resting Step

1) Step to the rear-right behind the right foot with the left foot to form a cross-legged resting step. At the same time, move the butt in the right hand inward while the left hand slides and pushes the cudgel forward so that the cudgel is parried forward and downward. Eyes look at the tip of cudgel. (fig. 14)

2) The left hand holds the cudgel in stationary and the right hand coils the butt leftward and downward so the tip of cudgel moving in a rightward, upward and leftward. Eyes look at the tip of cudgel. (fig. 15)

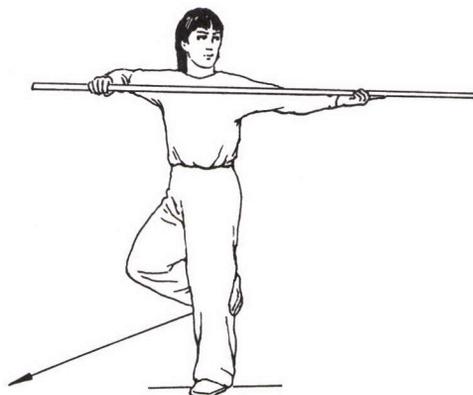


fig. 12



fig. 13

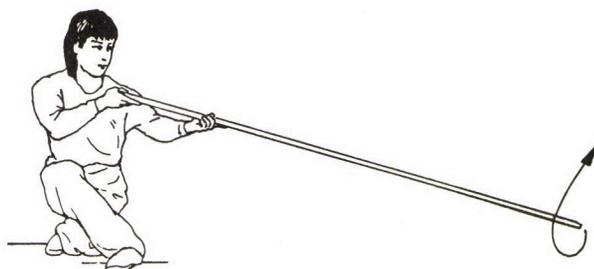


fig. 14



fig. 15

Form 6 Sweep and Raise Cudgel in Flight

1) Turn the body slightly to the right and step rightward with the right foot. At the same time, the right hand pulls the butt to in front of the right side of the chest and the left hand slides to the top part of cudgel so that the tip of cudgel moves slightly downward. Eyes look at the tip of cudgel. (fig. 16)

2) Turn the body to the right and draw the left foot to the inside of the right foot with feet together, both knees bent. At the same time, horizontally sweep rightward with the cudgel, sliding the left hand to the right hand. (fig. 17)

3) Both legs jump up with extending the chest and abdomen and bending both knees backward. At the same time, raise and swing the cudgel upward and backward. Eyes look forward. (fig. 18)

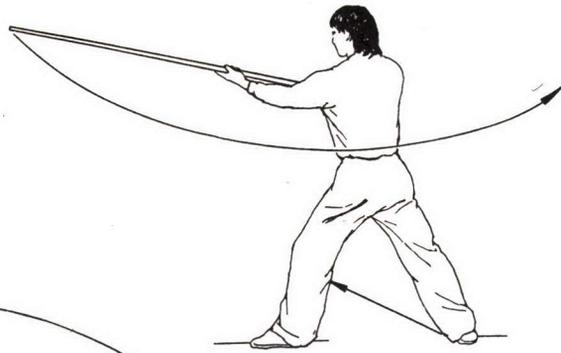


fig. 16

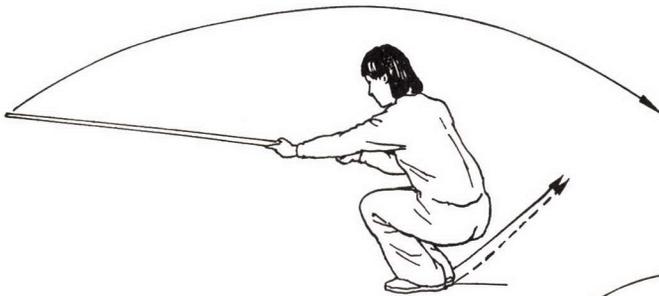


fig. 17

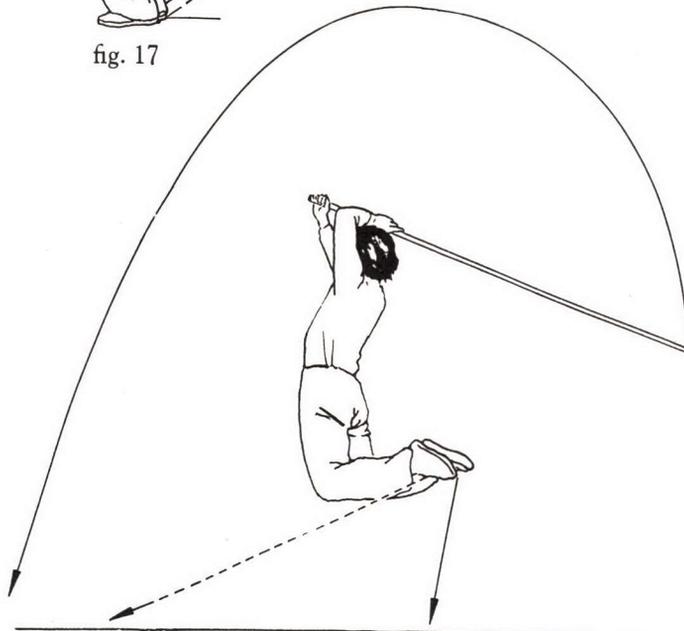


fig. 18

Form 7 Swing Cudgel Downward and Slam on Ground in Crouch Step

Feet land on the floor to form a left crouch step. Simultaneously swing the cudgel forward and downward and slam it on the ground at the inner side of the left leg. Eyes look at the top part of cudgel. (fig. 19)

Form 8 Circle and Back Cudgel in Bow Step

1) Raise the body and slightly turn to the right to form a right bow step. Simultaneously both hands raise the butt with shouldering the middle part of cudgel on the left shoulder. Eyes look forward-right. (fig. 20)

2) Turn the body to the rear-right and step to the outside of the right foot with the left foot. With turning of the body, retain the cudgel on the left shoulder. (fig. 21)

3) With turning the body to the rear-right, the right foot steps forward from behind the left foot. At the same time, sweep rightward with the cudgel in both hands in a half and a circle on a plane. Eyes look at the tip of cudgel. (fig. 22)

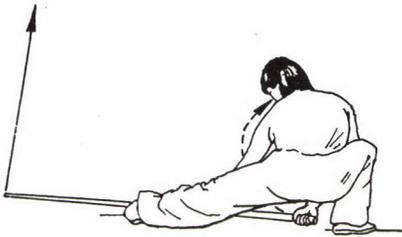


fig. 19

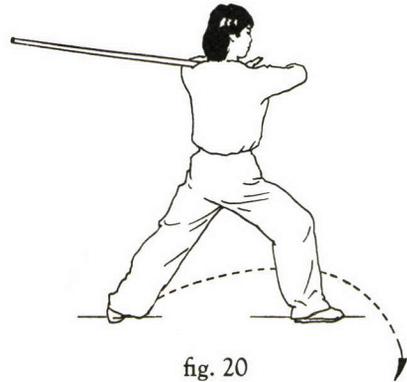


fig. 20

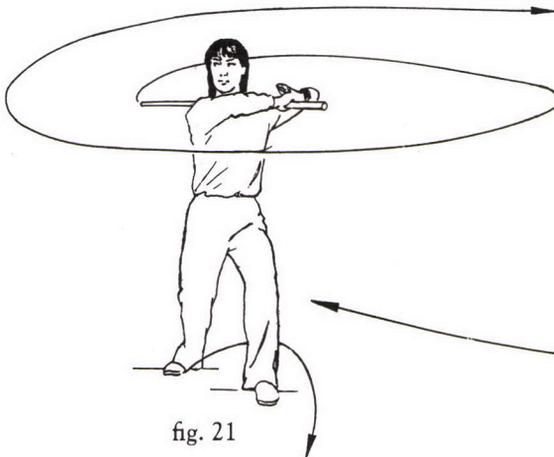


fig. 21

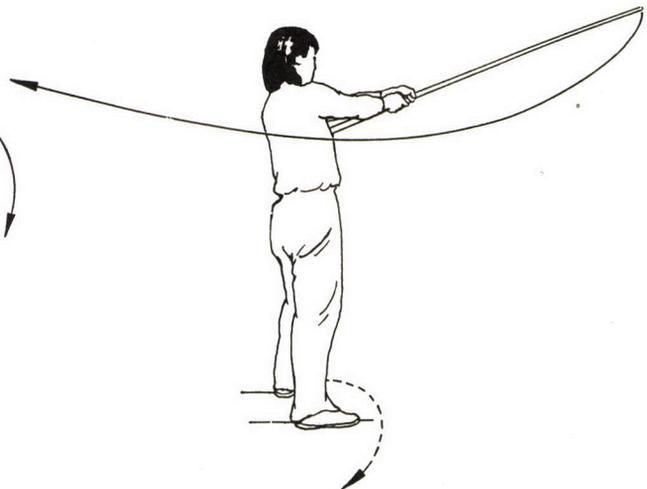


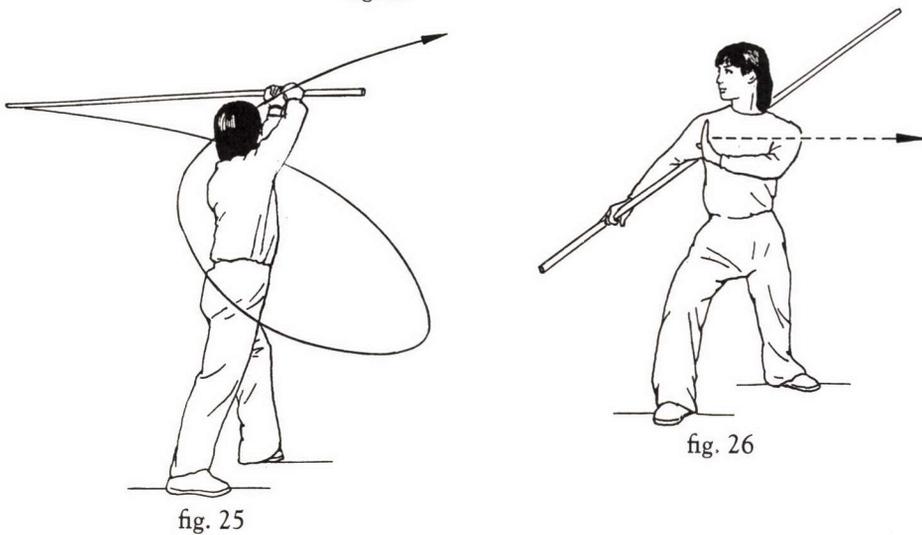
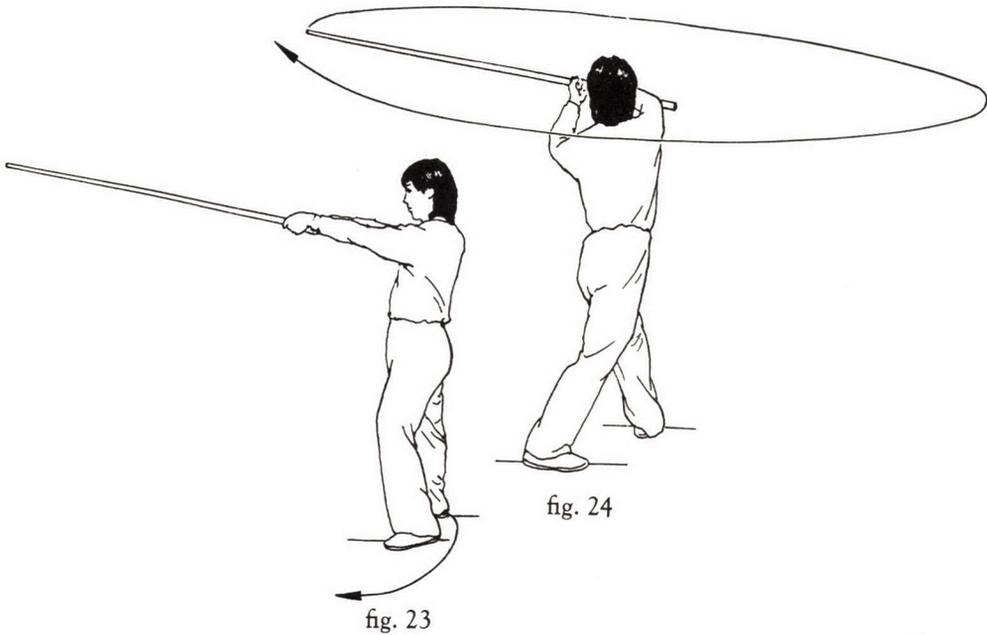
fig. 22

4) Turn the body to the rear-right and step rightward round the right foot with the left foot. At the same time, continuously sweep rightward with the cudgel in both hands in half a circle. Eyes look at the tip of cudgel. (fig. 23)

5) Turn the body to the rear-right and step leftward from behind the left foot with the right foot. At the same time, bend both elbows and pull the cudgel to in front of the face. (fig. 24)

6) With turning the body rightward, sweep rightward with the cudgel in both hands in a full circle. (fig. 25)

7) Continuously turn the body to the right shifting the weight rightward mainly onto the right leg. At the same time, twist both hands along the counter-clockwise direction so that the cudgel parries downward, rightward and backward. Then, open the left hand and pull it to in front of the right side of the chest, and back the cudgel in the right hand on the back. Eyes look rightward. (fig. 26)



8) Lower the centre of gravity downward to form a right bow step. Simultaneously push the left palm leftward. Eyes look at the left palm. (fig. 27)

Form 9 Turn Body, Cloud and Deflect with Cudgel

1) Pull the left palm inward to in front of the right side of the chest. (fig. 28)

2) Turn the body slightly to the left and move the centre of gravity leftward. At the same time, push the left palm leftward. (fig. 29)

3) Step forward with the right foot as the body is turned to the rear-left. At the same time, swing the cudgel leftward and upward until the butt is in front of the chest, while moving the left hand to hold the cudgel near the thumb-side of the right hand. Eyes look at the butt. (fig. 30)

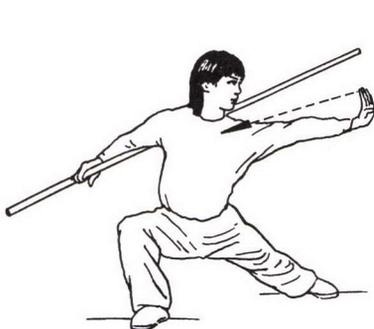


fig. 27



fig. 28



fig. 29

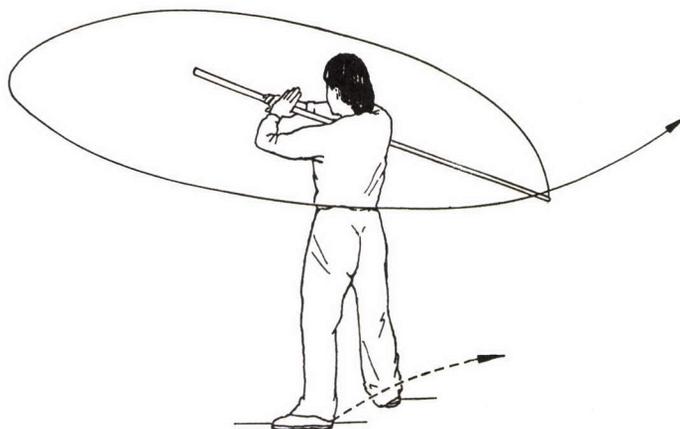


fig. 30

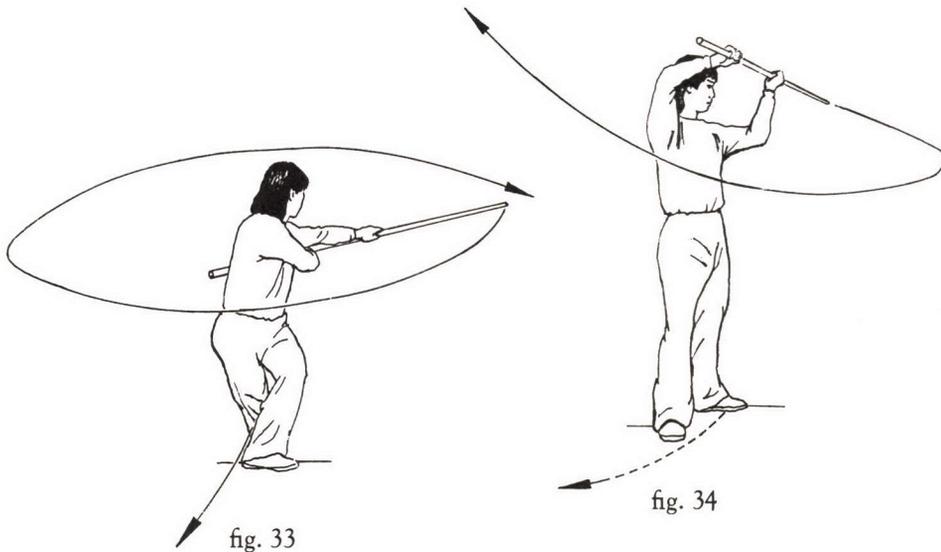
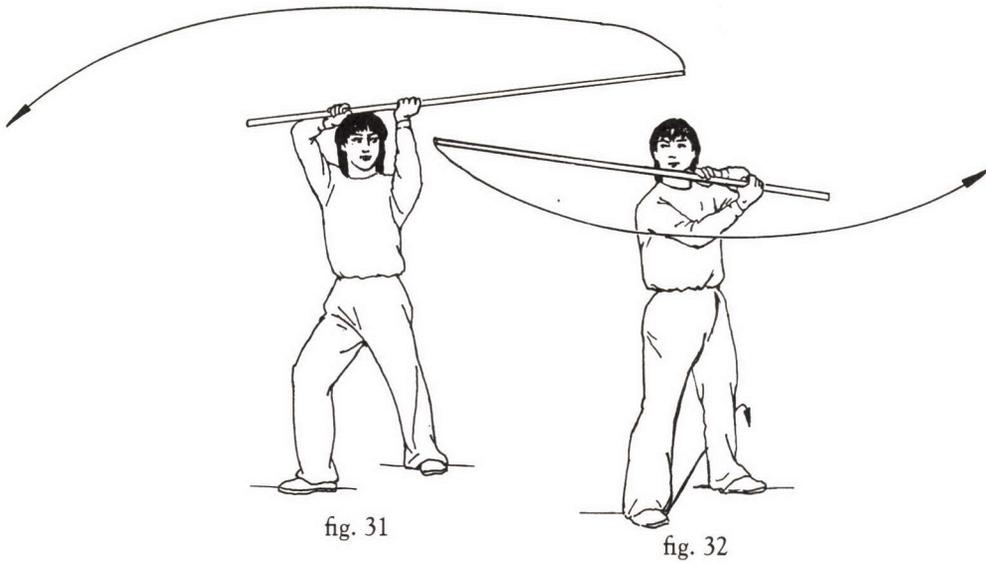
4) Continuously turn the body to the rear-left and step to the rear-right with the left foot. At the same time, both hands raise the cudgel slightly upward and cloud it leftward in a circle. (fig. 31)

5) Continuously turn the body leftward and swing the cudgel backward and rightward in half a circle. (fig. 32)

6) Turn the body to the left and step to the rear-left behind the left foot with the right foot to form a back cross-step. At the same time, parry leftward with the cudgel in both hands placing the right hand under the left armpit. Eyes look at the tip of cudgel. (fig. 33)

Form 10 Turn Body and Circle Cudgel

1) Slightly turn the body rightward and step rightward with the right foot. At the same time, both hands hold the cudgel and swing it rightward in a full circle. (fig. 34)



2) Step leftward round the right foot with the left foot as the body is turned to the rear-right. At the same time, both hands hold the cudgel and swing it horizontally rightward. (fig. 35)

3) Continuously turn the body to the rear-right and step leftward from behind the left foot with the right foot. With turning of the body, both hands hold the cudgel and swing it horizontally rightward. (fig. 36)

4) Turn the body to the right with slightly moving the weight rightward. Simultaneously swing the cudgel horizontally rightward in a full circle. (fig. 37)

5) Turn the body rightward and shift the weight mainly onto the right leg bending the right knee and straightening the left leg to form a right bow step. At the same time, opening the left hand, pull it to the inside of the right upperarm while the right hand holds the cudgel and swings it horizontally rightward. Eyes look at the tip of cudgel. (fig. 38)

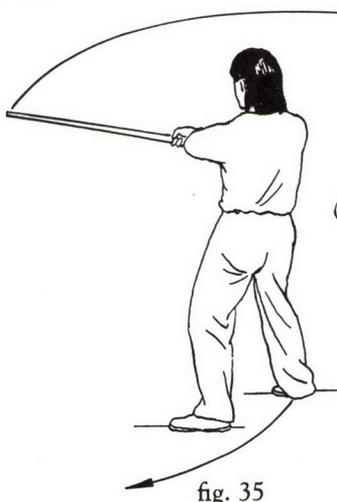


fig. 35

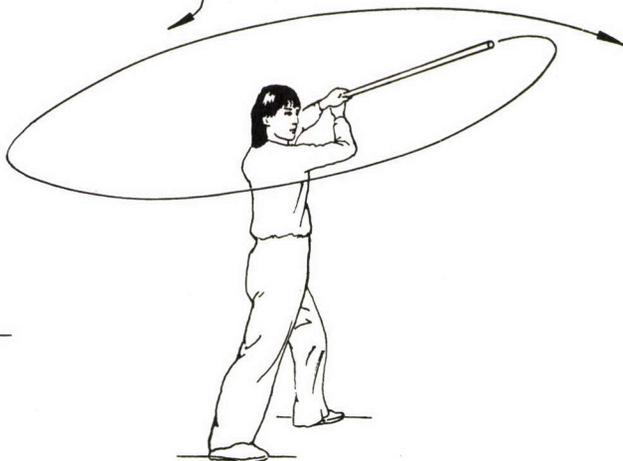


fig. 36

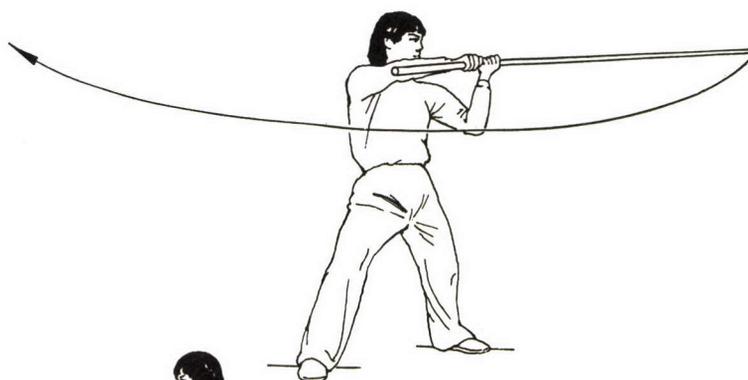


fig. 37

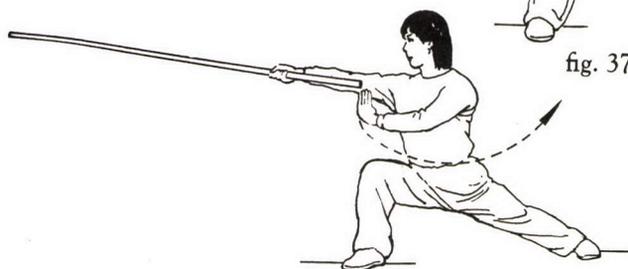


fig. 38

Form 11 Circle Horizontally with Cudgel in Butterfly

1) Shift the weight mainly onto the left leg to form a left bow step while swinging the left palm horizontally leftward. (fig. 39)

2) Turn the body slightly to the left and step forward with the right foot. At the same time, hold the cudgel in the right hand and sweep it leftward while the left hand grasps the cudgel in front of the right hand. (fig. 40)

3) Turn the body leftward and step backward and rightward with the left foot to form a back cross-step. At the same time, both hands hold the cudgel and circle it horizontally leftward. (fig. 41)

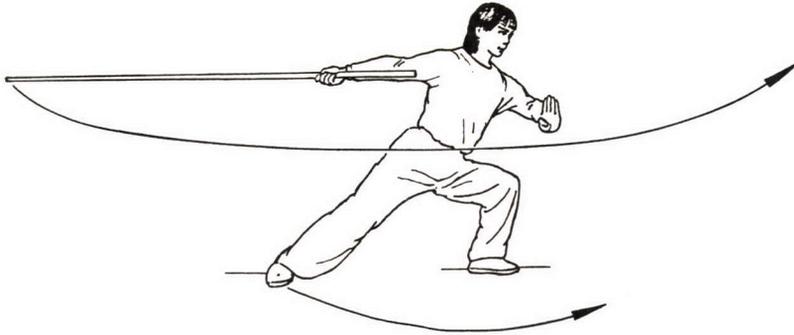


fig. 39

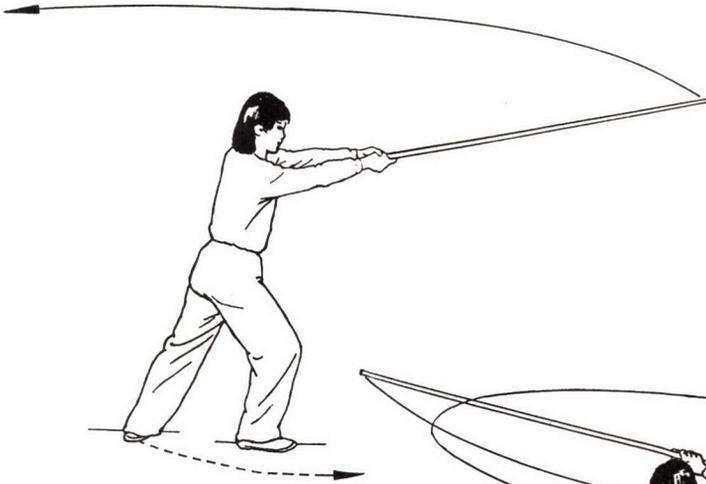


fig. 40

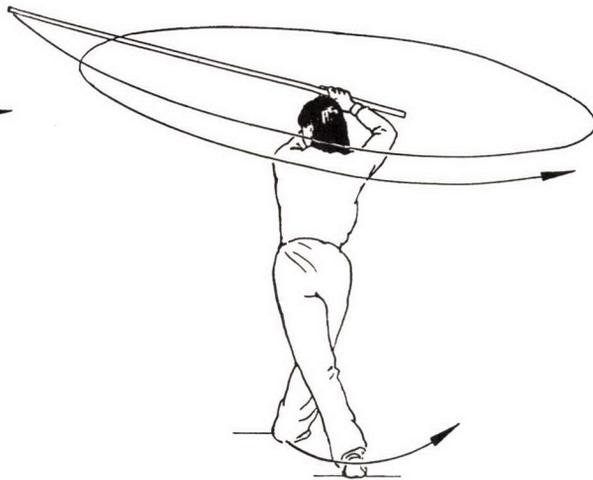


fig. 41

4) Turn the body to the rear-left and step round the left foot to the front with the right foot. At the same time, continuously swing the cudgel horizontally leftward in half and a circle. (fig. 42)

5) Continuously turn the body to the rear-left and lightly jump up with the right leg while swinging the left leg backward and upward. At the same time, circle the cudgel horizontally leftward in a full circle. (fig. 43)

6) Land the right and the left foot on the floor in succession while bending the upper body forward. At the same time, open the left hand and swing it horizontally leftward, and continuously circle the cudgel in the right hand leftward on a plane. (fig. 44)

7) Swing the upper body to the rear-left. At the same time, sway the right leg to the upper-left, and continuously sweep leftward with the cudgel in the right hand. (fig. 45)

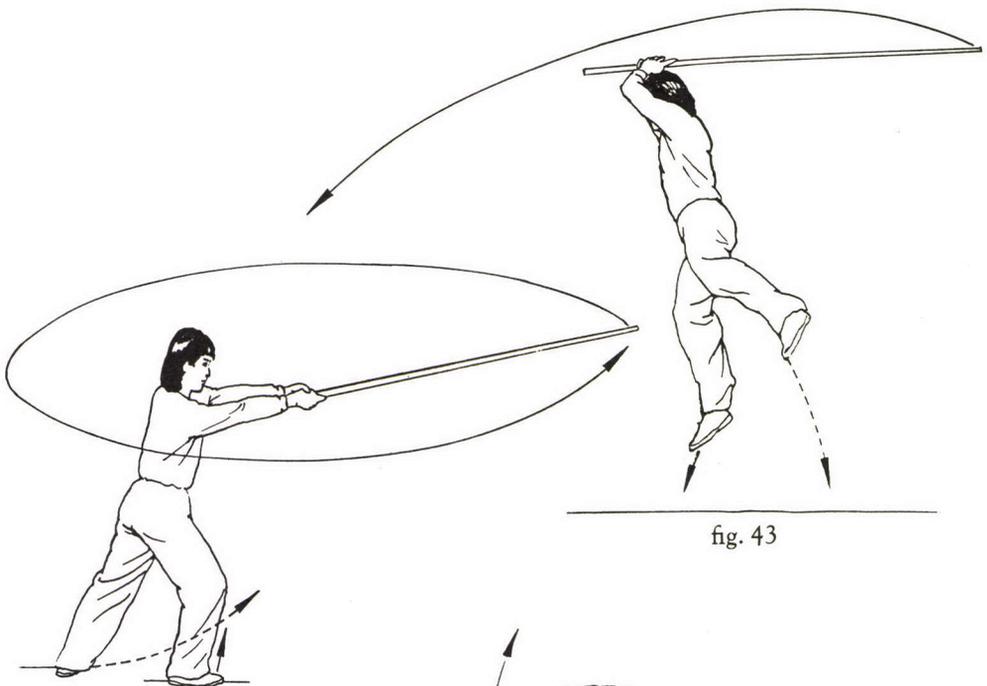


fig. 43

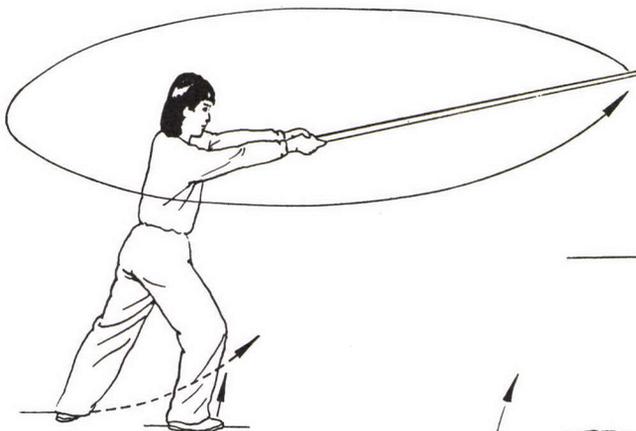


fig. 42

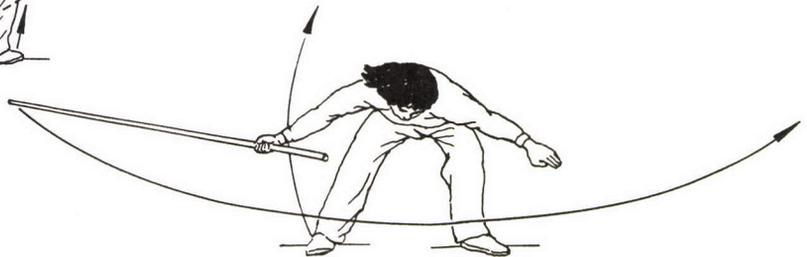


fig. 44

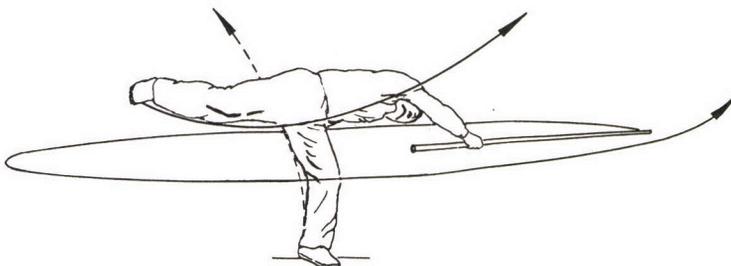


fig. 45

8) The left leg jumps up and swings upward so the body spinning for a full circle on a plane in the air. At the same time, sweep with the cudgel in the right hand in a leftward circle on a plane under the body. (fig. 46)

9) Erect the upper body and land the right and the left foot on the floor in succession. At the same time, continuously circle the cudgel leftward. Eyes look at the tip of cudgel. (fig. 47)

Form 12 End Coil in Back Cross-Step

1) Turn the body to the left moving the centre of gravity leftward. At the same time, sweep leftward with the cudgel in the right hand in a plane circle, and hold the cudgel with the left hand at the left side of body. Eyes look at the butt. (fig. 48)

2) Step forward with the right foot. (fig. 49)

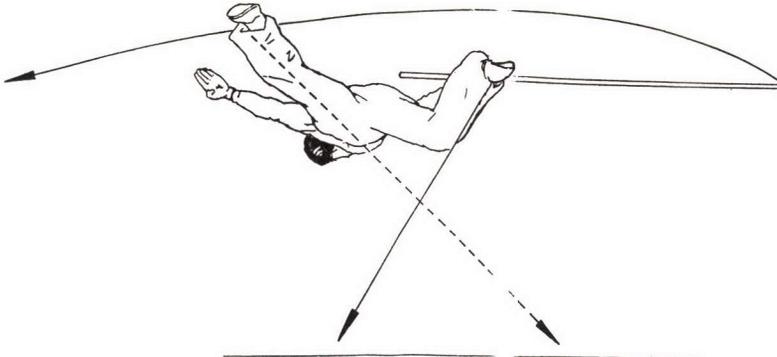


fig. 46

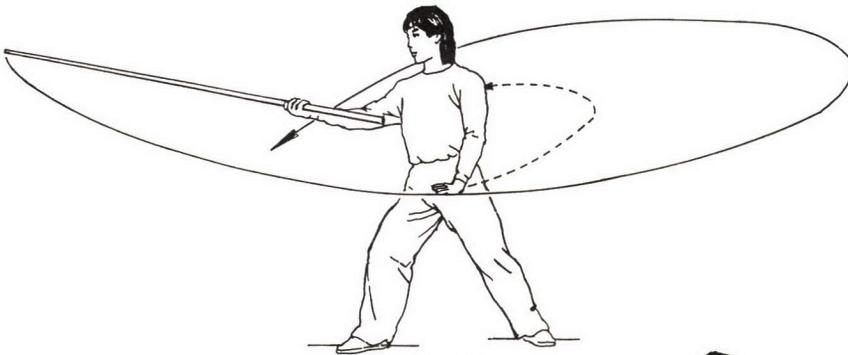


fig. 47



fig. 48

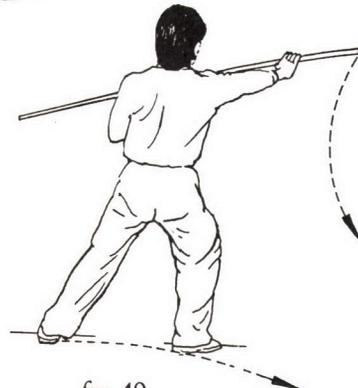


fig. 49

3) Slightly turn the body rightward and step to the rear-right with the left foot to form a back cross-step. At the same time, both hands hold the cudgel and coil it forward, downward and backward in an arc. Eyes look at the butt. (fig. 50)

4) Slightly turn the body to the left and step to the rear-right with the right foot, in the meantime, continuously coil the butt backward, upward and forward in an arc. Eyes look at the butt. (fig. 51)

5) Step rightward with the right foot as the body turns rightward. At the same time, continuously coil the butt forward and downward. Eyes look at the butt. (fig. 52)

Form 13 Thrust with End in Bow Step

Shift the weight mainly onto the right leg to form a right bow step. Simultaneously both hand hold the cudgel and thrust rightward with the end of cudgel. Eyes look at the butt. (fig. 53)

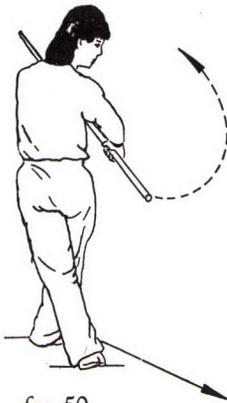


fig. 50

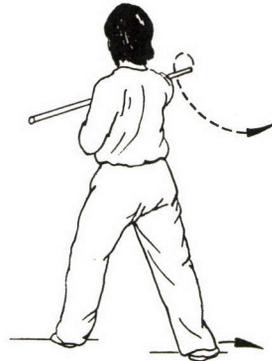


fig. 51



fig. 52

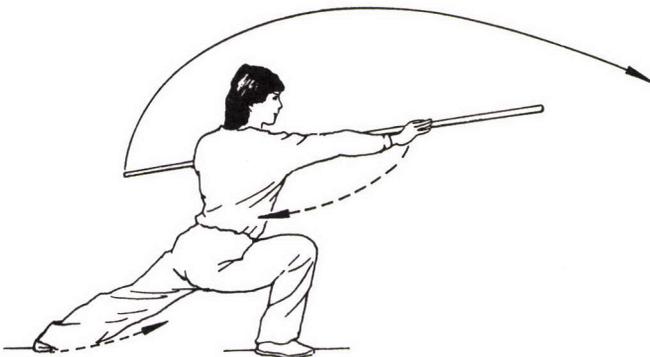


fig. 53

Form 14 Cudgel Envelopment and Thrust in Back Cross-Step

1) Step to the forward-left with the left foot to form a right bow step as the body turns to the right. Simultaneously hold the cudgel in both hands and strike it upward and forward. Eyes look at the tip of cudgel. (fig. 54)

2) Turn the body slightly to the left and step to the rear-left with the right foot to form a back cross-step. At the same time, parry leftward and downward with the cudgel. Eyes look at the tip of cudgel. (fig. 55)

3) Slightly turn the body rightward and step to the forward-left with the left foot. At the same time, coil the cudgel in a forward arc and press it slightly downward. Eyes look at the tip of cudgel. (fig. 56)

4) Shift the weight mainly onto the left leg to form a left bow step. At the same time, the right hand pushes the butt forward and the left hand slides to in front of the right hand so the cudgel thrusts to the front. Eyes look at the tip of cudgel. (fig. 57)



fig. 54

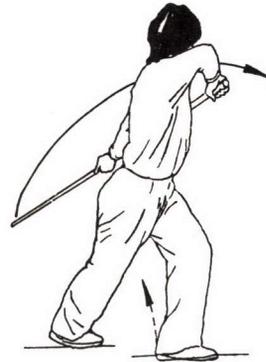


fig. 55

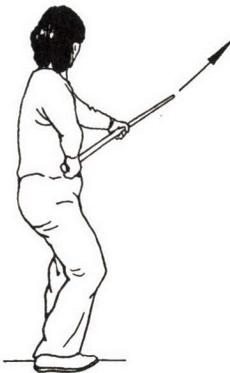


fig. 56



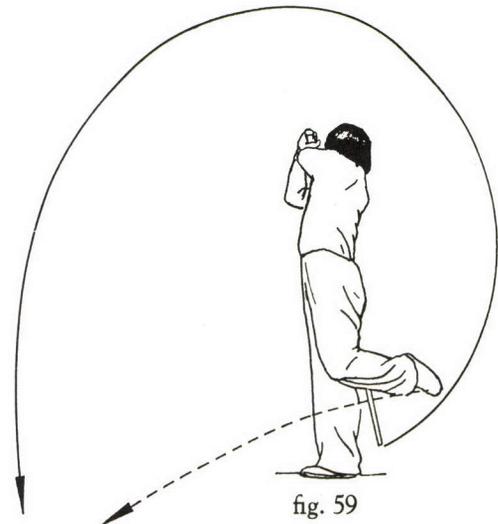
fig. 57

Form 15 Point with Cudgel in Jumping Step, and Swing Cudgel Downward and Slam on Ground in Crouch Step

1) Extend the left leg upward with shifting the centre of gravity onto the left foot and raise the right leg with knee bent. At the same time, the right hand raises the butt upward and the left hand slides slightly to the middle part of cudgel so that the tip part of cudgel is parried downward. Eyes look at the tip of cudgel. (fig. 58)

2) The left leg jumps up with arching the foot backward and upward and landing the right foot on the floor. At the same time, the cudgel in both hands describes an upward, rightward and downward arc and beats on the floor at the right side. Eyes look at the tip of cudgel. (fig. 59)

3) Drop the left foot to the left and bend the right knee into a full-squatting position to form a left crouch step. At the same time, swing the cudgel upward, leftward and downward and slam it on the ground. Eyes look at the tip of cudgel. (fig. 60)



Form 16 Tilt Cudgel in Side Bow Step

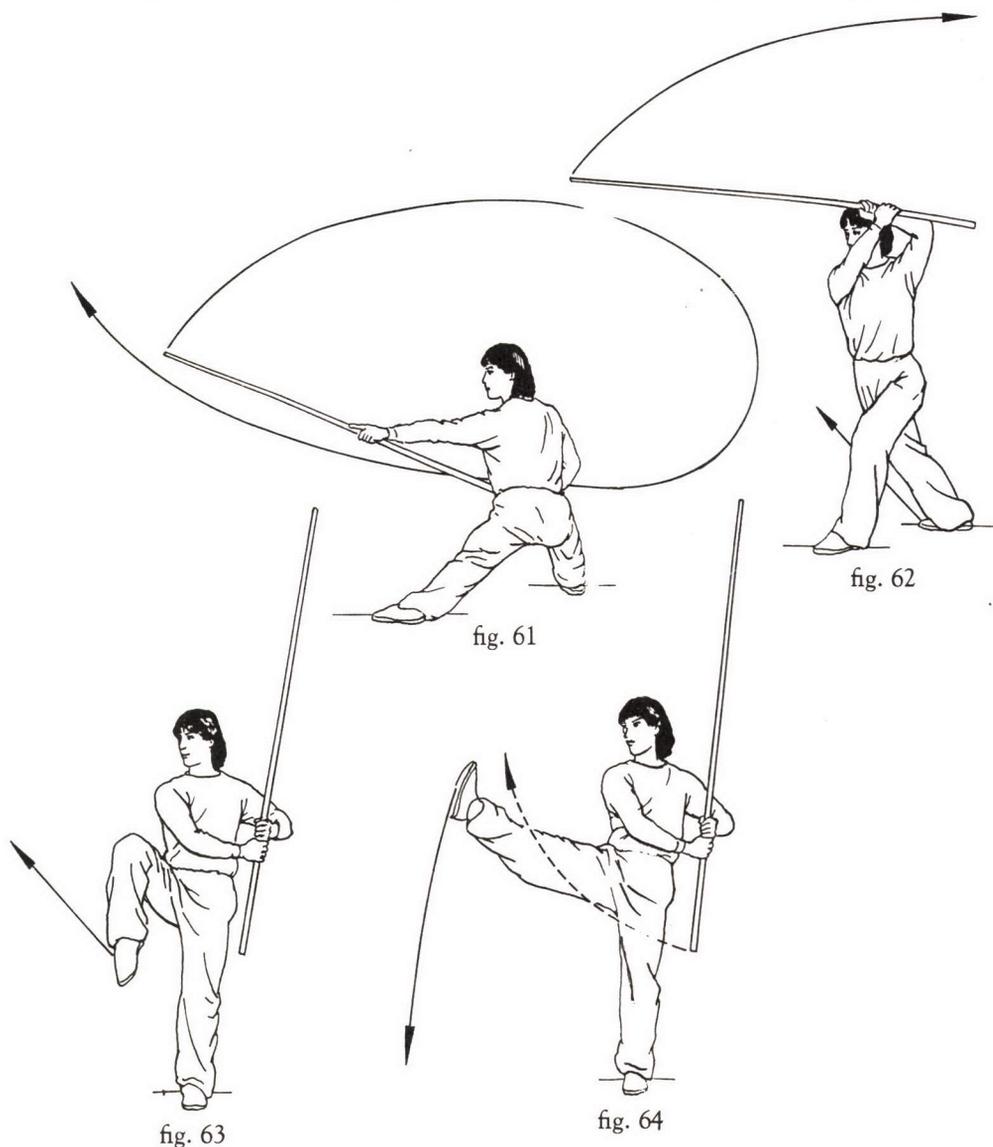
Raise the body and slightly turn to the right. Simultaneously the right hand draws the butt backward and presses it downward while sliding the left hand to the middle part of cudgel so that the tip of cudgel is tilted upward. Eyes look at the tip of cudgel. (fig. 61)

Form 17 Raise and Uppercut with Cudgel, and Kick with Heel

1) Shift the weight mainly onto the left leg and straightening the right leg to form a left bow step as the body turns to the left. At the same time, uppercut with the cudgel upward, rightward, downward and forward past the right side of the body in a vertical circle. Eyes look at the tip of cudgel. (fig. 62)

2) Extend the left leg upward and lift the right leg with knee bent. At the same time, hold the cudgel in both hands and swing it upward. Eyes look rightward. (fig. 63)

3) Kick rightward with the right heel. Eyes look at the right foot. (fig. 64)



Form 18 Thrust with End in Bow Step

1) Drop the right foot rightward to form a semi-horse-riding step. At the same time, slide the left hand leftward to the middle part of cudgel and move the right hand to in front of the right side of the chest. Eyes look at the tip of cudgel. (fig. 65)

2) Move the centre of gravity rightward and straighten the left leg to form a right bow step. Simultaneously thrust rightward with the butt. Eyes look at the butt. (fig. 66)

Form 19 Circle Trunk and Sweep with Cudgel

1) Turn the body rightward and step backward with the right foot. Simultaneously both hands hold the cudgel in front of the chest. (fig. 67)

2) Continuously turn the body to the right with the centre of gravity moving between feet. Simultaneously open the left hand and sweep with the cudgel in the right hand in a rightward circle on a plane. Eyes look at the tip of cudgel. (fig. 68)

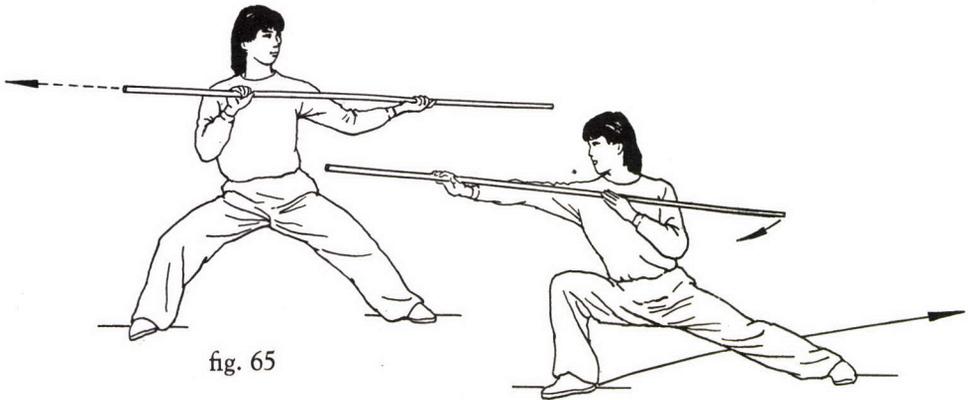


fig. 65

fig. 66

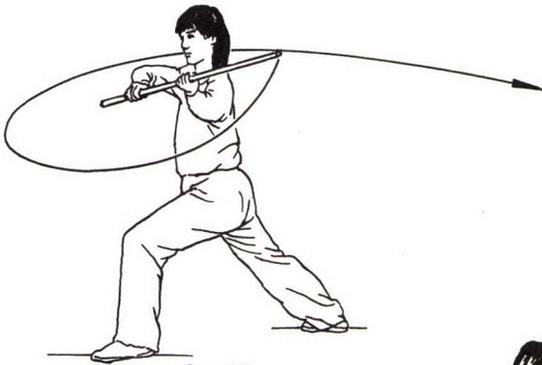


fig. 67

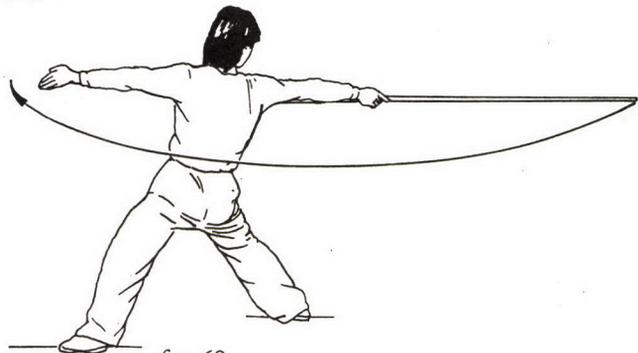


fig. 68

3) Bend the upper body backward while sweeping with the cudgel on a plane over the chest. Eyes look upward. (fig. 69)

4) Turn the body slightly to the left. Simultaneously hold the cudgel in the right hand and swing the butt backward and leftward on a plane until the top part of cudgel is placed under the right armpit. (fig. 70)

5) Turn the body to the right, meanwhile the right hand holds the end part of cudgel and swings it horizontally rightward so the cudgel touches the back. Eyes look at the butt. (fig. 71)

Form 20 Lift Knee and Back Cudgel

Shift the centre of gravity onto the right leg and lift the left leg with the knee bent and toes pointed. At the same time, the right hand presses the butt slightly downward so the tip of cudgel moving upward over the left shoulder while bending the left elbow and clenching the left hand. Eyes look leftward. (fig. 72)

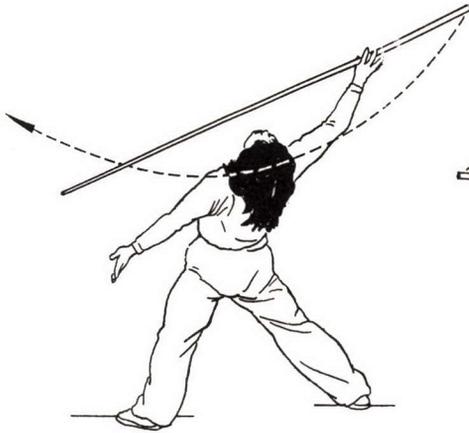


fig. 69

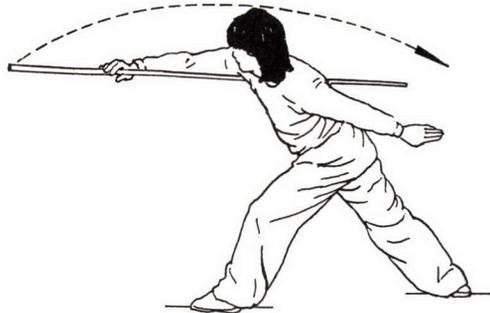


fig. 70

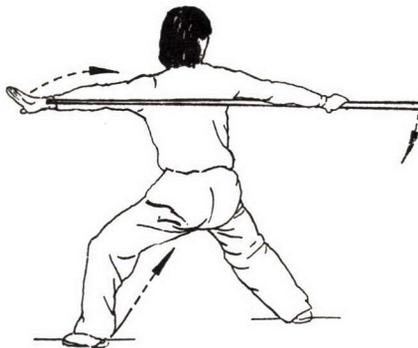
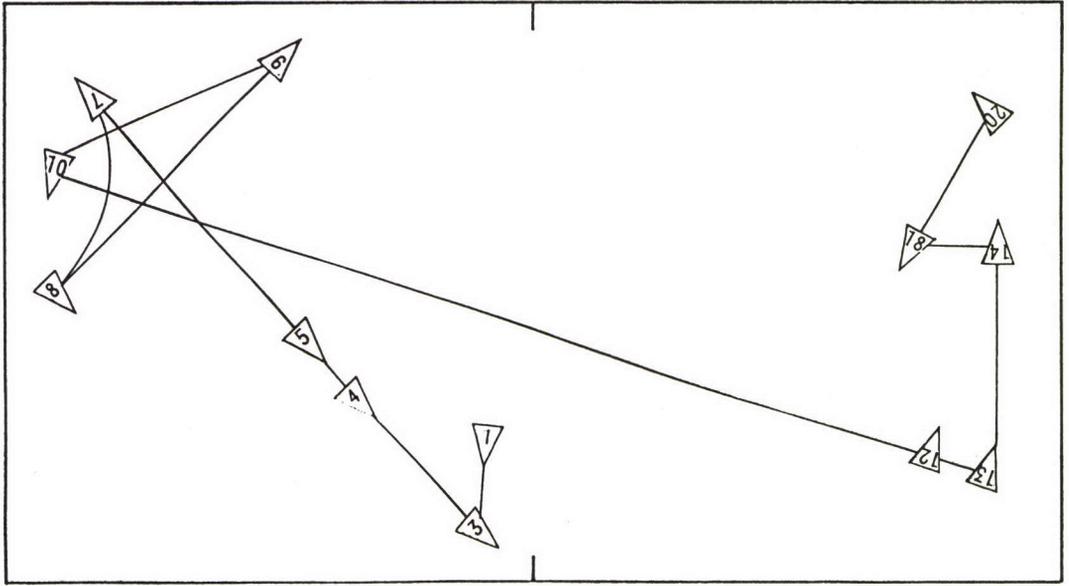


fig. 71



fig. 72



Layout of Movements in Section I

Section II

Form 21 Figure-8 in Place

1) Turn the body to the right and drop the left foot to the left. At the same time, the butt in the right hand describes a downward arc, and the left hand swings downward, rightward and upward past the front of the abdomen. Eyes look at the left palm. (fig. 73)

2) Turn the body to the left shifting the centre of gravity between both feet. At the same time, swing the left palm upward and leftward, and the right hand upward and rightward. Eyes look at the left palm. (fig. 74)



fig. 73

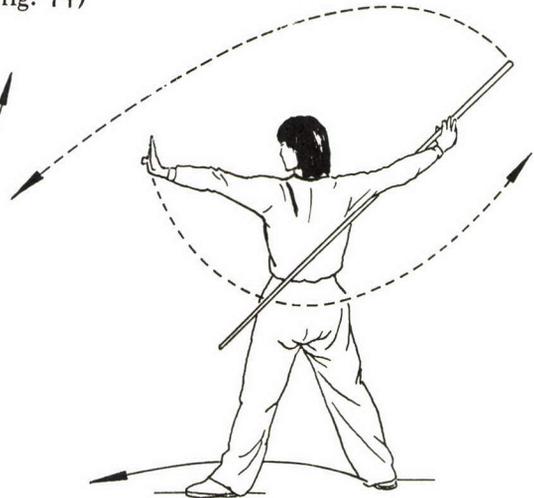


fig. 74

3) Turn the body to the rear-left and step forward with the right foot. At the same time, swing the left hand downward, backward and upward, and cover the butt in the right hand upward and forward. (fig. 75)

4) Continuously swing the butt downward, leftward and upward past the front of legs in a vertical circle while moving the left hand to in front of the chest to hold the cudgel. (fig. 76)

5) The right hand presses the butt rightward and downward while changing the left hand to grasp the cudgel so the tip of cudgel swings leftward and upward. (fig. 77)

6) Turn the body slightly to the right, continuously arch the tip forward and downward, and the butt backward and upward. (fig. 78)

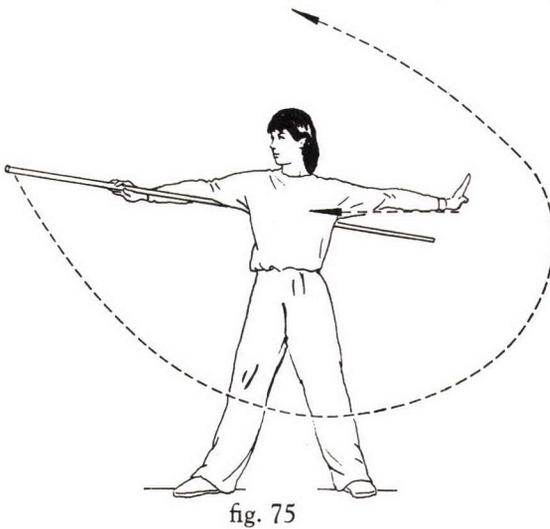


fig. 75

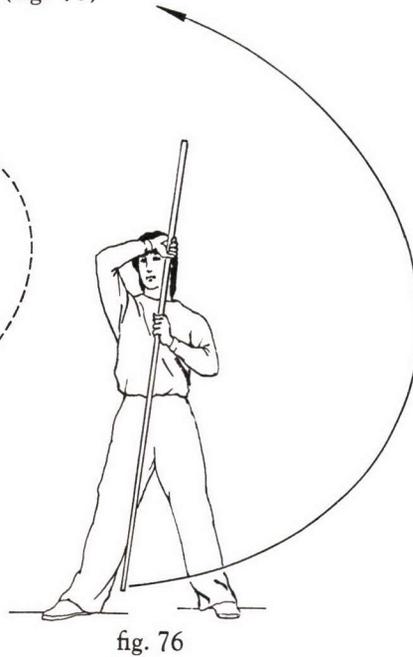


fig. 76

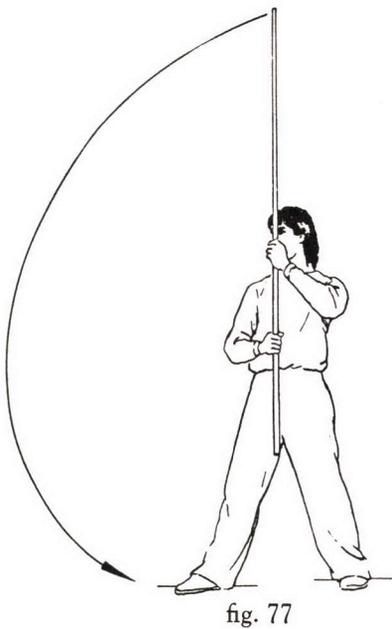


fig. 77



fig. 78

7) Continuously raise the left hand and pull the right hand so that the tip curves backward and upward past the outside of the right shank. (fig. 79)

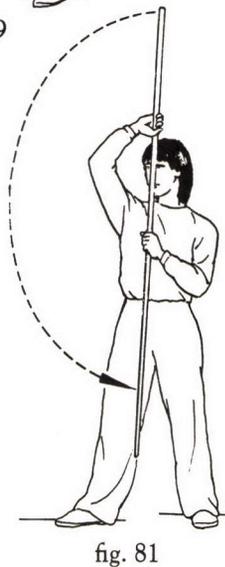
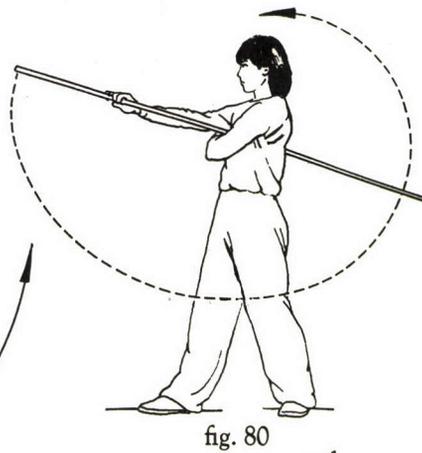
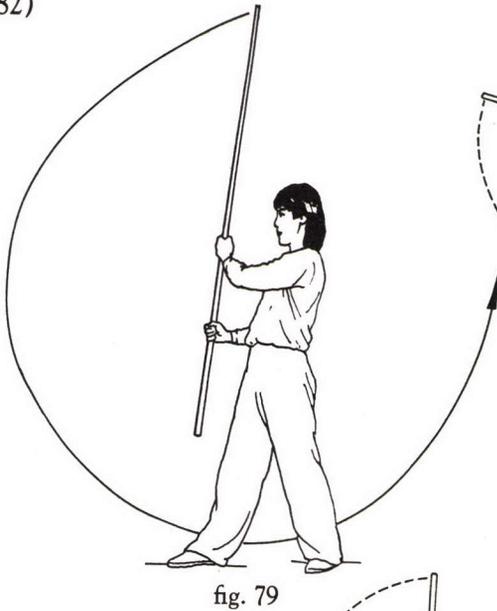
8) Turn the body slightly to the left, meanwhile the left hand pulls downward and the right hand raises upward so that the tip moves downward, backward and upward past the outside of the right shank until the middle part of cudgel being under the right armpit. (fig. 80)

9) Turn the body slightly to the left, in the meantime, continuously curve the butt downward past the front of legs, then backward and upward so the cudgel being in front of body while changing the left hand to grasp the cudgel. (fig. 81)

**It is once figure-8 from fig. 76 to fig. 81. Please, repeat the figure-8 four times.

Form 22 Beat Step and Whirlwind Kick

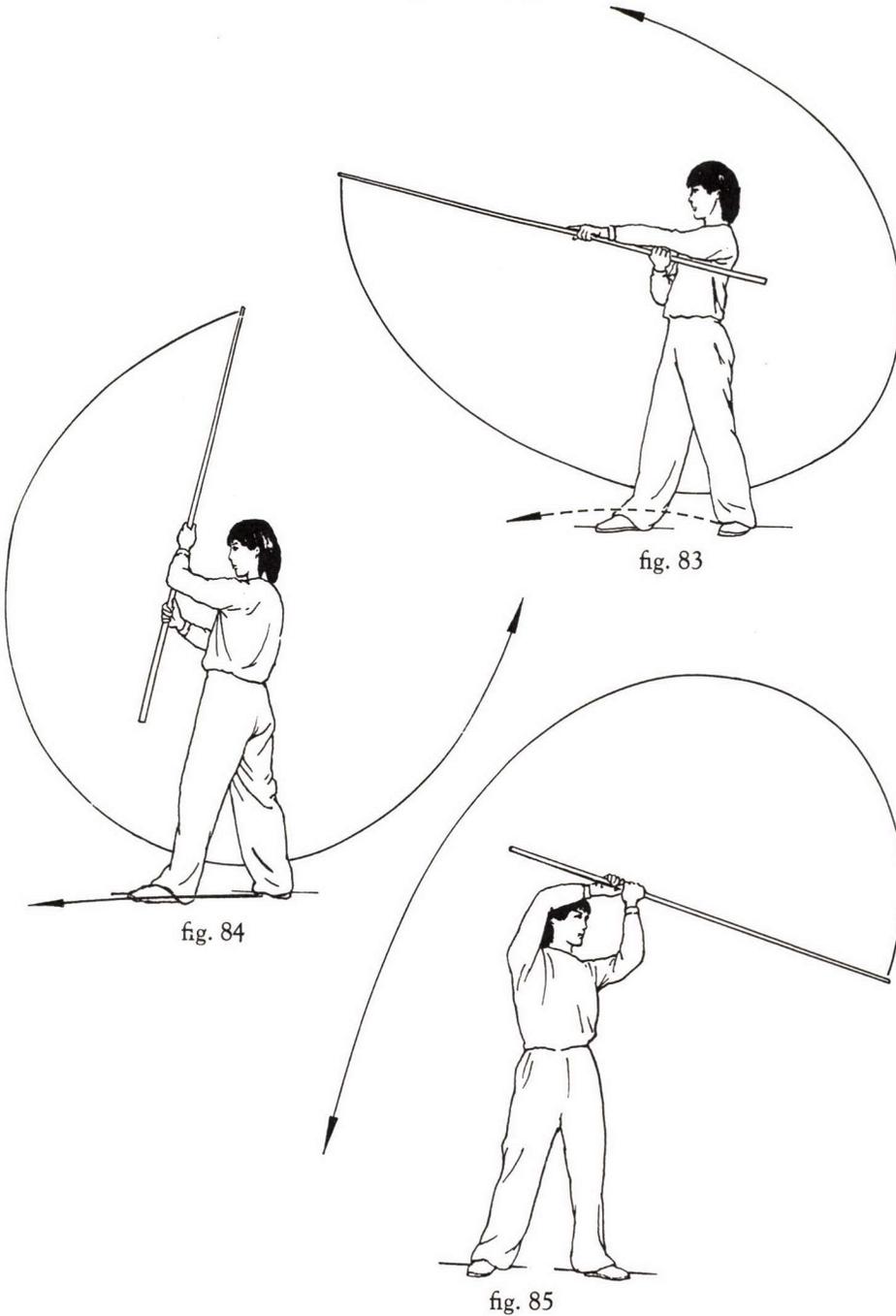
1) Turn the body slightly to the right, in the meantime swing the butt in the right hand forward and downward while changing the direction of the left hand holding cudgel. (fig. 82)



2) Turn the body slightly to the right while swinging the tip of cudgel forward and downward. (fig. 83)

3) Continuously turn the body slightly rightward and step forward with the left foot. At the same time, circle and swing the tip of cudgel downward, backward and upward past the outside of the right shank. (fig. 84)

4) Turn the body to the rear-right and step to the front from behind the left foot with the right foot. At the same time, raise the cudgel with both hands so that the tip of cudgel arches downward, leftward and upward. (fig. 85)



5) Turn the body slightly to the right. Simultaneously rotate both hands so that the tip of cudgel moves upward, forward and downward in a vertical arc. (fig. 86)

6) Open the left hand and move it to the left while circling the tip of cudgel vertically downward, backward and upward. Eyes look at the tip of cudgel. (fig. 87)

7) Turn the body to the rear-right and step to the front with the left foot. At the same time, swing the cudgel in the right hand downward, backward and upward so the cudgel is against the back while pulling the left hand inward in front of the chest. (fig. 88)

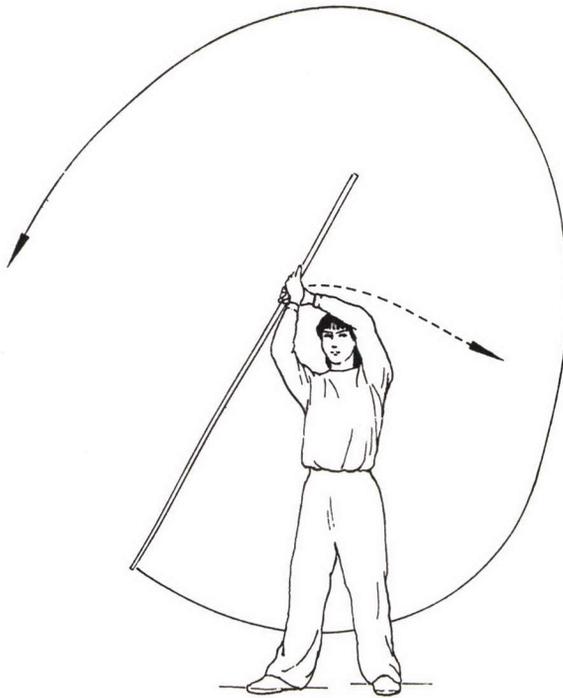


fig. 86

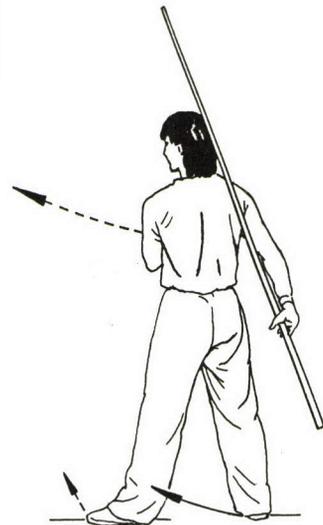


fig. 88

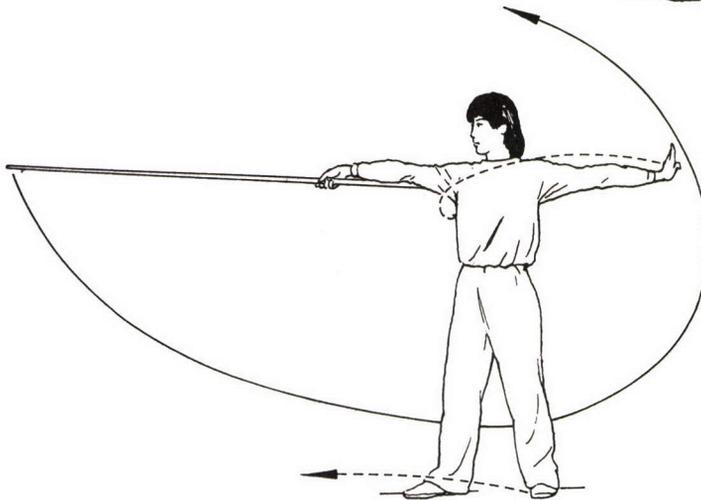


fig. 87

8) Jump up with the left leg and kick it with the right foot in flight. At the same time, the left palm pushes leftward. Eyes look at the left palm. (fig. 89)

9) The right and left foot land on the floor in succession. (fig. 90)

10) Turn the body to the left and step forward with the right foot rotating its toes inward. At the same time, swing the butt in the right hand upward and downward. (fig. 91)

11) Twist the upper body to the upper-left and extend the right leg upward with the left leg swinging upward and leftward. At the same time, sway the left arm to the upper-left while swinging the cudgel in the right hand downward past the front of legs and then to the upper-left. (fig. 92)

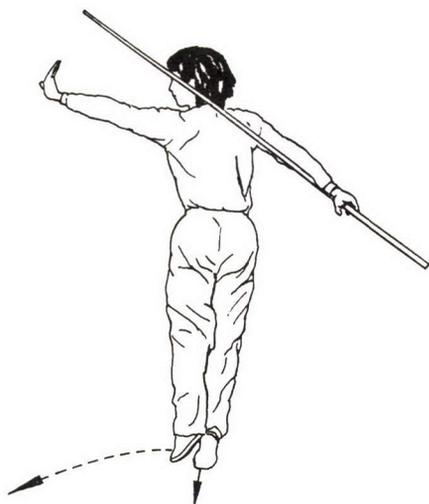


fig. 89



fig. 90

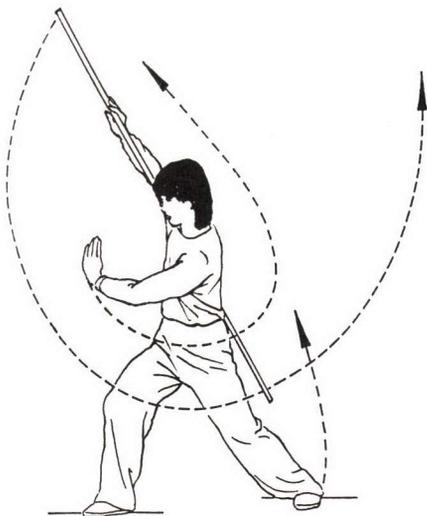


fig. 91

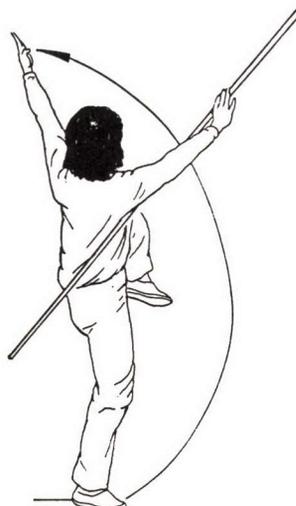


fig. 92

12) Jump up with the right leg and turn the body continuously leftward in flight. At the same time, kick the right foot upward and leftward in an arc to the forward-left of the face where the left hand slaps the ball of the right foot. (fig. 93)

13) Continuously turn the body to the left in the air, then land both feet on the floor simultaneously. (fig. 94)

Form 23 Turn Body and Sweep with Cudgel

1) Turn the body to the left and step backward with the left foot. At the same time, the right hand swings the butt horizontally leftward while moving the left hand to under the right armpit to hold the cudgel. (fig. 95)



fig. 93

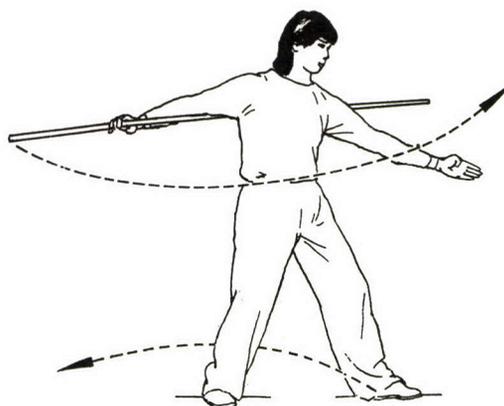


fig. 94

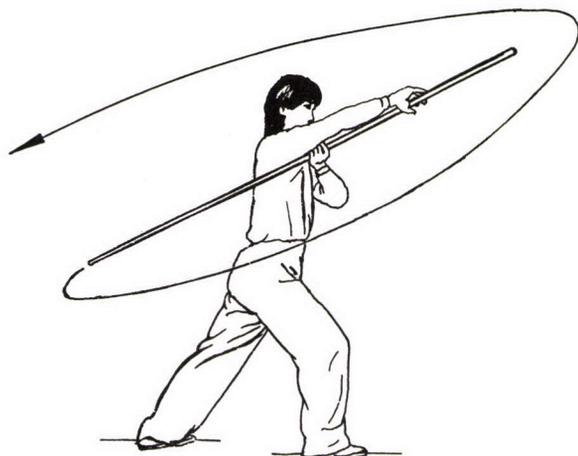


fig. 95

2) Continuously turn the body to the left and shift the weight onto the left leg. At the same time, both hands hold the cudgel and sweep it leftward in a plane circle. (fig. 96)

3) Continuously turn the body to the left step to the front with the right foot. Simultaneously sweep leftward with the cudgel in both hands in a plane circle. (fig. 97)

4) Continuously turn the body to the left and step leftward with the left foot. Simultaneously circle the cudgel horizontally leftward. (fig. 98)

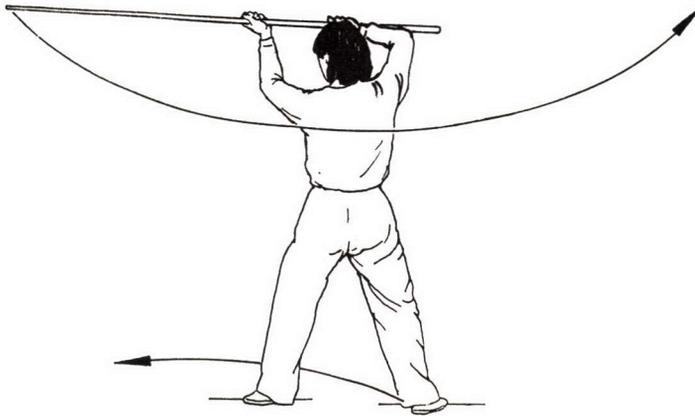


fig. 96

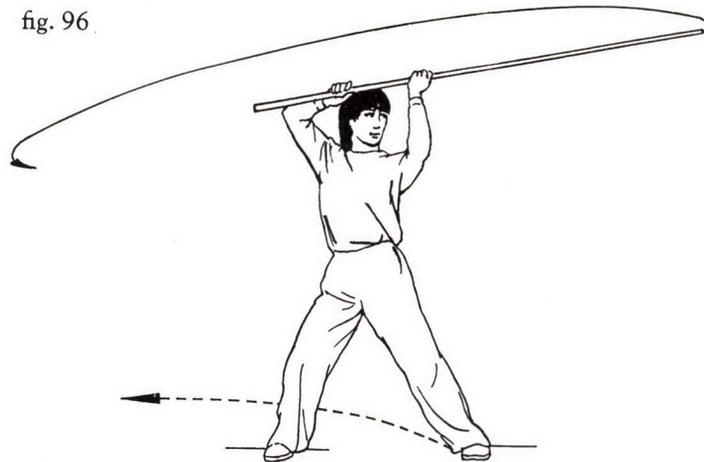


fig. 97

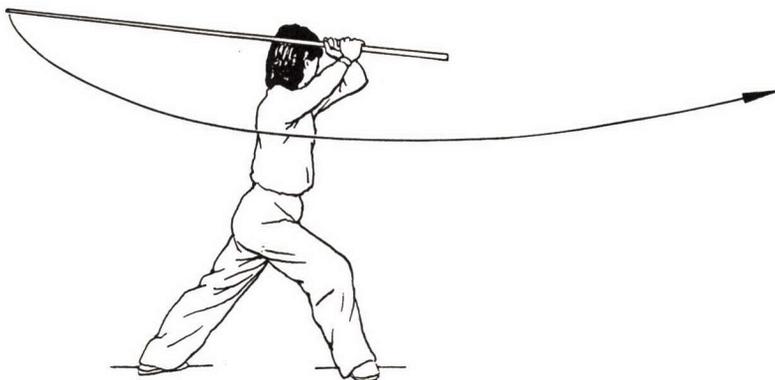


fig. 98

Form 24 Hold Cudgel in Cross-Legged Sitting Step

1) Turn the body to the left and shift the weight onto the left leg. With turning of the body, circle the cudgel horizontally leftward. (fig. 99)

2) Turn the body to the left serving the left foot as an axis while sliding the toes of right foot on the floor round the left foot. At the same time, parry with the cudgel horizontally leftward with the left hand sliding to the middle part of cudgel until it is touched the front of abdomen. (fig. 100)

3) Continuously turn the body to the left lowering the centre of gravity downward, bending knees and crossing legs to form a cross-legged sitting step. With turning of the body, both hands hold the cudgel in front of the chest. Eyes look forward-left. (fig. 101)

Form 25 Turn Body and Sweep with Cudgel

1) Raise the body and turn to the right, meanwhile step to the right with the right foot. At the same time, the left hand slides along the shaft to in front of the right hand, shouldering the cudgel on the left shoulder. (fig. 102)

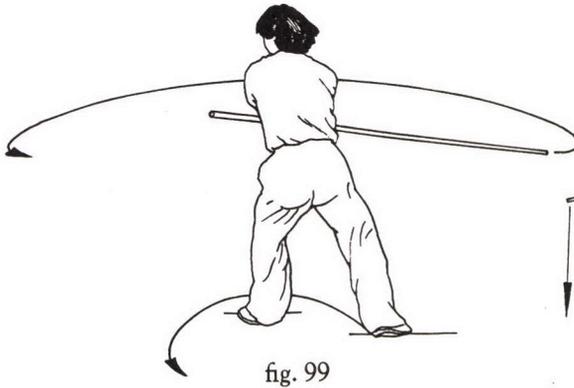


fig. 99



fig. 100

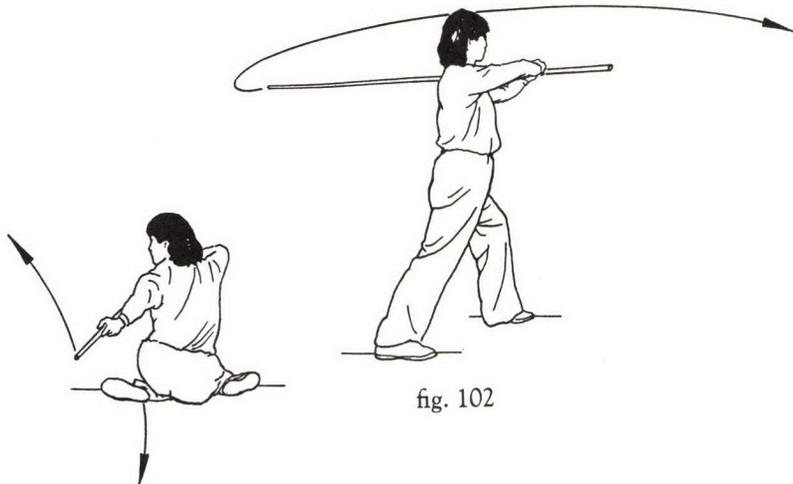


fig. 101



fig. 102

2) Move the weight leftward, in the meantime hold the cudgel in both hands and swing it horizontally rightward. (fig. 103)

3) Shift the centre of gravity onto between both feet. Continuously swing the cudgel rightward in a plane circle. (fig. 104)

4) Move the centre of gravity rightward while opening the left hand and pulling it to in front of the right shoulder. At the same time, sweep the cudgel in the right hand in a full circle until it is against the back. (fig. 105)

5) The left palm pushes to the left and eyes look leftward. (fig. 106)

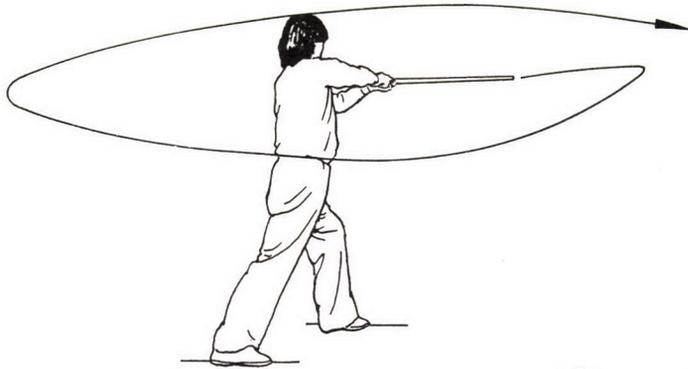


fig. 103

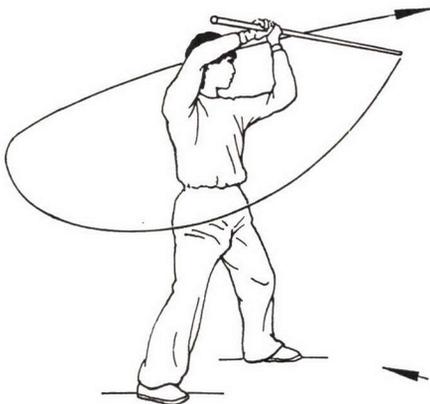


fig. 104

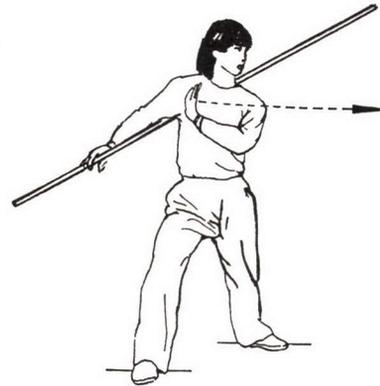


fig. 105



fig. 106

Form 26 Step Forward and Uppercut with Cudgel

1) Step to the forward-right with the left foot rotating toes outward. Simultaneously the right hand swings the end of cudgel in a forward, upward and leftward arc, and the left hand holds the middle part of cudgel in front of the body. (fig. 107)

2) Step to the forward-left in a curve with the right foot. Simultaneously both hands raise the cudgel upward over the head. (fig. 108)

3) Turn the body slightly to the left, in the meantime, open the left hand and uppercut with the cudgel in the right hand in a downward, rightward, forward and upward arc. Eyes look at the tip of cudgel. (fig. 109)



fig. 107

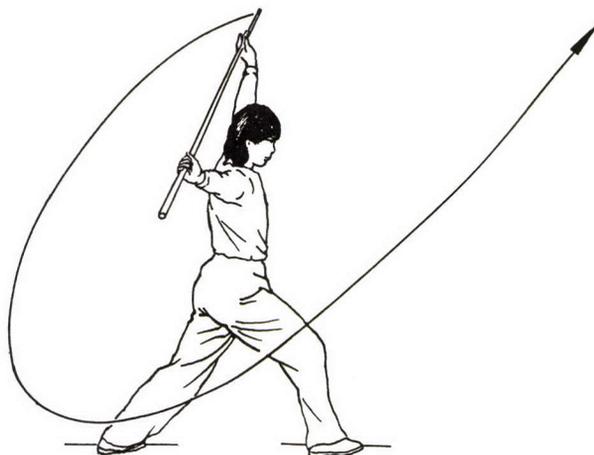


fig. 108



fig. 109

Form 27 Downward Strike Cudgel in Semi-Horse-Riding Step

1) Continuously swing the cudgel backward and downward, while the left hand holds the cudgel in front of the right hand. (fig. 110)

2) Turn the body about 180 degrees to the right while leaping slightly upward and changing both feet position to form a semi-horse-riding step. At the same time, strike with the cudgel in both hands in an upward, forward and downward arc while sliding the left hand slightly to the middle part of cudgel and putting the butt under the right armpit. Eyes look at the tip of cudgel. (fig. 111)



fig. 110



fig. 111

Form 28 Cloud and Parry with Cudgel in Bow Step

- 1) Both hands hold the cudgel up to head level. (fig. 112)
- 2) Cloud and parry with the cudgel in both hands backward and rightward. (fig. 113)
- 3) Turn the body to the left shifting the weight mainly onto the left leg and straightening the right leg to form a left bow step. At the same time, cloud and strike with the cudgel leftward, placing the butt under the left armpit. Eyes look at the tip of cudgel. (fig. 114)



fig. 112

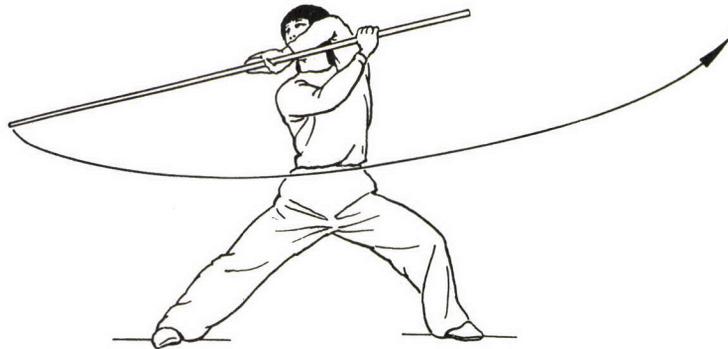


fig. 113



fig. 114

Form 29 Thrust with End in Back Cross-Legged Balance

1) Turn the body slightly to the right. Simultaneously cloud and parry rightward with the cudgel in both hands. Eyes look rightward. (fig. 115)

2) Slightly turn the body to the right with the centre of gravity moving between feet. Continuously cloud and parry backward and leftward with the cudgel. Eyes look at the tip of cudgel. (fig. 116)

3) Shift the centre of gravity onto the right leg with the knee bent into a half-squatting position and raise the left leg with the knee bent and the back of left foot touched the back of right knee to form a back cross-legged balance. At the same time, hold the cudgel in both hands and thrust with the butt to the right. Eyes look at the butt. (fig. 117)

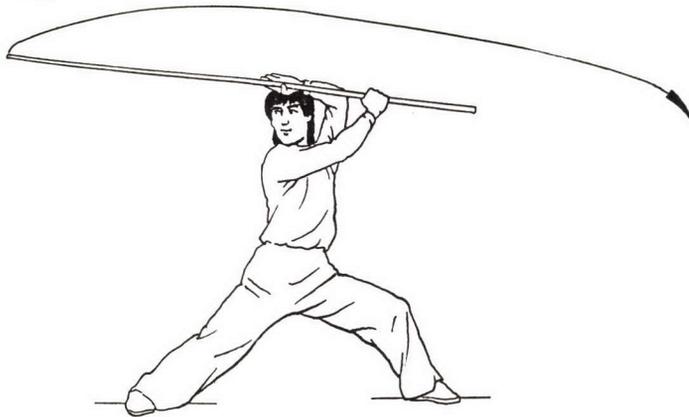


fig. 115

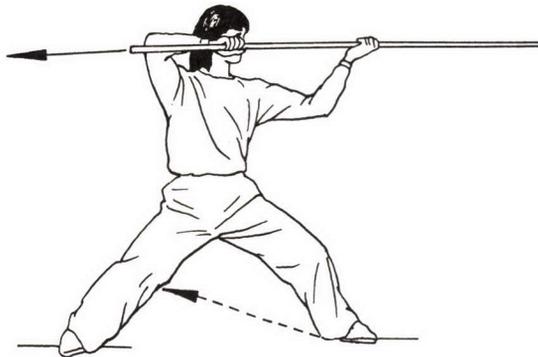
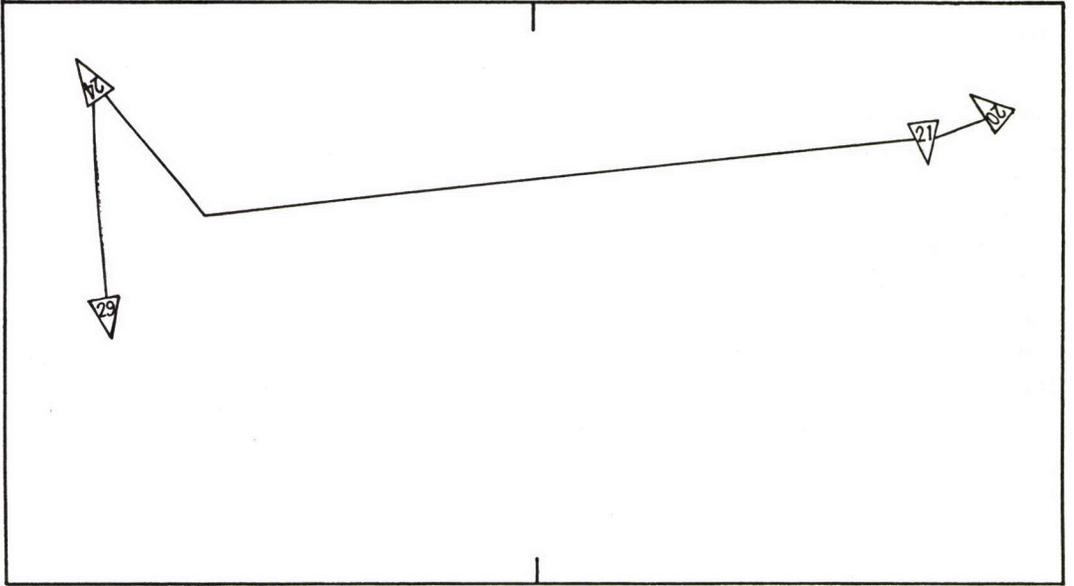


fig. 116



fig. 117



Layout of Movements in Section II

Section III

Form 30 Cudgel Envelopment in Back Cross-Step

1) Turn the body to the right and drop the left foot to the left to form a right bow step. At the same time, the right hand draws the end part of cudgel to the right flank and the left hand pushes the top part of cudgel so that the tip of cudgel slices upward, rightward and forward. Eyes look at the tip of cudgel. (fig. 118)

2) Turn the body slightly to the left and step to the rear-left behind the left foot with the right foot to form a back cross-step. Simultaneously hold the cudgel in both hands and parry with it leftward and downward. Eyes look at the tip of cudgel. (fig. 119)



fig. 118



fig. 119

3) Step to the forward-left with the left foot. At the same time, the right hand presses the butt slightly forward and downward and the left hand rotates inward so that the tip of cudgel is moved clockwise in a circle. Eyes look at the tip of cudgel. (fig. 120)

Form 31 Poke Cudgel in Back Cross-Step

Turn the body slightly to the left and step to the rear-left with the right foot. At the same time, the right hand pushes the butt and the left hand slides to in front of the right hand so that the cudgel thrusts to the lower-front. Eyes look at the tip of cudgel. (fig. 121)

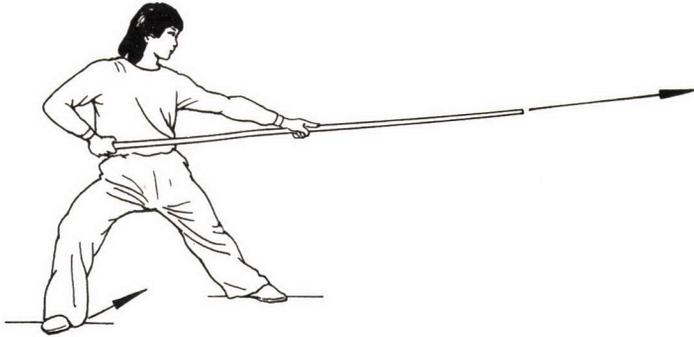


fig. 120

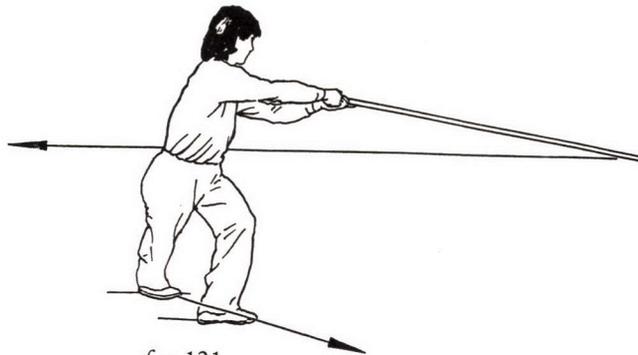


fig. 121

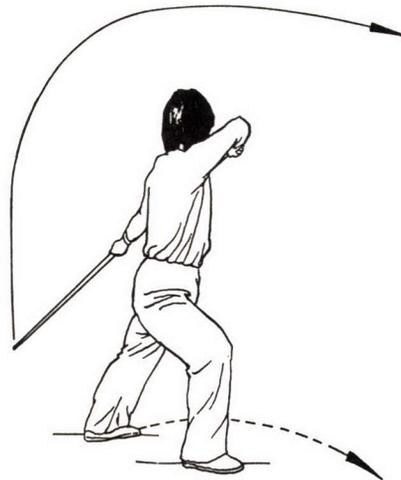


fig. 122

Form 32 Figure-8, Jump, Swing Cudgel and Slam on Ground in Crouch Step

1) Step forward-right with the right foot, bending the right knee and straightening the left leg to form a right bow step. At the same time, the right hand pulls the butt to in front of the right side of the chest, and the left hand slides to the middle part of cudgel and lowers to beside the left hip so that the tip of cudgel parries leftward and downward. Eyes look at the tip of cudgel. (fig. 122)

2) Turn the body to the right and step forward with the left foot. At the same time, swing the cudgel upward and forward with sliding the left hand slightly to the right hand. (fig. 123)

3) Jump up with the left leg, opening the chest and protruding the belly, and bending both knees backward. Simultaneously swing the cudgel downward and backward past the right side of body while raising both hands over head. Eyes look forward. (fig. 124)

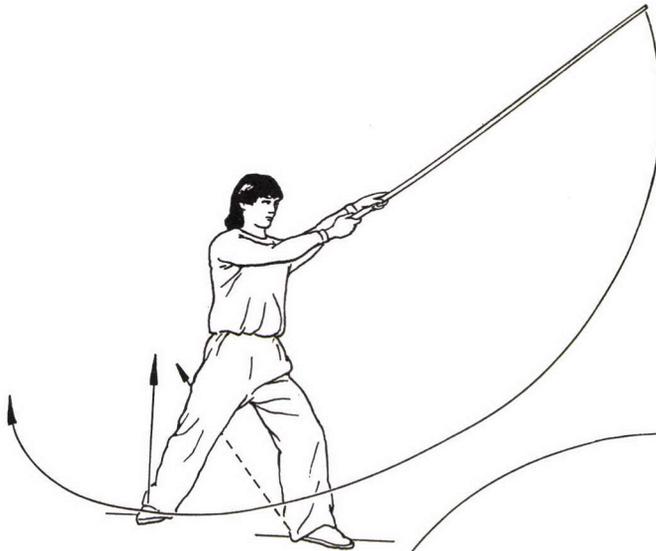


fig. 123

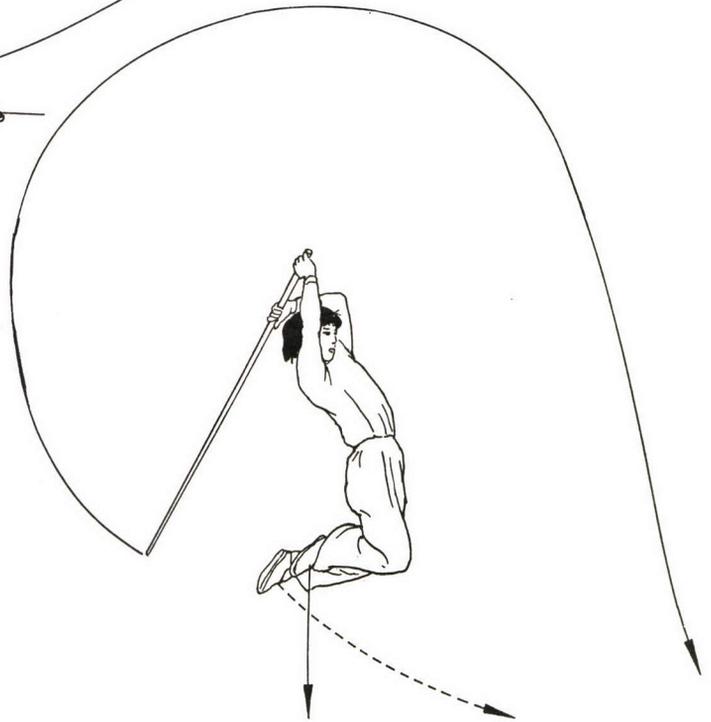


fig. 124

4) Land both feet on the floor to form a left crouch step. Simultaneously swing the cudgel upward, forward and downward and slam it on the floor at the inside of the left leg. Eyes look at the left hand. (fig. 125)

Form 33 Sweep with Cudgel in Bow Step

1) Raise the body up, in the meantime the right hand pulls the butt to the upper-right and the left hand slides to the top part of cudgel. (fig. 126)

2) Turn the body to the right and step backward with the right foot to form a left bow step. At the same time, parry with the cudgel rightward, forward and downward while sliding the left hand to in front of the right hand. Eyes look at the tip of cudgel. (fig. 127)

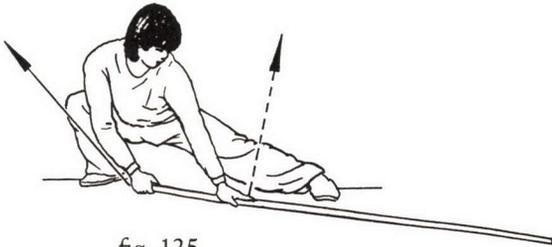


fig. 125



fig. 126

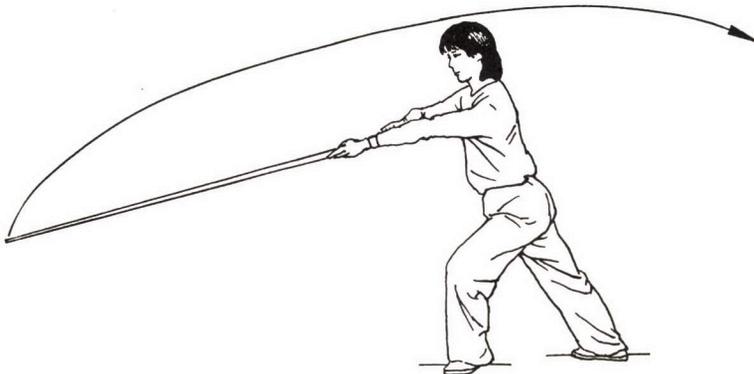


fig. 127

3) Step backward with the left foot while bending the upper body backward. At the same time, horizontally circle the cudgel in both hands rightward and backward. (fig. 128)

4) Continuously circle and sweep with the cudgel leftward, forward and downward, the tip of cudgel beating the floor and springing up to the upper-right. (fig. 129)

Form 34 Turn Body and Point Cudgel in Jumping Step

1) Turn the body to the left, simultaneously parry with the cudgel horizontally leftward while sliding the left hand slightly to the middle part of cudgel. (fig. 130)

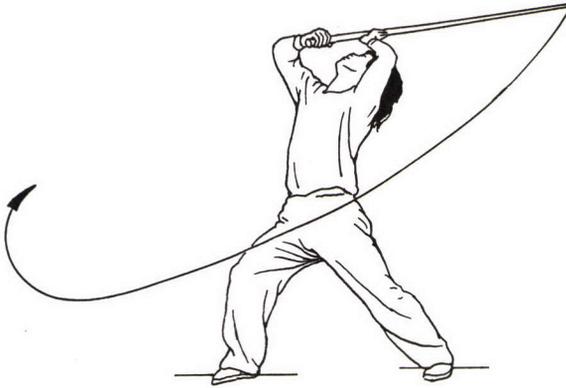


fig. 128

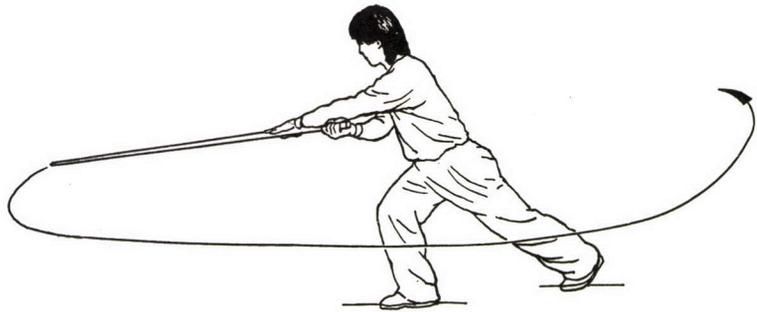


fig. 129

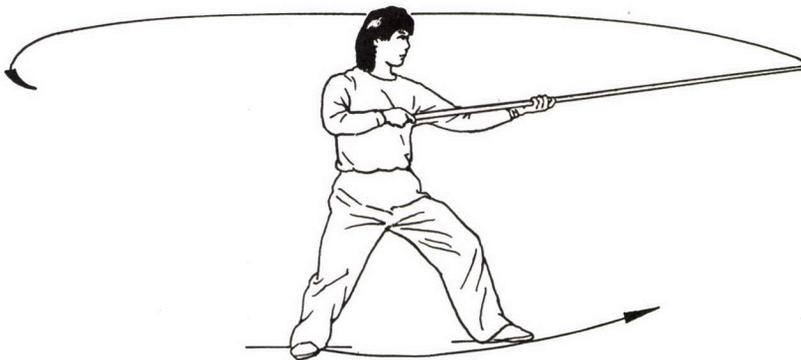


fig. 130

2) Step forward with the right foot as the body is turned to the rear-left rotating the toes of the right foot inward. At the same time, continuously parry with the cudgel leftward. (fig. 131)

3) Raise the right foot and immediately jump up with the left leg, arching the left foot backward and upward and landing the right foot on the floor. At the same time, swing the cudgel upward, rightward and downward, and beat with the tip of cudgel on the floor while sliding the left hand to in front of the right hand. Eyes look at the tip of cudgel. (fig. 132)

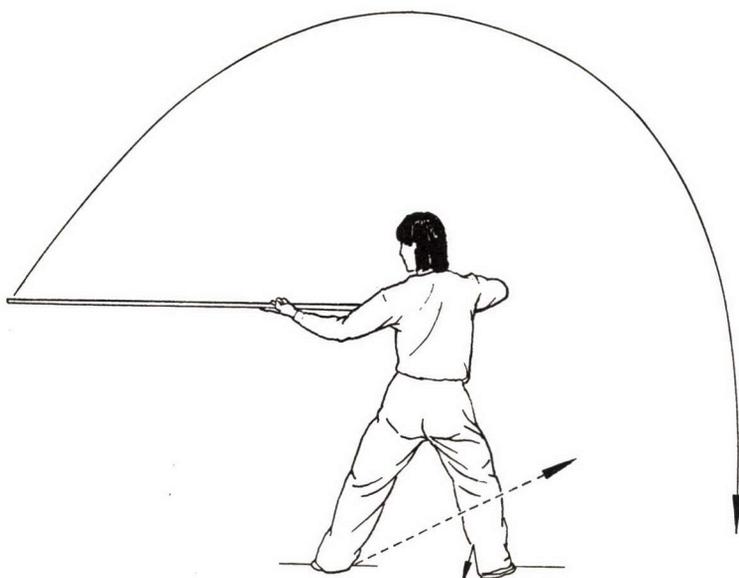


fig. 131

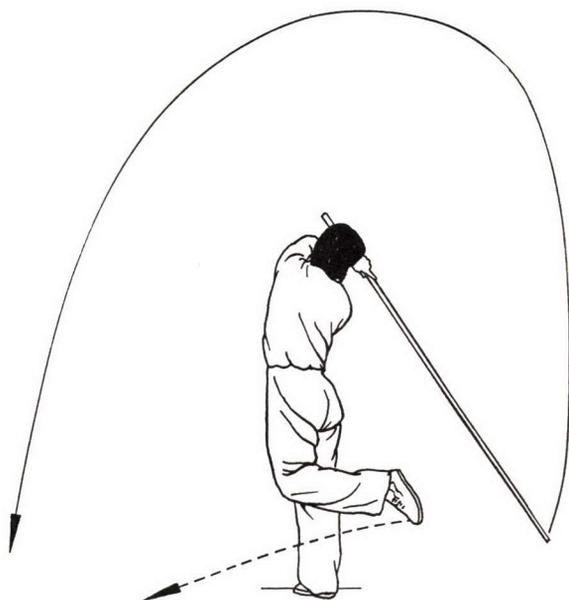


fig. 132

Form 35 Swing Cudgel and Slam on Ground in Crouch Step

Drop the left foot to the left and bend the right knee into a full-squatting position to form a left crouch step. At the same time, swing the cudgel in both hands upward, forward and downward in an arc and slam it on the ground at the inside of the left leg while sliding the left hand slightly forward and pressing on the cudgel. Eyes look at the cudgel. (fig. 133)

Form 36 Turn Body and Cover with End

1) Raise the body up and draw the left half a step inward with the toes rotating outward. At the same time, the right hand pulls the butt to the upper-right and the left hand slides toward the tip. (fig. 134)

2) Turn the body over upward, leftward and backward and step to the front of the left foot with the right foot. At the same time, uppercut with the butt forward and upward while sliding the right hand slightly toward the middle part of cudgel. Eyes look at the butt. (fig. 135)

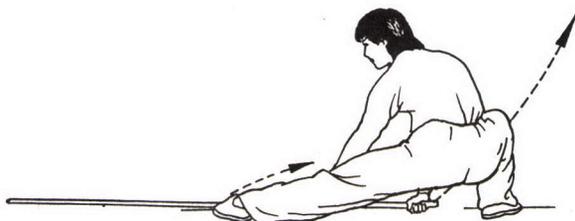


fig. 133



fig. 134

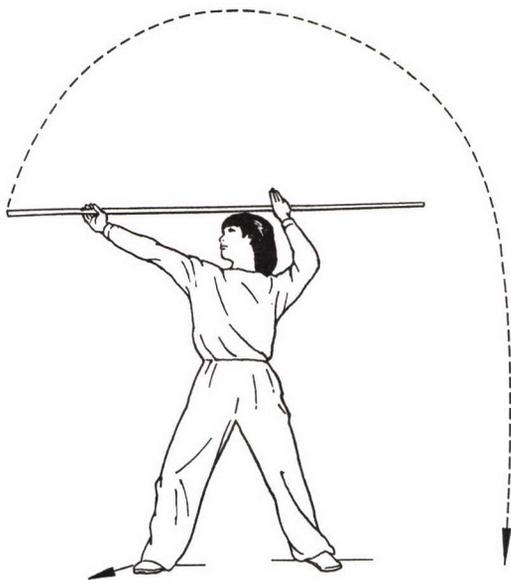


fig. 135

3) Turn the body to the left and step slightly rightward with the right foot to form a left bow step. At the same time, strike the end of cudgel rightward, forward and downward until the butt touching the floor. Eyes look at the butt. (fig. 136)

Form 37 Circle and Back Cudgel in Bow Step

1) Turn the body slightly to the right and step rightward with the right foot. At the same time, shoulder the cudgel on the left shoulder while sliding both hands to the end part of cudgel. (fig. 137)

2) Turn the body to the rear-right and step to the forward-left round the right foot with the left foot. With turning of the body, horizontally swing the cudgel rightward. (fig. 138)

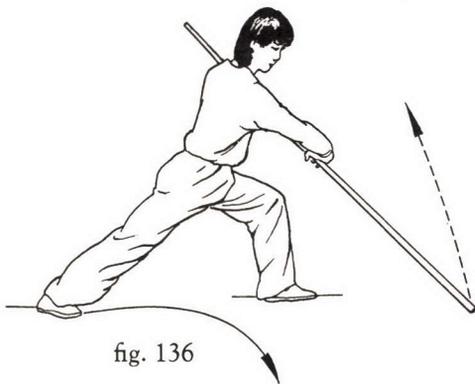


fig. 136

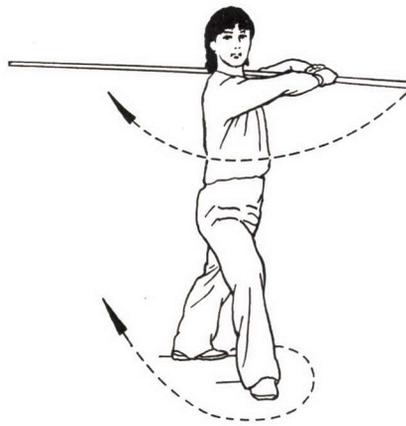


fig. 137

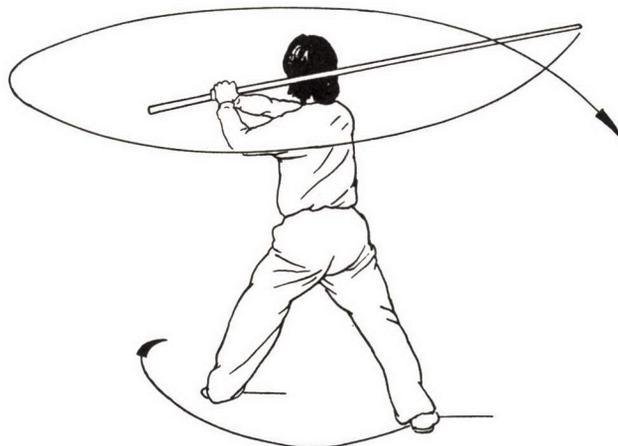


fig. 138

3) Turn the body to the rear-right and step backward to the rear-left with the right foot. With turning of the body, horizontally swing the cudgel rightward in a full circle. Eyes look at the tip of cudgel. (fig. 139)

4) Step to the rear-left with the right foot as the body turns to the rear-right. At the same time, open the left hand and pull it to in front of the right side of chest, and hold the cudgel in the right hand and horizontally swing it rightward in a full circle until the cudgel is against the back. (fig. 140)

5) Slightly lower the centre of gravity and straighten the left leg to form a right bow step. Simultaneously push the left palm forward-left. Eyes look at the left palm. (fig. 141)



fig. 139

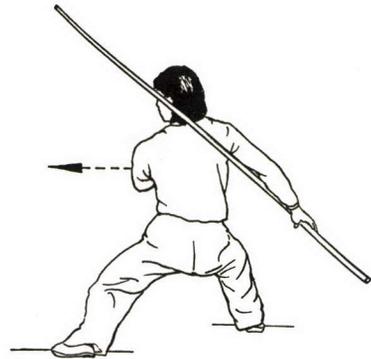


fig. 140

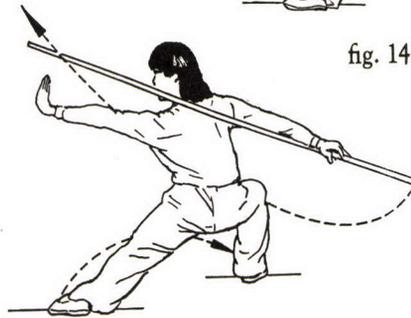
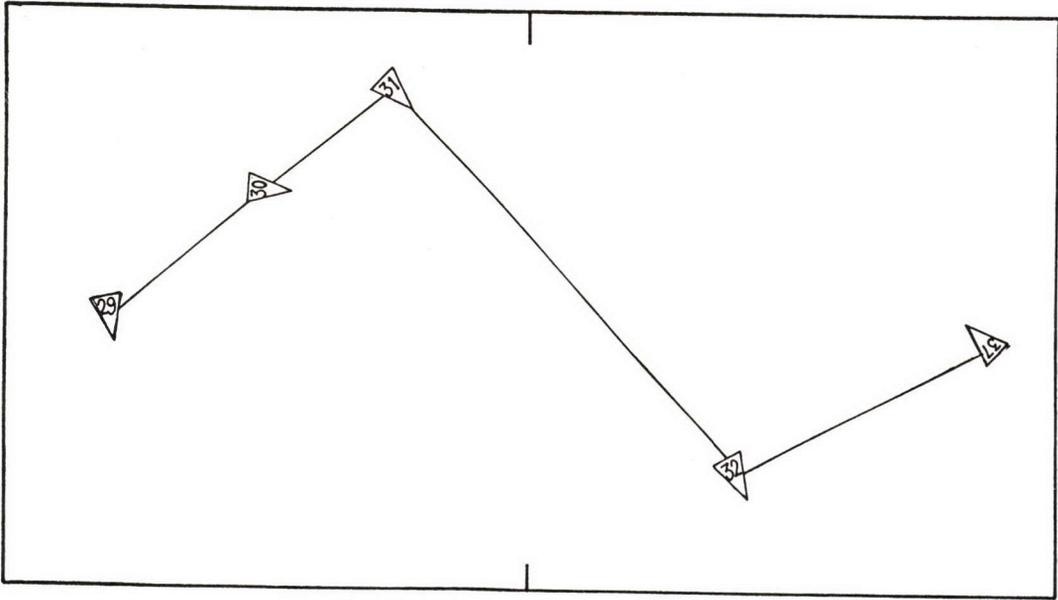


fig. 141



Layout of Movements in Section III

Section IV

Form 38 Turn Body and Point Cudgel

1) Step rightward in front of the right foot with the left foot, toes rotating outward. At the same time, the right hand raises the butt forward and upward, and the left hand holds the middle part of the cudgel. (fig. 142)

2) Step forward-left round the left foot with the right foot, in the meantime, move the butt in the right hand in an upward and rightward arc and the tip in a leftward and upward arc while sliding the left hand toward the top part of cudgel. (fig. 143)



fig. 142

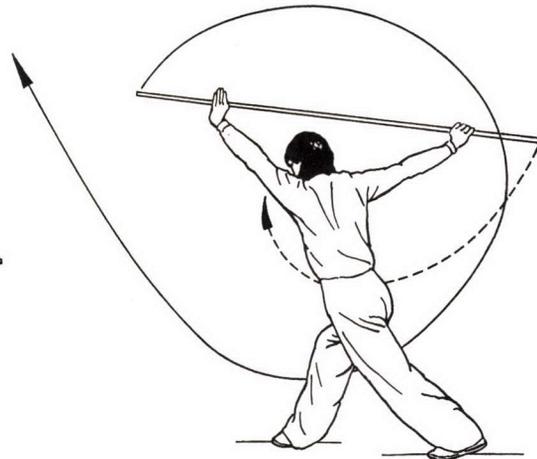


fig. 143

3) Turn the body to the rear-left with the toes of right foot rotating inward, meanwhile the left hand opens the cudgel, and the right hand holds the cudgel and uppercuts with it backward, downward, forward and upward. Eyes look at the tip of cudgel. (fig. 144)

4) Turn the body to the rear-left and shift the centre of gravity onto the left leg with the toes of left foot rotating outward. At the same time, slice with the cudgel upward and forward. (fig. 145)

5) Step forward with the right foot with its toes rotating inward. Continuously swing the cudgel downward and leftward in a vertical arc while holding the middle part of cudgel with the left hand. (fig. 146)

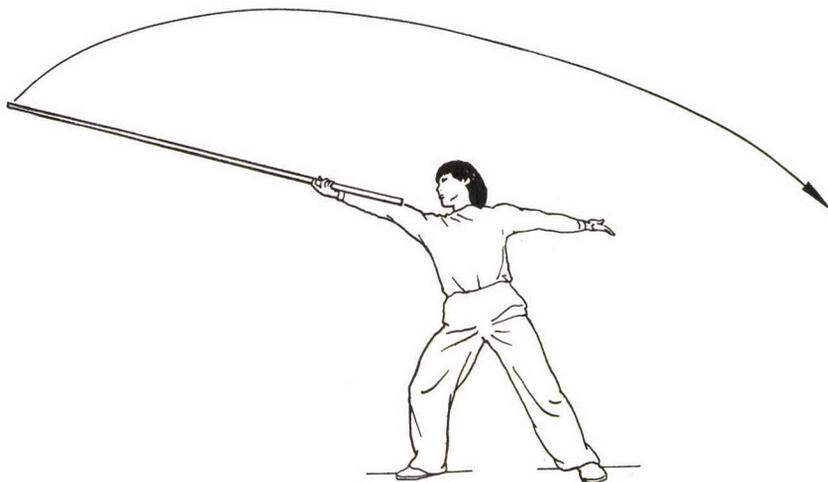


fig. 144

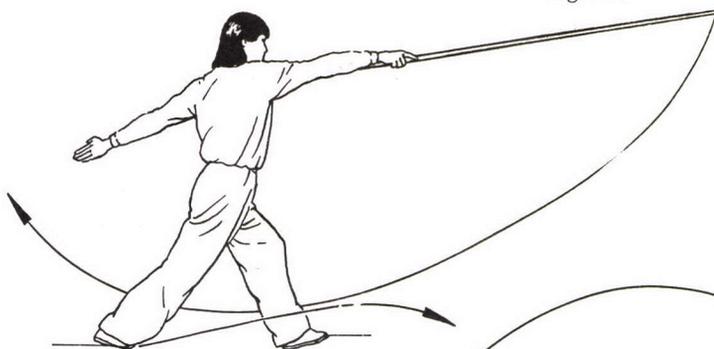


fig. 145



fig. 146

6) Twist both hands so the tip of cudgel moves upward, rightward and downward in a vertical arc to beat the floor while sliding the left hand to in front of the right hand. Eyes look at the tip of cudgel. (fig. 147)

7) Twist both hands upward and leftward so the tip of cudgel circles vertically upward, leftward and downward to beat the floor. Eyes look at the tip of cudgel. (fig. 148)

8) Step forward-right with the left foot to form a front cross-step. At the same time, twist both hands clockwise so the tip of cudgel circles vertically upward, rightward and downward to beat the floor. Eyes look at the tip of cudgel. (fig. 149)

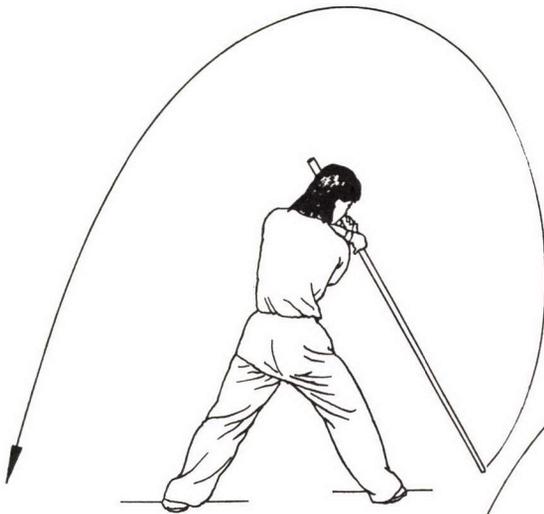


fig. 147

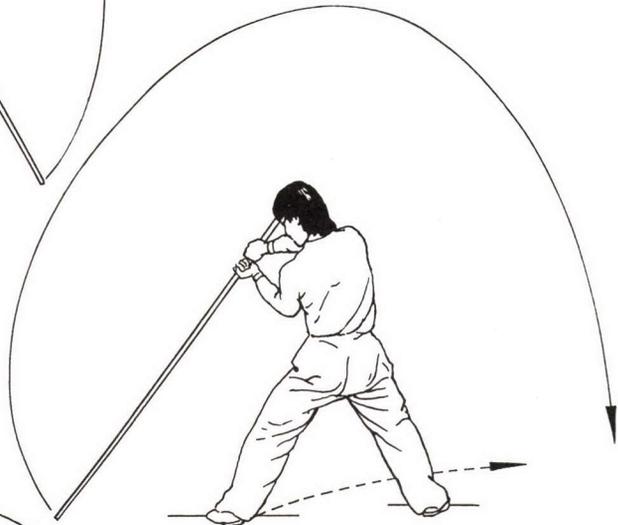


fig. 148

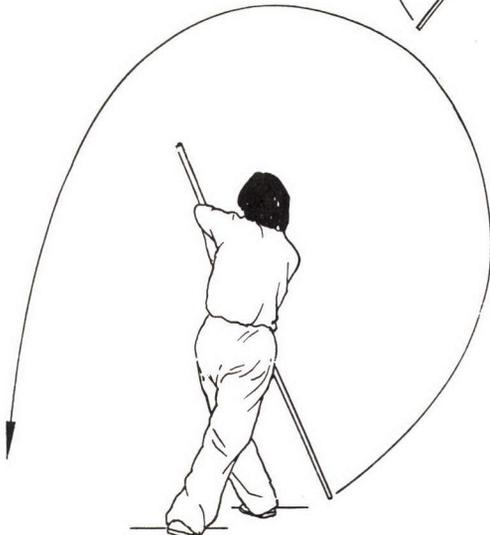


fig. 149

Form 39 Back Cudgel in Back Cross-Step

1) Turn the body to the right, at the same time, circle the cudgel in both hands vertically upward, leftward and downward. (fig. 150)

2) Continuously turn the body to the right and swing the cudgel downward, leftward and upward. (fig. 151)

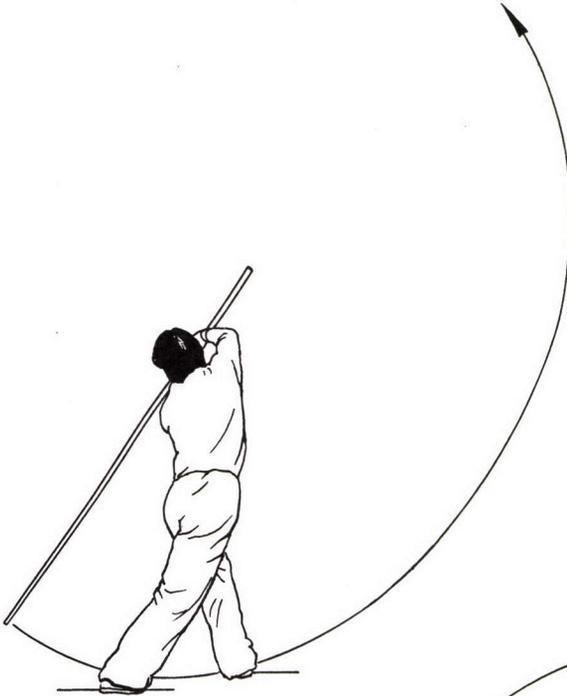


fig. 150

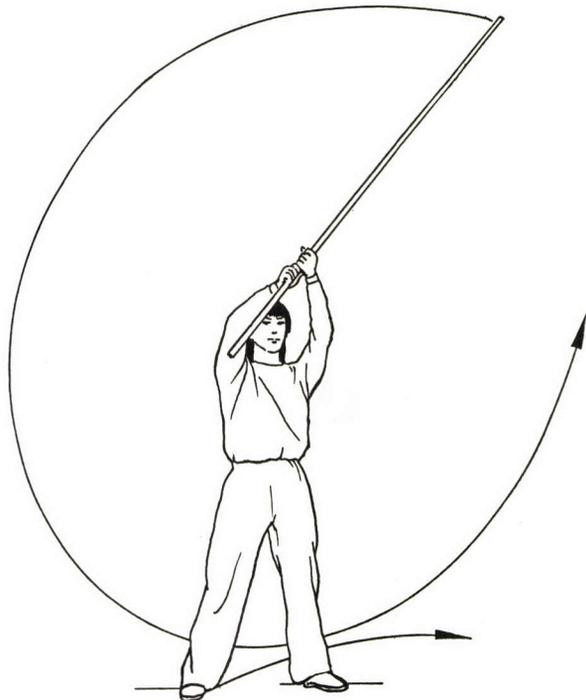


fig. 151

3) Continuously turn the body to the right and step backward with the right foot. At the same time, swing the cudgel forward, downward, backward and upward. (fig. 152)

4) Twist the right wrist and press it downward while opening the left hand in which the left hand pushes the cudgel upward and forward so that the tip of cudgel circles upward, forward, downward and backward in a vertical circle, placing the cudgel under the right armpit and the left palm at the inside of the right elbow. Eyes look at the butt. (fig. 153)

5) Turn the body to the right and step to the rear-right with the left foot to form a back cross-step. At the same time, swing the cudgel in the right hand to the rear-right until the cudgel is against the back while moving the left hand to in front of the chest with palm facing upward. Eyes look forward. (fig. 154)

Form 40 Turn Body, Cloud and Parry in Back Cross-Step

1) Step forward with the left foot and straighten the right leg to form a left bow step. At the same time, push the left palm forward. Eyes look at the left palm. (fig. 155)

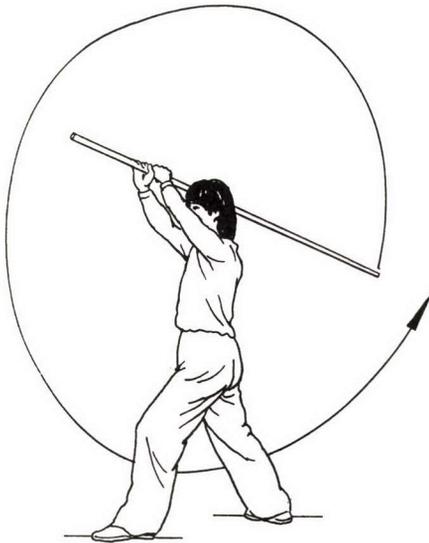


fig. 152



fig. 153



fig. 155

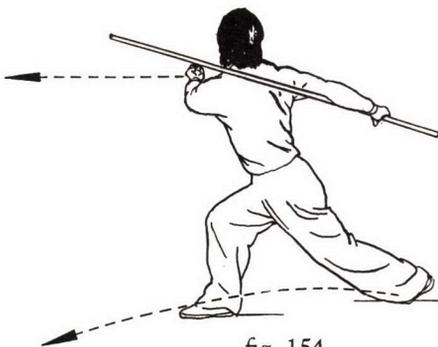


fig. 154

2) Step forward with the right foot as the body is turned to the rear-left. At the same time, hold the cudgel in the right hand and swing it horizontally leftward while moving the left palm to the left side. (fig. 156)

3) Step to the rear-right with the left foot as the body is turned to the left. At the same time, swing the butt in the right hand to the upper-left while moving the left hand to hold the cudgel under the right upperarm. (fig. 157)

4) Cloud and parry with the cudgel in both hands forward and leftward. (fig. 158)

5) Turn the body to the left, continuously cloud and parry with the cudgel leftward. (fig. 159)



fig. 156

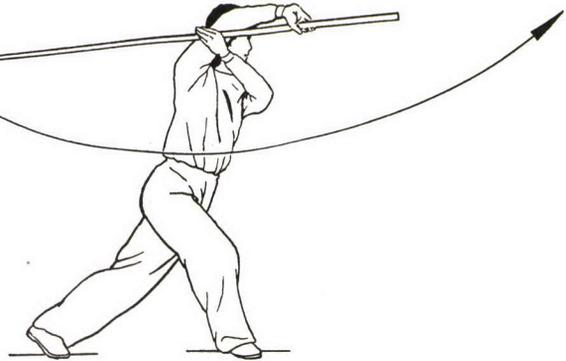


fig. 157

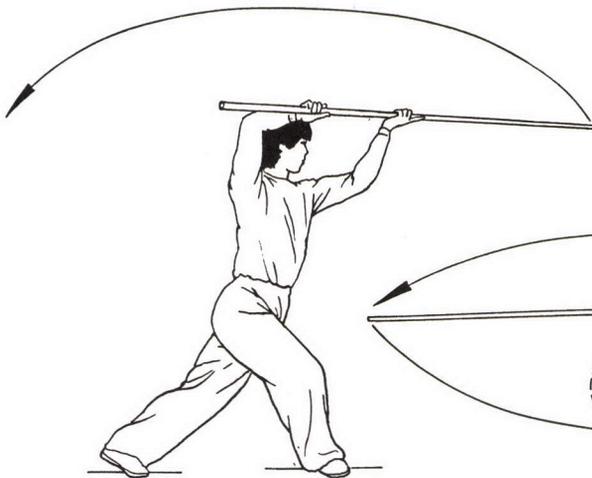


fig. 158

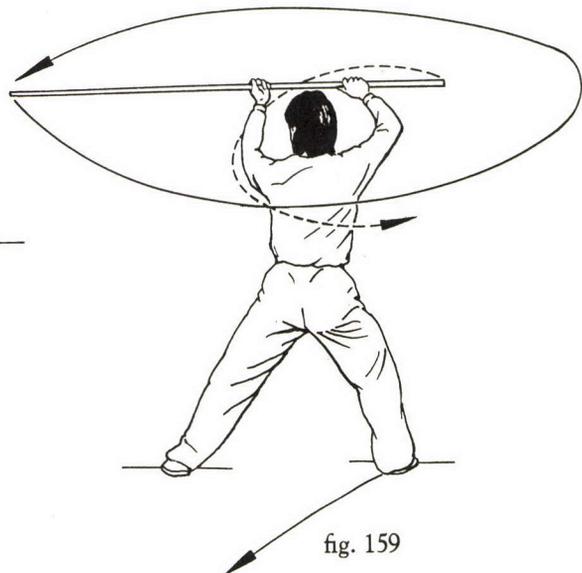


fig. 159

6) Turn the body to the left and step to the rear-left with the right foot. At the same time, continuously cloud and parry with the cudgel leftward in a full circle placing the end part of cudgel under the left armpit. Eyes look at the tip of cudgel. (fig. 160)

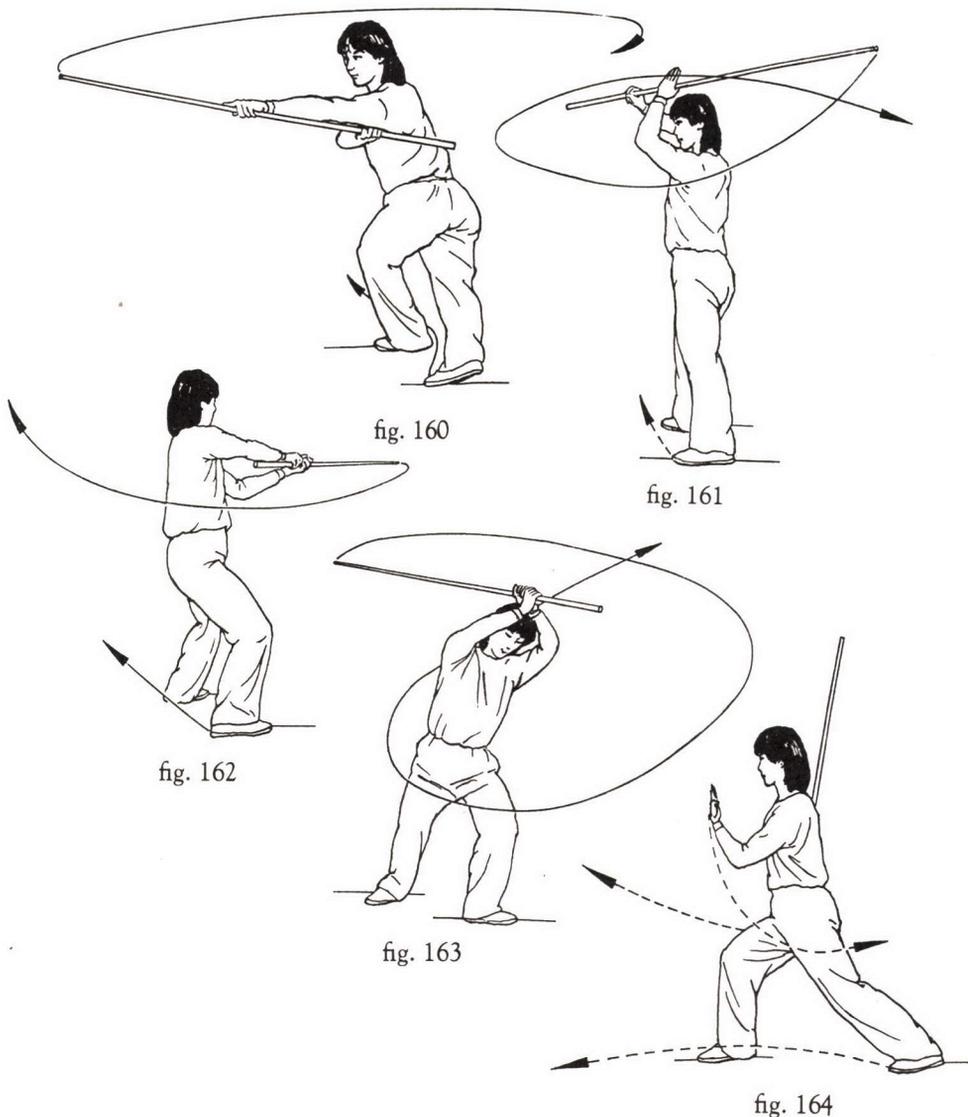
Form 41 Turn Body, Circle and Sweep with Cudgel

1) Step forward with the right foot, in the meantime, hold the cudgel in both hands and circle it horizontally rightward. (fig. 161)

2) Turn the body to the rear-right and step forward-right with the left foot. At the same time, sweep the cudgel rightward in a full circle. (fig. 162)

3) Continuously turn the body to the right leaning the upper body slightly to the left and step to the rear-right with the right foot. At the same time, horizontally swing the cudgel rightward. (fig. 163)

4) Turn the body to the right, simultaneously open the left hand and lower it in front of the body with palm facing inward, and sweep with the cudgel in the right hand rightward in a plane circle and back it on the back in final position. (fig. 164)



Form 42 Jump and Drop into Crouch Step, and Swing with Cudgel and Slam on Ground

1) Step forward with the left foot, simultaneously swing the left hand downward and backward with forearm rotating outward and move the cudgel in the right hand forward and upward. (fig. 165)

2) Step forward with the right foot while pulling the left hand to in front of the chest, at the same time, continuously swing the butt upward. (fig. 166)

3) Turn the body to the right and swing the left foot upward while moving the left hand to hold the middle part of cudgel. (fig. 167)



fig. 165

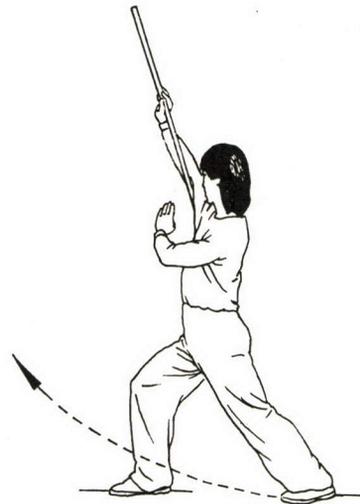


fig. 166

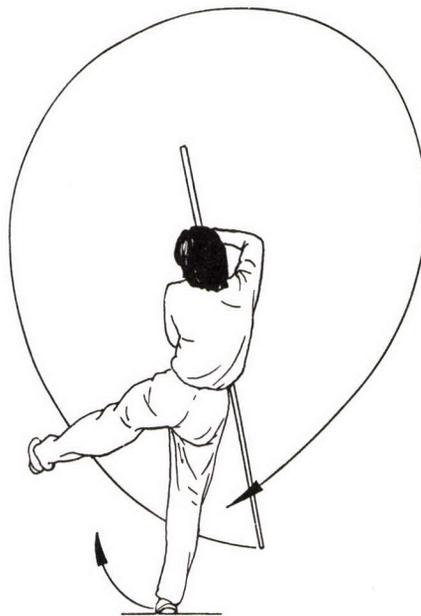


fig. 167

4) Jump up with the right leg as the body is turned to the right, extending the chest, protruding the belly and bending both knees backward. At the same time, both hands hold the cudgel and swing it upward, forward and downward in a vertical circle. (fig. 168)

5) Drop feet into a left crouch step. At the same time, continuously swing the cudgel backward, upward and forward in a vertical circle and slam it downward on the ground at the inside of the left leg, the left hand pressing on the cudgel. Eyes look at the middle part of cudgel. (fig. 169)

Form 43 Tilt Cudgel in Bow Step

Raise the body upward to form a right bow step. At the same time, the right hand lifts the butt upward, then, quickly presses it downward at the right waist-side, while sliding the left hand to the middle part of cudgel so the tip tilts upward. Eyes look at the tip. (fig. 170)

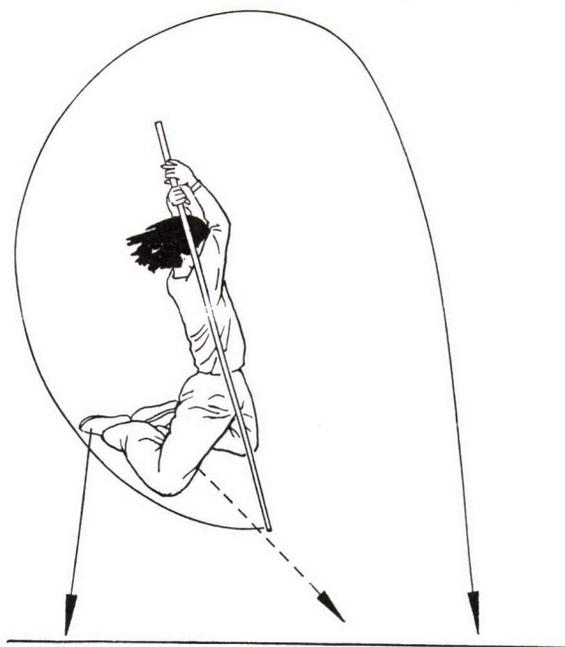


fig. 168

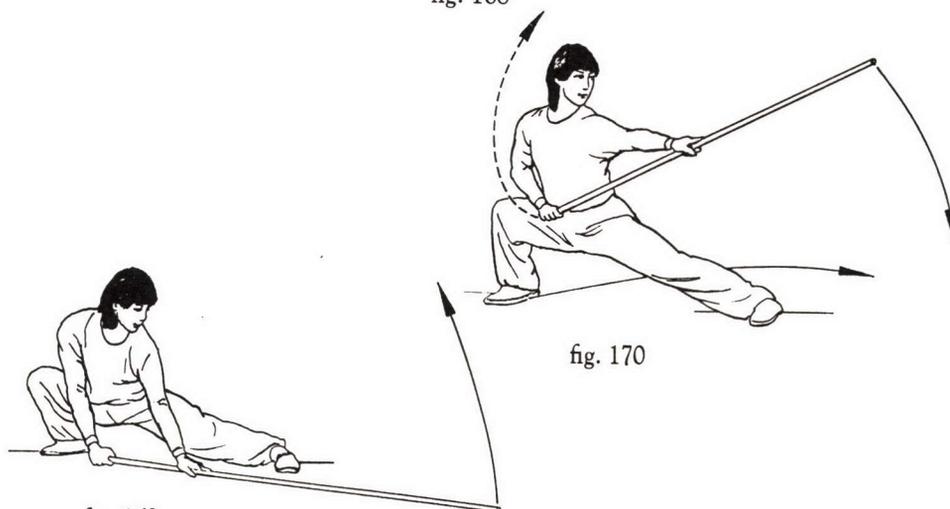


fig. 170

fig. 169

Form 44 Cudgel Envelopment in Back Cross-Step

1) Step to the rear-left with the right foot to form a back cross-step. At the same time, the right hand hold the butt and turn it over head while rotating the left forearm outward and holding the cudgel slightly upward with the left hand so that the tip of cudgel is parried downward. (fig. 171)

2) Slide the left hand slightly inward, in the meantime lower the butt in the right hand to in front of the left side of the abdomen with twisting the right wrist so that the tip of cudgel is arched forward, upward and backward. Eyes look at the tip of cudgel. (fig. 172)

Form 45 Turn Body and Circle with Cudgel

1) Step rightward with the right foot as the body is turned to the right. At the same time, both hands hold the cudgel and shoulder it on the left shoulder. (fig. 173)

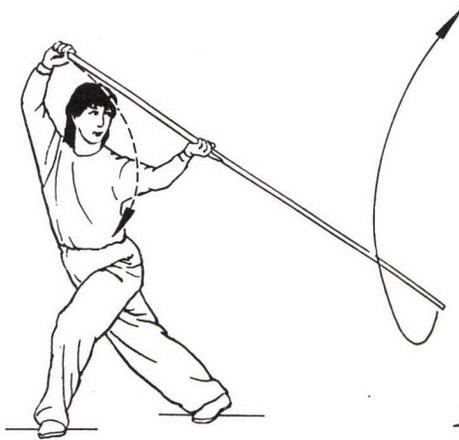


fig. 171



fig. 172

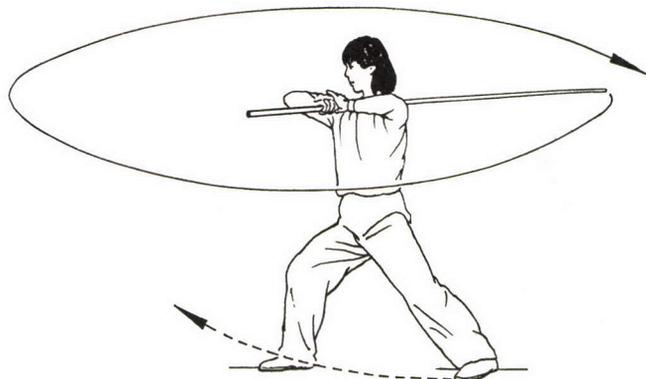


fig. 173

2) Step forward with the left foot as the body is turned to the rear-right. At the same time, hold the cudgel in both hands and sweep it rightward in a plane circle. (fig. 174)

Form 46 Back Cudgel in Empty Step

1) Turn the body to the right and step forward-right with the right foot. At the same time, swing the cudgel in both hands rightward in a plane circle. (fig. 175)

2) Draw the left foot to in front of the right foot with toes touching on the floor. At the same time, open the left hand and move it downward in front of the right side of the chest, hold the cudgel in the right hand, and move its tip rightward, downward, backward and upward in an oblique circle until the cudgel is against the back of body. (fig. 176)

3) Lower the centre of gravity downward with both knees bent to form a left empty step. At the same time, push the left palm forward-left. Eyes look at the left palm. (fig. 177)

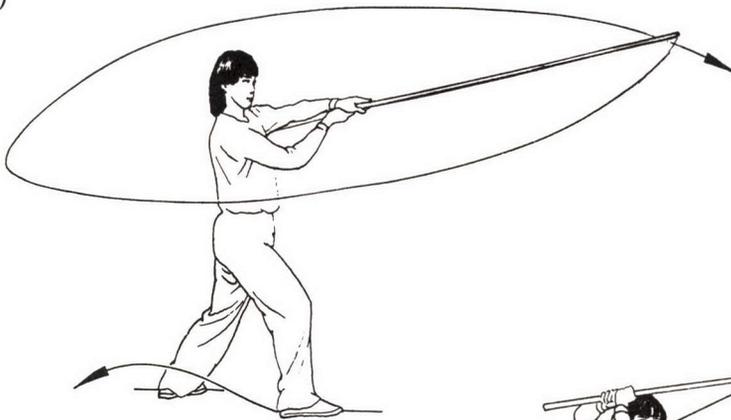


fig. 174

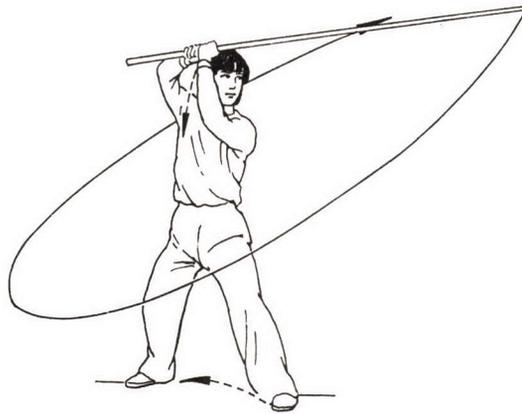


fig. 175

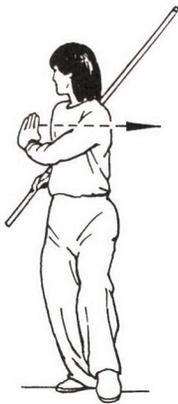


fig. 176



fig. 177

Form 47 Turn Body and Cloud Cudgel

1) Raise the body upward and step backward with the left foot. Simultaneously pull the left palm to the left flank. (fig. 178)

2) Turn the body to the left with the toes of right foot rotating inward. With turning of the body, move the left palm rightward past the front of abdomen, and then swing it horizontally leftward. (fig. 179)

3) Turn the body slightly to the left and shift the weight mainly onto the left leg. At the same time, swing the butt in the right hand to the upper-left while moving the left hand to hold the cudgel under the right arm. (fig. 180)

4) Continuously turn the body to the left, simultaneously cloud and parry with the cudgel in a leftward arc. (fig. 181)



fig. 178

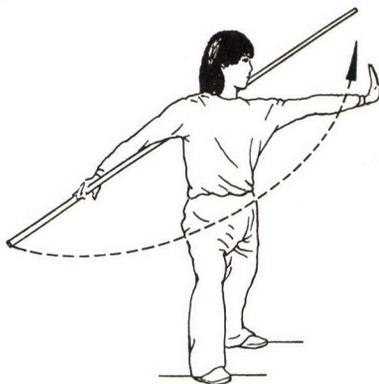


fig. 179



fig. 180

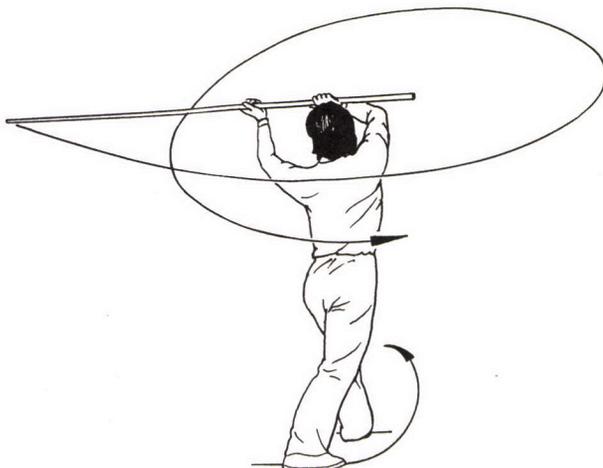


fig. 181

5) Step forward with the right foot as the body turns to the rear-left to form a left bow step. With turning of the body, continuously cloud the cudgel leftward in a plane circle, and parry with it leftward, the butt placed under the left armpit. Eyes look at the tip of cudgel. (fig. 182)

Form 48 Push Palm in Bow Step

Hold the cudgel in the left hand and pull it to the left flank while pushing the right palm forward-right from the right flank. Eyes look at the right palm. (fig. 183)

Form 49 Hold Cudgel with Feet Together

1) Turn the body slightly to the right and move the centre of gravity between both feet. At the same time, pull the right palm inward in front of the chest with palm facing upward. (fig. 184)

2) Draw the left foot to the inside of the right foot to form a feet-together step. Simultaneously swing the right palm downward, backward and rightward in an arc to the right side where snapping the right wrist. Eyes look forward-left. (fig. 185)



fig. 182



fig. 183



fig. 184

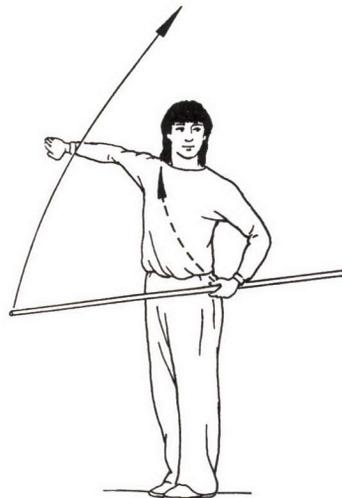
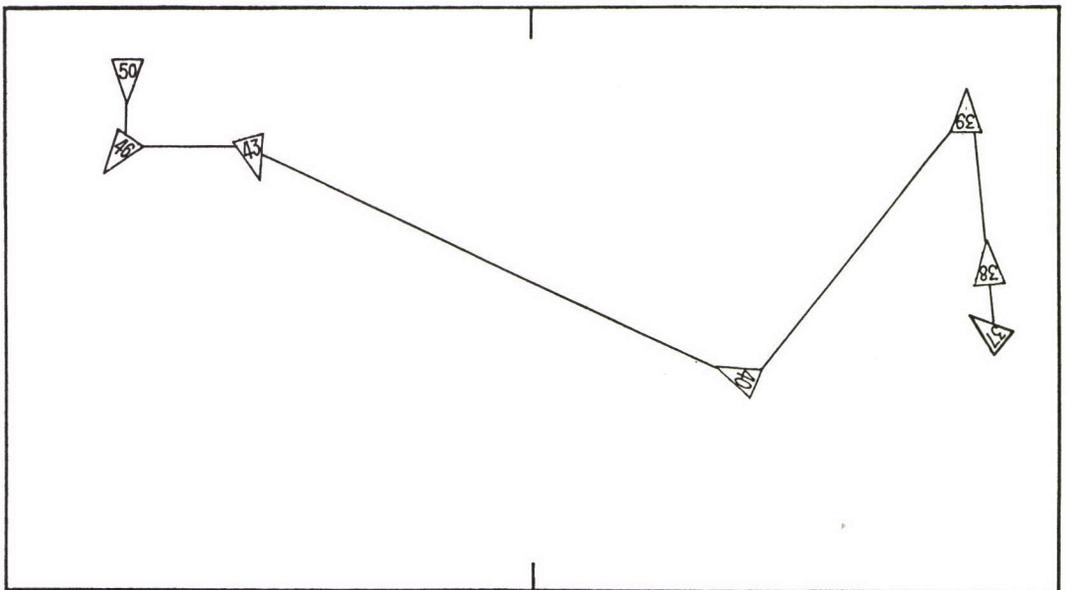
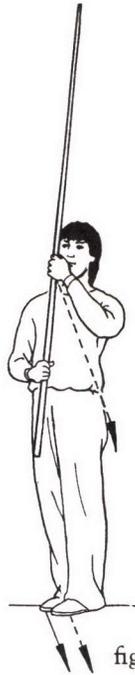


fig. 185

Form 50 Closing Form

1) Hold the cudgel in the left hand and raise it up to in front of the face while moving the right hand to hold the butt in front of the abdomen to keep the cudgel erect. Eyes look straight ahead. (fig. 186)

2) Step forward-left with the left foot and bring the right foot to the left foot to form a feet-together step. Simultaneously open the left hand and hang it downward at side of the body. Eyes look straight ahead. (fig. 187)



Layout of Movements in Section IV

QIANGSHU (SPEARPLAY) COMPETITION ROUTINE

**Qiangshu is a form of weaponplay which mainly includes parrying outward, parrying inward, thrusting, striking downward, tilting, coiling and figure-8 techniques. As the saying goes: "Spearplay resembles an undulating dragon. But the spear is thrust in a straight line."

Names of Movements in Qiangshu (Spearplay) Routine

Section I

1. Ready Position
2. Thrust Spear Downward with Feet Together
3. Flash Palm in Back Cross-Step
4. Turn Body and Thrust Spear in Bow Step
5. Parry Outward and Inward, and Thrust Spear in Bow Step
6. Thrust Spear in Back Toe-Touch Step
7. Stride and Downward Slice with Spear
8. Jump, Turn Body and Downward Slice with Spear
9. Stride and Eye-Level Block with Spear
10. Step Forward and Obliquely Downward Slice with Spear
11. Downward Parry with Spear in Back Cross-Step
12. Thrust Spear Downward with Feet Together
13. Turn Body and Downward Slice with Spear
14. Turn Body, Parry Inward and Thrust Spear
15. Parry Outward, Inward and Thrust Spear
16. Overhead Block with Spear in Side Bow Step
17. Turn Body and Downward Slice with Spear
18. Hold Spear in High Empty Step

Section II

19. Thrust Spear in Back Toe-Touch Step
20. Step Forward and Downward Slice with Spear
21. Overhead Block with Spear in Side Bow Step
22. Point Spear in Back Cross-Legged Balance
23. Tilt Spear with Feet Together
24. Envelopment with Spear in Curved Walking Step
25. Parry Outward, Inward and Thrust Spear in Back Cross-Step
26. Parry Outward, Inward and Thrust Spear in Front Cross-Step
27. Parry Outward, Inward and Thrust Spear in Bow Step
28. Turn Body Over and Thrust Spear Downward
29. Push Palm Sideward in Bow Step

Section III

30. Tilt Spear in Empty Step
31. Spear Figure-8 on Both Sides
32. Figure-8 and Circle Over Shoulder with Spear
33. Cloud, Parry Inward and Thrust Spear

34. Pierce with Spear in Reverse Holding Shaft
35. Turn Body Back and Pierce Spear Along Neck
36. Downward Slice with Spear in Following Step
37. Turn Body Back and Downward Slice with Spear
38. Toss Spear with One Hand
39. Swing Spear Downward and Slam on Ground in Crouch Step
40. Toss Spear
41. Turn Body and Hold Spear in Cross-Legged Sitting Step

Section IV

42. Turn Body, Parry Outward and Inward, and Thrust Spear
43. Parry Outward, Inward and Thrust Spear in Bow Step
44. Tilt Spear in T-Step
45. Raise Spear with Straight Arm and Thrust with the End
46. Turn Body Over, Figure-8 and Circle Over Shoulder with Spear
47. Turn Body, Lift Knee and Thrust Spear Downward
48. Cloud, Parry Inward and Thrust Spear
49. Parry Outward, Inward and Thrust Spear in Bow Step
50. Overhead Block with Spear in Side Bow Step
51. Thrust Spear Obliquely Upward in Side Bow Step
52. Erect Spear and Push Palm with Feet Together
53. Closing Form

Qiangshu (Spearplay) Competition Routine Diagram

Section I

Form 1 Ready Position

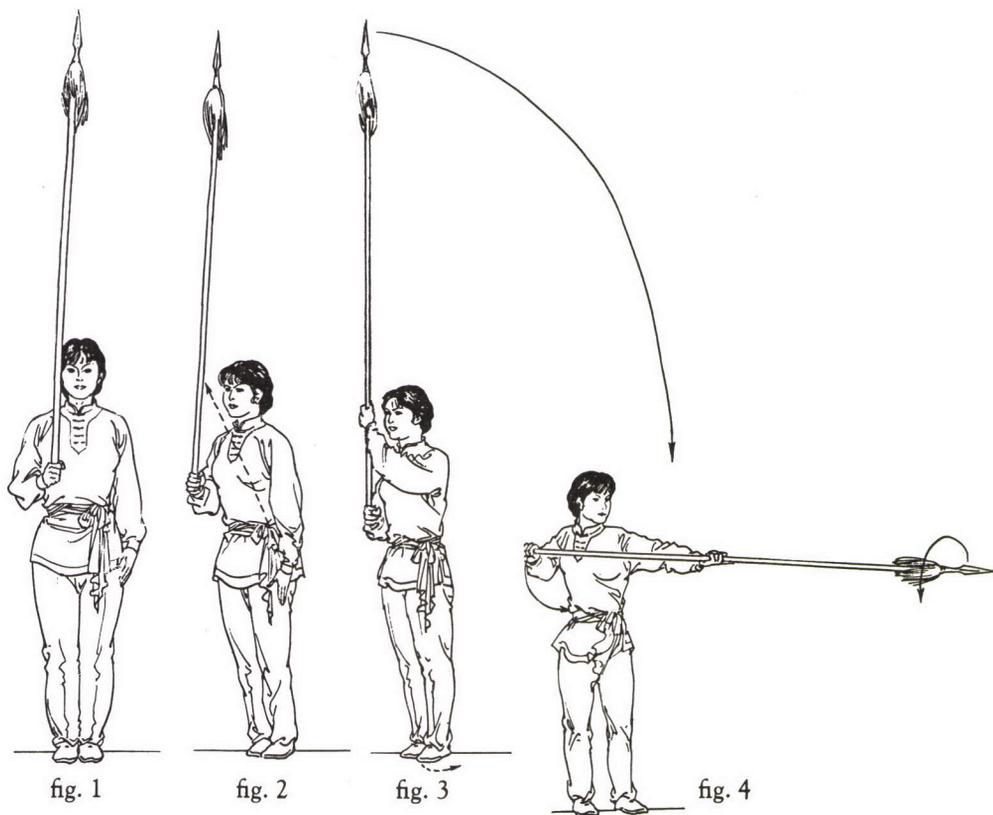
Stand upright with feet together on the right part of the arena. Slightly turn the body to the right holding the butt of spear in the right hand in front of the right side of the chest, keeping the spear erect and hanging the left hand downward at the left side of the body. Look straight ahead. (figs. 1-2)

Form 2 Thrust Spear Downward with Feet Together

1) Raise the left hand upward to hold the middle part of the shaft. Look forward. (fig. 3)

2) With turning the body to the left, bring the spear-head leftward and downward until it is pointed to the lower-front, the left palm facing upward and the right hand holding the butt of spear beside the right chest. Eyes look at the spear-head. (fig. 4)

3) Turn the left hand inward and bend the right wrist downward so that the spear-head is parried inward in a semi-circle along the clockwise direction. Following, withdraw the right foot to the left foot with feet together, simultaneously push the butt with the right hand so the spear is thrust to the lower-front, while bend the left elbow changing the left hand into a palm and pull it backward to rest on the inside of the right upperarm with wrist bent upward. Eyes look at the spear-head. (figs. 5-6)

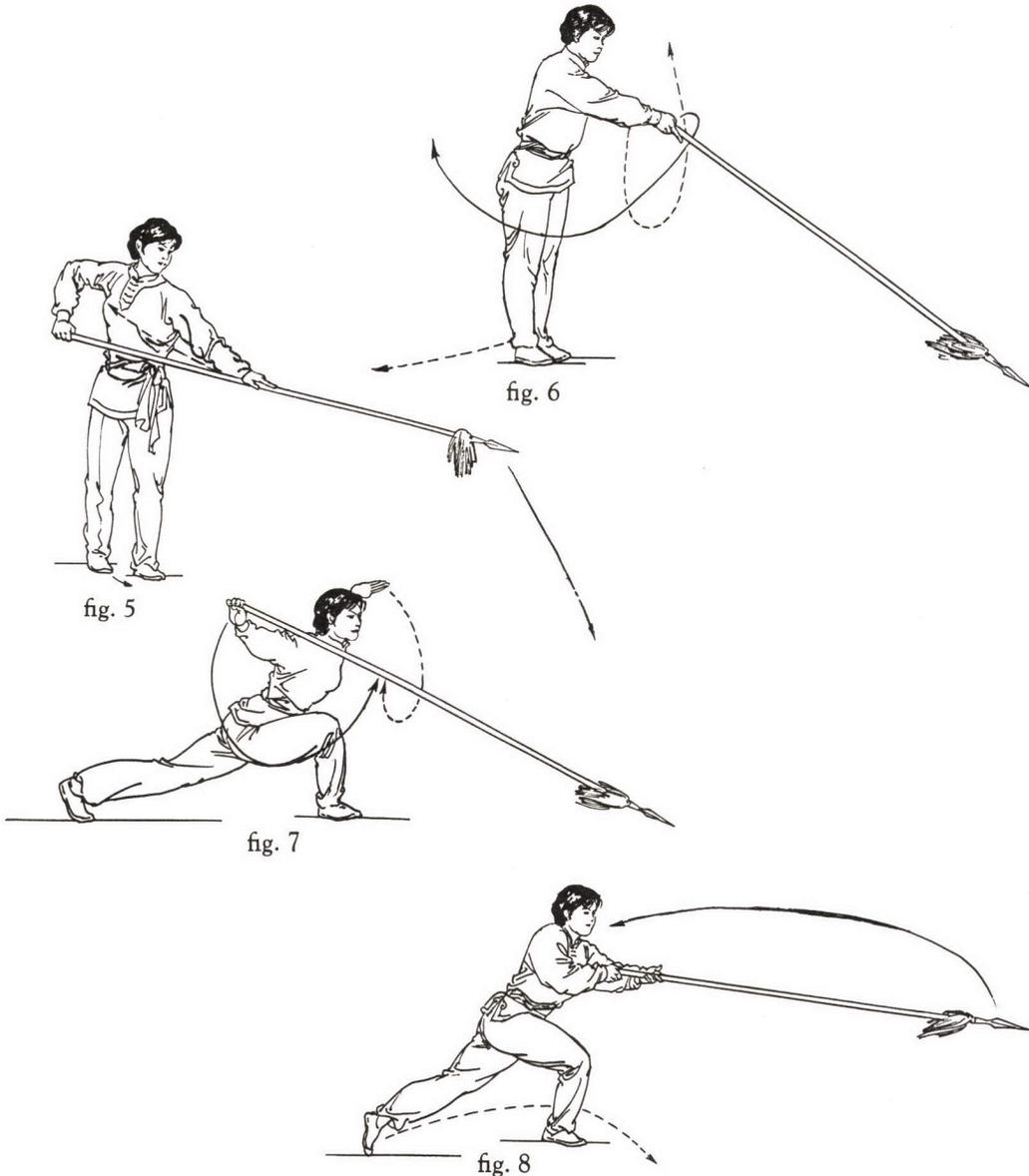


Form 3 Flash Palm in Back Cross-Step

Step backward behind the right foot with the left foot landing the toes on the floor to form a back cross-step. At the same time, lower the tip of spear on the floor, moving the butt in the right hand in a downward and rightward arc to end at the right side at just over shoulder level with the arm straight, and describe the left palm a downward and leftward arc ending at just over shoulder level where snap the left wrist, palm facing outward and finger-tips pointing forward. Eyes look forward. (fig. 7)

Form 4 Turn Body and Thrust Spear in Bow Step

1) Lower both hands downward and close them inward and upward, the left hand to hold the shaft and the right hand pushing the butt slightly forward so the spear-head is raised from the floor. Eyes look at the tip of spear. (fig. 8)



2) Step to the forward-right round the right foot with the left foot. Simultaneously parry and swing the spear leftward sliding the left hand along the shaft of spear to the spear-head. (fig. 9)

3) Step to the forward-left round the left foot with the right foot as the upper body turns to the right. At the same time, push and parry the spear forward and rightward while sliding the left hand along the shaft to the end part of spear. (fig. 10)

4) Bend the upper body backward, simultaneously hold the butt in the right hand and push it to the left armpit so that the spear-head is parried and clouded rightward, backward and leftward. (fig. 11)

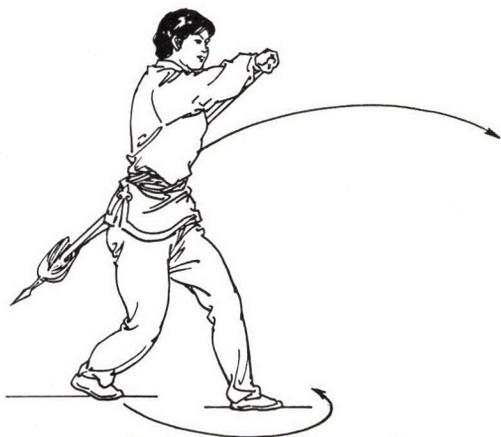


fig. 9

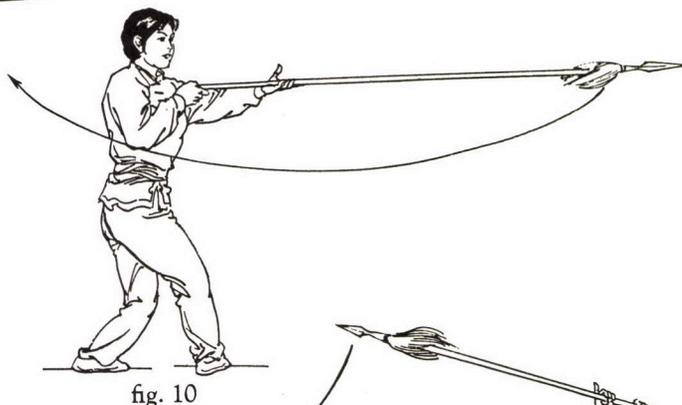


fig. 10



fig. 11

5) Take a small step to the left with the left foot. At the same time, slide the left hand to the middle part of spear and rotate the left forearm inward while hold the butt in the right hand and turn it downward to the right flank so that the front part of spear is parried inward in a semi-circle. (figs. 12-13)

6) Shifting the weight mainly onto the left leg bending the left knee and straightening the right leg to form a left bow step. At the same time, push the butt with the right hand so that the spear is thrust forward at level. (fig. 14)

Form 5 Parry Outward and Inward, and Trust Spear in Bow Step

1) Shift the weight mainly onto the right leg to form a semi-horse-riding step. At the same time, withdraw the butt in the right hand backward to beside the right flank and immediately turn the right forearm upward while rotating the left hand outward so that the spear is parried outward in a semi-circle. Eyes look at the spear-head. (figs. 15-16)

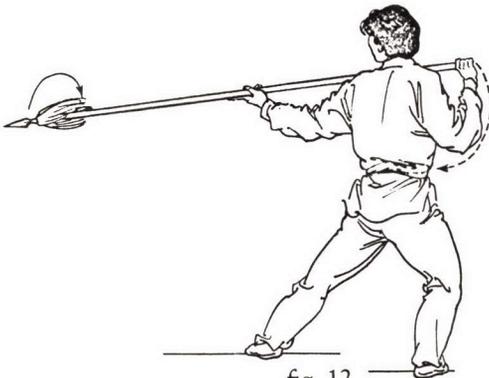


fig. 12

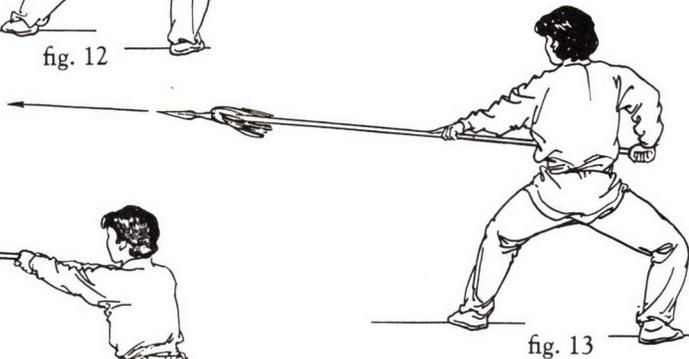


fig. 13

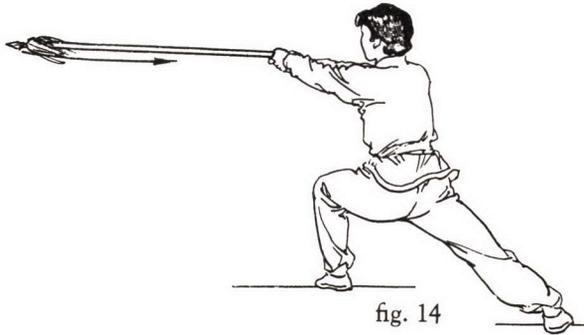


fig. 14

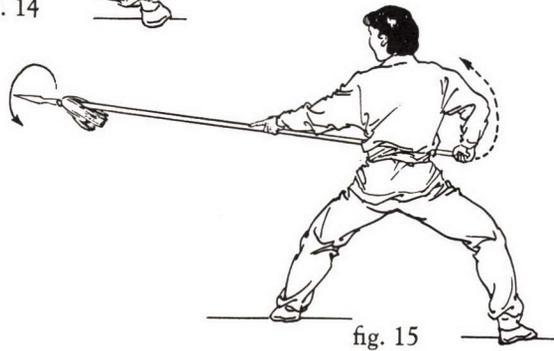


fig. 15

2) Hold the butt in the right hand and turn the right forearm downward to beside the right flank while rotating the left hand inward so that the spear is parried inward in a semi-circle. Eyes look at the spear-head. (fig. 17)

3) Shift the weight mainly onto the left leg bending the knee and straightening the right leg to form a left bow step. At the same time, push the butt with the right hand forward so that the spear is thrust to the front at level. Eyes look at the tip of spear. (fig. 18)

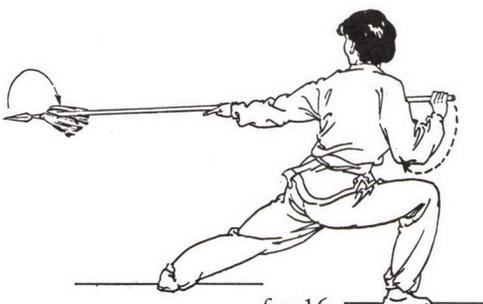


fig. 16

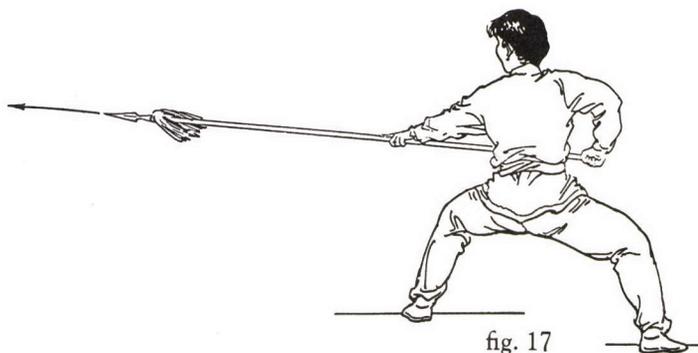


fig. 17

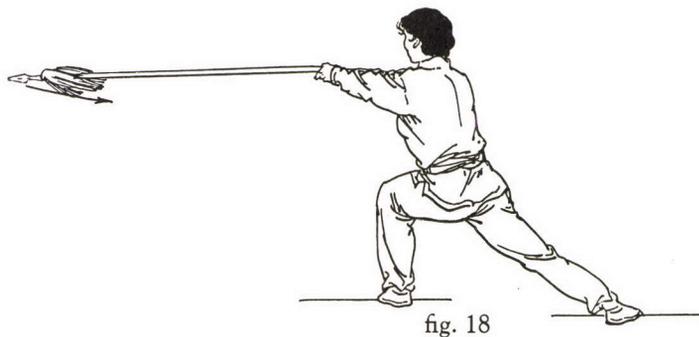


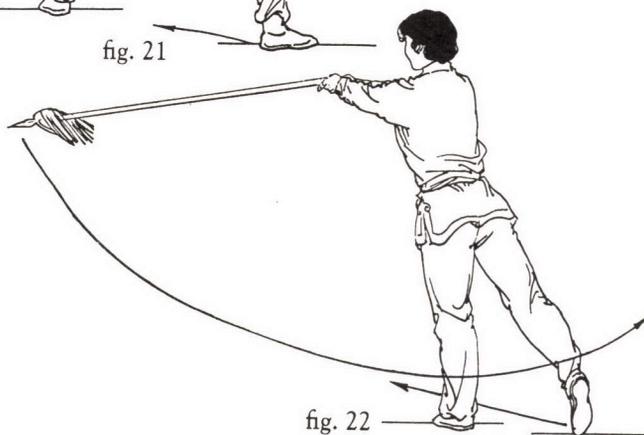
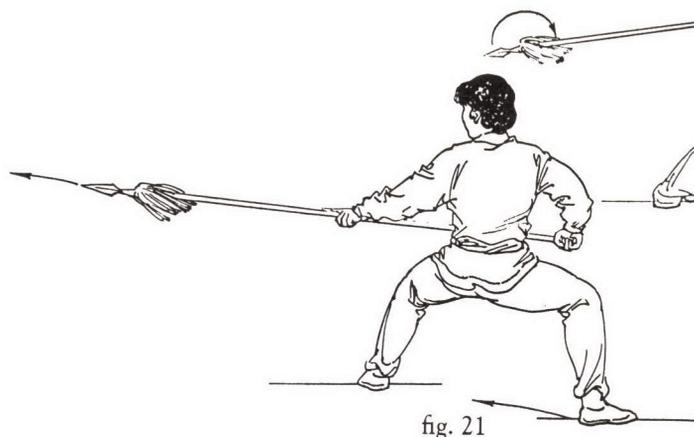
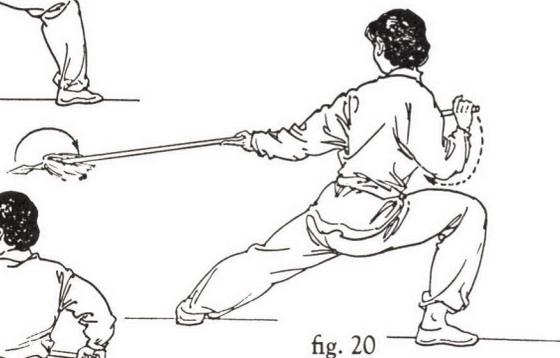
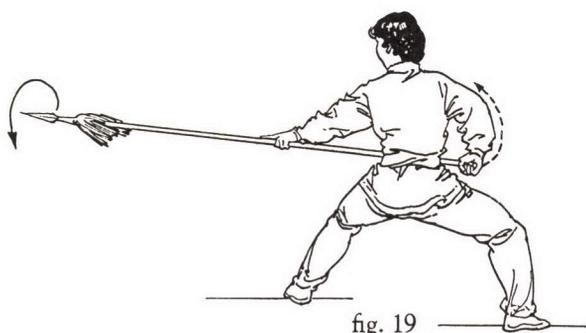
fig. 18

Form 6 Thrust Spear in Back Toe-Touch Step

1) Turn the upper body rightward and shift the weight mainly onto the right leg to form a semi-horse-riding step. At the same time, withdraw the butt in the right hand backward to beside the right flank and immediately turn the right forearm upward while rotating the left hand outward so the spear is parried outward in a semi-circle. Eyes look at the spear-head. (figs. 19-20)

2) Turn the right forearm and wrist downward to beside the right flank while rotating the left forearm and hand inward so the spear is parried inward in a semi-circle. Eyes look at the spear-head. (fig. 21)

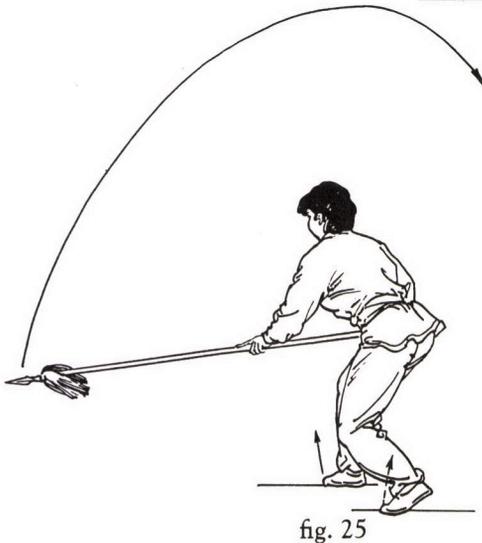
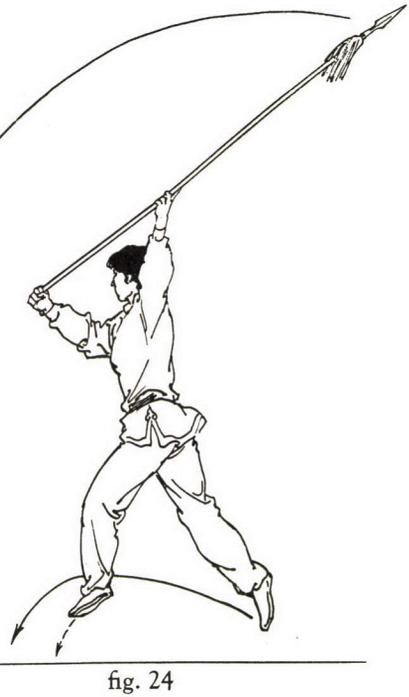
3) Straighten the left leg shifting the centre of gravity onto the left foot and draw half a forward step with the right foot, landing the toes on the floor to form a back toe-touch step. At the same time, push the butt with the right hand forward so the spear is thrust to the front. Eyes look at the tip of spear. (fig. 22)



Form 7 Stride and Downward Slice with Spear

1) Step forward with the right foot as the upper body turns to the left. At the same time, slide the left hand along the shaft to the middle part of spear so the tip of spear is arched leftward and downward. Eyes look lower-left. (fig. 23)

2) Leap and stride forward with the left foot while the right foot followed drops to in front of the left foot, slightly bending both knees and raising the left heel from the floor. At the same time, hold spear in both hands and slice it upward, forward and downward at level pulling the butt in the right hand to the right flank. Eyes look at the spear-head. (figs. 24-25)



Form 8 Jump, Turn Body and Downward Slice with Spear

1) Jump up with both legs turning the body to the rear-left and separating the left leg forward and the right leg backward in flight. At the same time, hold the spear in both hands and move it forward, downward and backward in a full circle. Eyes look forward. (figs. 26-27)

2) Drop the left foot backward and the right foot forward with the ball of the left foot touching the floor. Simultaneously slice with the spear forward and downward. Eyes look at the spear-head. (fig. 28)



fig. 26



fig. 27



fig. 28

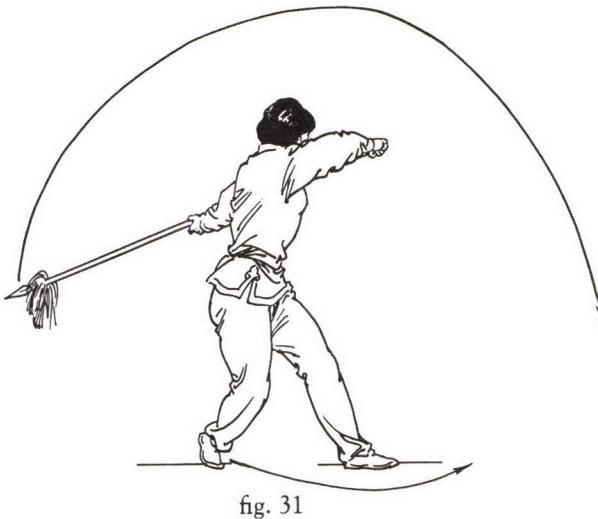
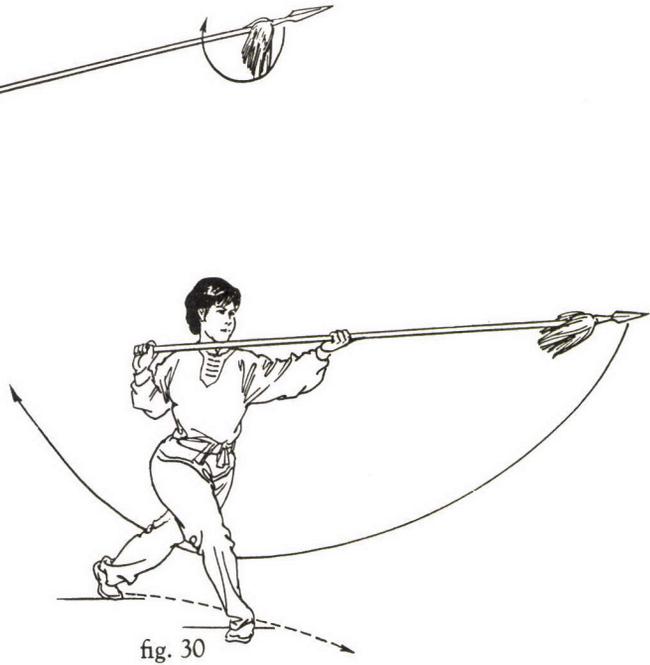
Form 9 Stride and Eye-Level Block with Spear

Step forward with the left foot, and the right foot followed leaps and strides to the front, the left heel raised from the floor. At the same time, withdraw the butt in the right hand backward and turn the right forearm upward with the elbow bent, while the left hand slides to the middle part of the shaft and holds it in a rightward, forward and upward arc so the spear-head is blocked at eye level. Eyes look at the tip of spear. (figs. 29-30)

Form 10 Step Forward and Obliquely Downward Slice with Spear

1) Step forward with the left foot as the body turns to the left, meanwhile bring the spear downward, leftward and backward in an arc with the left hand. Eyes look at the tip of spear. (fig. 31)

2) Continuously step forward with the right foot raising the left heel from the floor.



At the same time, slice with the spear in both hands in a rightward, forward and downward arc. Eyes look at the spear-head. (fig. 32)

Form 11 Downward Parry with Spear in Back Cross-Step

Step forward-left with the left foot and take a backward step behind the left foot with the right foot to form a back cross-step. At the same time, the left hand holds the spear and parries it to the lower-left while the torso turning leftward. Eyes look at the tip of spear. (figs. 33-34)

Form 12 Thrust Spear Downward with Feet Together

1) Step to the spear-head direction with the left foot to form a semi-horse-riding step. Simultaneously rotate the left forearm and hand inward and bend the right wrist downward to beside the right flank so that the front part of spear is parried inward in a semi-circle. Eyes look at the tip of spear. (fig. 35)



fig. 32



fig. 33



fig. 34

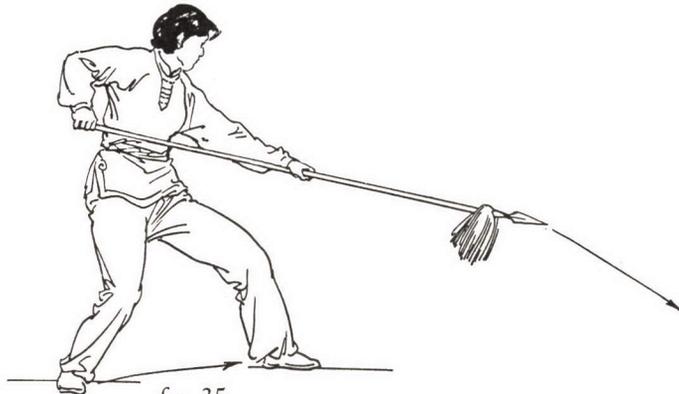


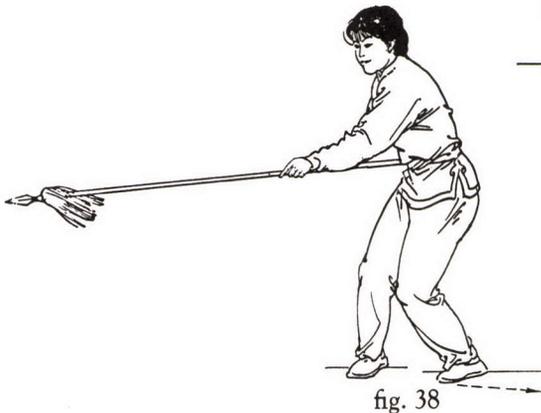
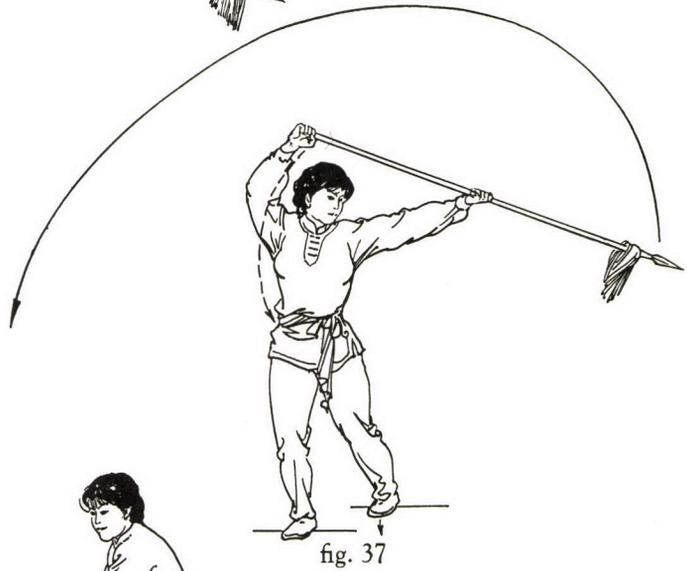
fig. 35

2) Draw the right foot to the inside of the left foot with feet together bending both knees into a half-squatting position, in the meantime push the butt in the right hand to the front so the spear is thrust to the lower-front. Eyes look at the tip of spear. (fig. 36)

Form 13 Turn Body and Downward Slice with Spear

1) With turning the body to the right and the toes of the right foot outward, take half a forward-right step with the right foot. At the same time, withdraw the butt in the right hand backward over the head. Eyes look lower-left. (fig. 37)

2) Continuously turn the upper body to the right and slightly move the left foot to the left with both knees bent slightly. At the same time, slice forward and downward to waist level with the spear in both hands stopping the right hand at side of the right flank. Eyes look at the front part of spear. (fig. 38)



Form 14 Turn Body, Parry Inward and Trust Spear

1) Take half a backward step with the left foot and draw the right foot to the left foot rotating its toes inward as the body is turned to the rear-left. With turning of the body, hold the spear in both hands and circle it in a plane circle. (figs. 39-41)

2) Continuously turn the body to the left, simultaneously hold the butt in the right hand and turn the right forearm upward in front of the right shoulder while rotating the left forearm and hand outward so the spear is parried outward in a semi-circle. Eyes look at the tip of spear. (fig. 42)

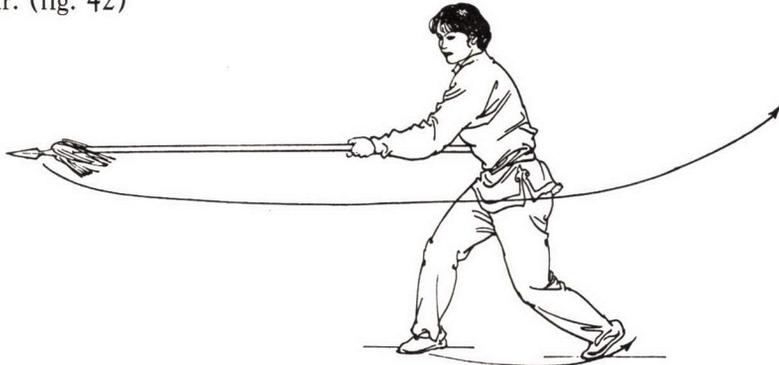


fig. 39

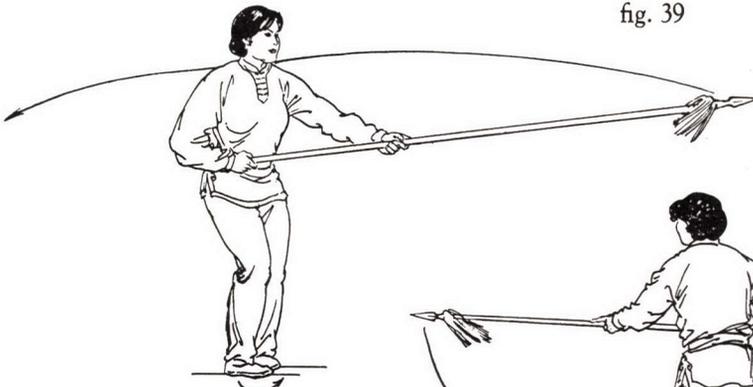


fig. 40

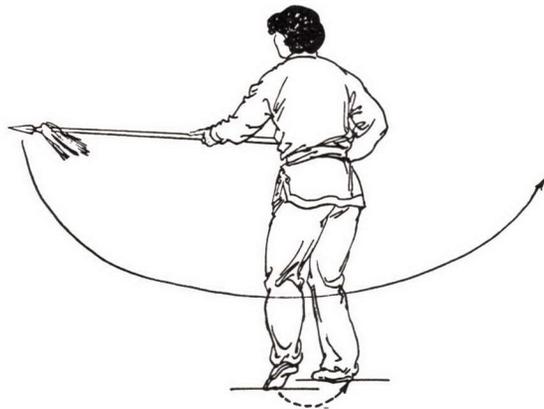


fig. 41

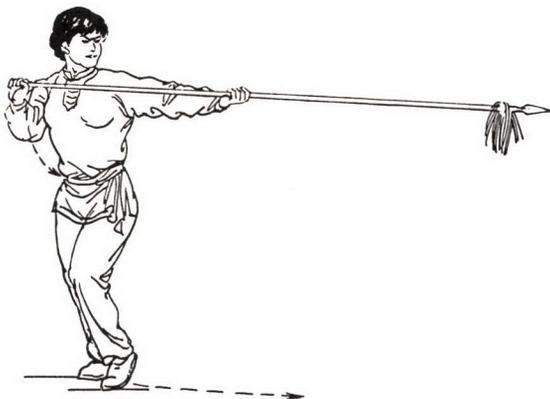


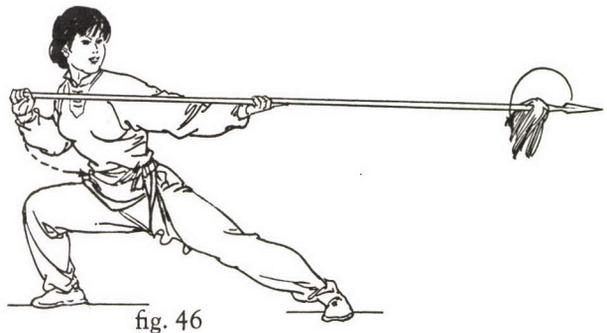
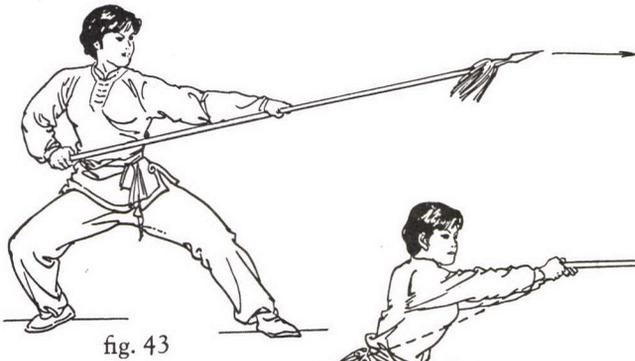
fig. 42

3) Step forward with the left foot to form a semi-horse-riding step. At the same time, turn the right forearm and hand downward to beside the right flank, and rotate the left forearm and hand inward so the spear is parried inward in a semi-circle. Then shift the weight mainly onto the left leg bending the left knee and straightening the right leg to form a left bow step, meanwhile push the butt in the right hand so the spear is thrust forward at level. (figs. 43-44)

Form 15 Parry Outward, Inward and Trust Spear

1) Shift the weight backward mainly onto the right leg to form a semi-horse-riding step and withdraw the butt backward to beside the right flank with the right hand. (fig. 45)

2) Continuously move the weight backward with bending the right knee and straightening the left leg to form a right bow step. At the same time, hold the butt in the right hand and turn it over upward while rotating the left forearm and hand outward so the spear is parried outward in a semi-circle. Eyes look at the spear-head. (fig. 46)



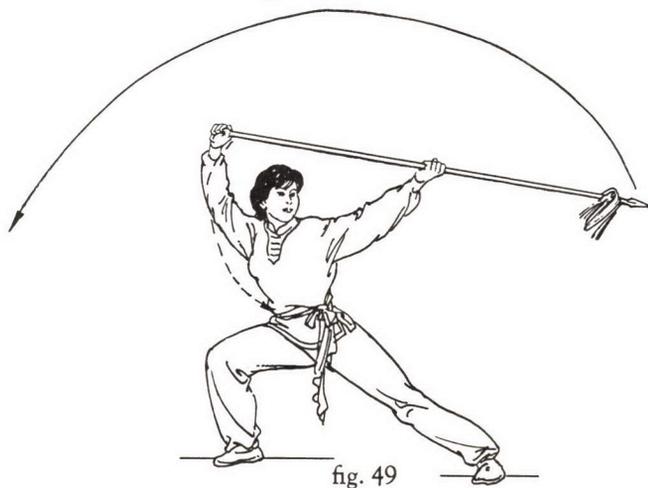
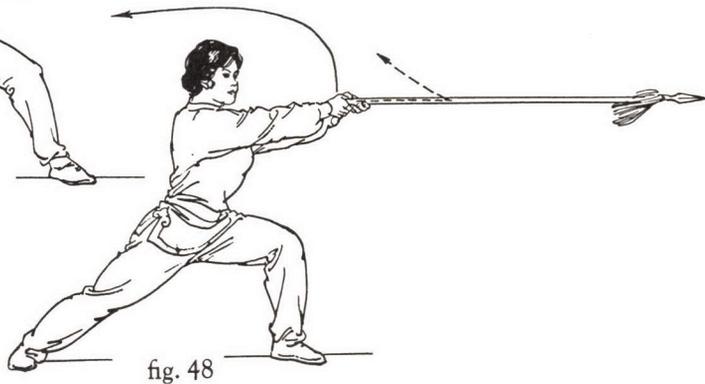
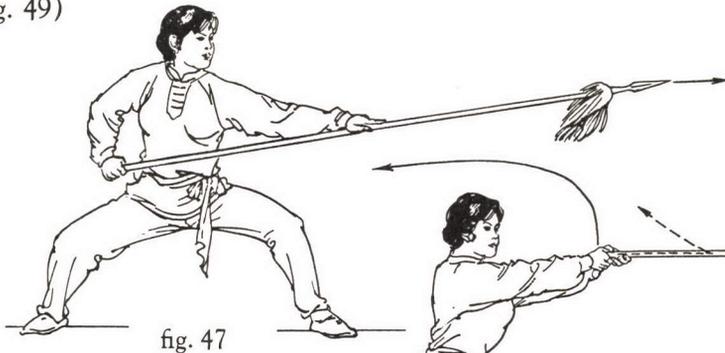
3) Move the weight forward to form a semi-horse-riding step. At the same time, turn the right forearm downward stopping the butt in the right hand beside the right flank and rotate the left hand inward so the spear is parried inward in a semi-circle. Eyes look at the spear-head. (fig. 47)

4) Shift the weight forward mainly onto the left leg bending the left knee and straightening the right leg to form a left bow step. Simultaneously push the butt in the right hand forward so the spear is thrust to the front. Eyes look at the tip of spear. (fig. 48)

**Repeat "Parry Outward and Inward, and Thrust Spear in Bow Step".

Form 16 Overhead Block with Spear in Side Bow Step

Turn the upper body to the right and shift the weight backward mainly onto the right leg bending the right knee and straightening the left leg to form a right side bow step. At the same time, withdraw the butt in the right hand backward to the upper-right with the forearm rotating inward, and slide the left hand along the shaft to the middle part of spear with the forearm rotating outward and holding up so that the spear is blocked over head, the spear-head being slightly lower than the spear-butt. Eyes look forward-left. (fig. 49)



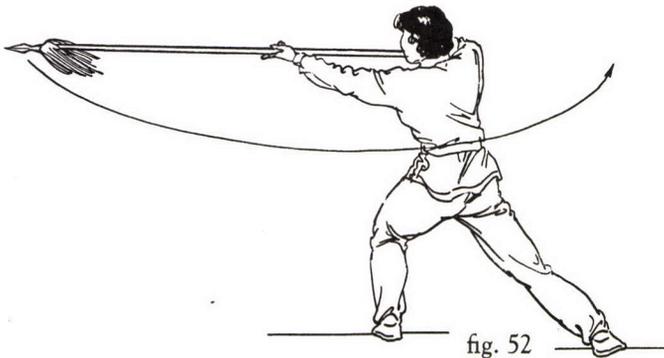
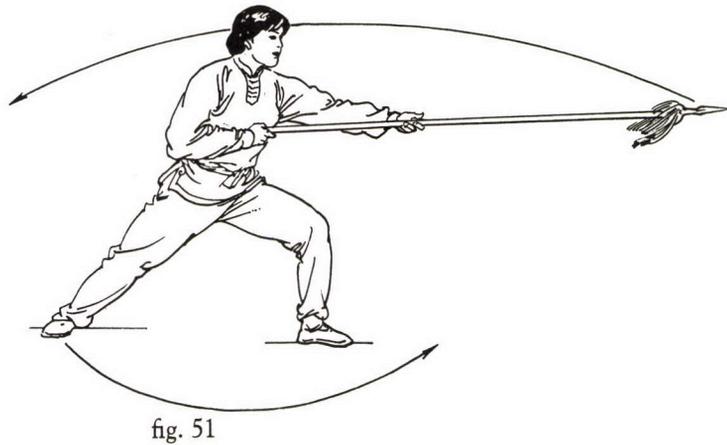
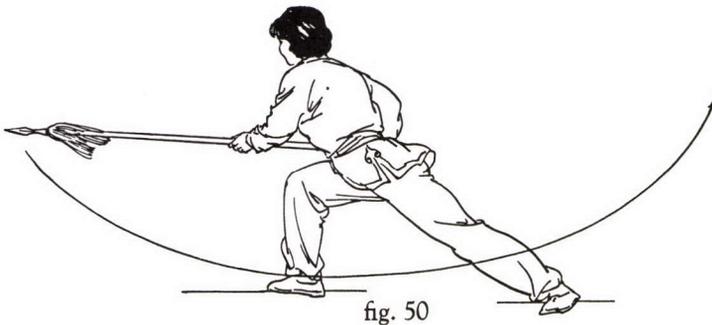
Form 17 Turn Body and Downward Slice with Spear

Turn the torso rightward and lean the upper body slightly forward. At the same time, draw the butt in the right hand downward to the right flank and press the left hand forward and downward so that the spear is sliced forward and downward in an arc to waist level. Eyes look at the spear-head. (fig. 50)

Form 18 Hold Spear in High Empty Step

1) Turn the body to the left shifting the weight mainly onto the left leg, bending the left knee and straightening the right leg to form a left bow step. With turning of the body, hold the spear in both hands and horizontally swing it leftward. Eyes follow the spear-head. (fig. 51)

2) Continuously turn the body to the left serving the left foot as an axis, sliding the right foot rightward along the floor and swinging the spear leftward. (fig. 52)



3) Hold the spear in both hands and continuously cloud it leftward and backward on a plane while sliding the left hand to the butt along the shaft and raising the butt in the right hand upward as the upper body is bent slightly backward. (fig. 53)

4) Slightly bend the upper body forward, in the meantime cloud and parry with the spear rightward and forward with the left hand sliding to the middle part of spear and moving the butt in the right hand in front of the chest. (fig. 54)

5) Slightly turn the body to the right shifting the centre of gravity onto the right leg and draw the left foot to in front of the right foot landing the toes on the floor to form a left high empty step. At the same time, pull the butt in the right hand to the upper-right while the left hand slides to the middle part of spear and swings leftward and downward so the spear is parried leftward, backward and downward. Simultaneously turn the head to the left and look leftward. (figs. 55-56)

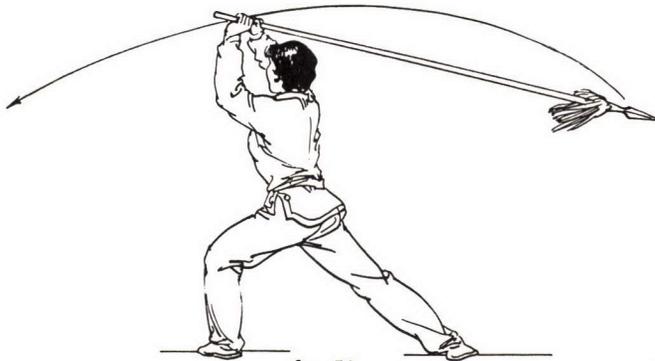


fig. 53

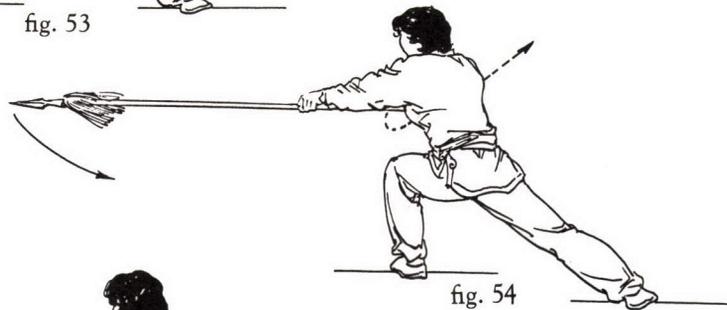


fig. 54

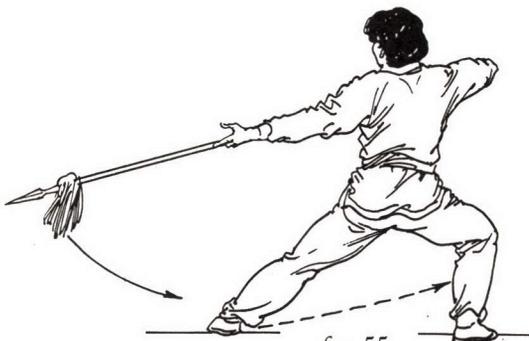
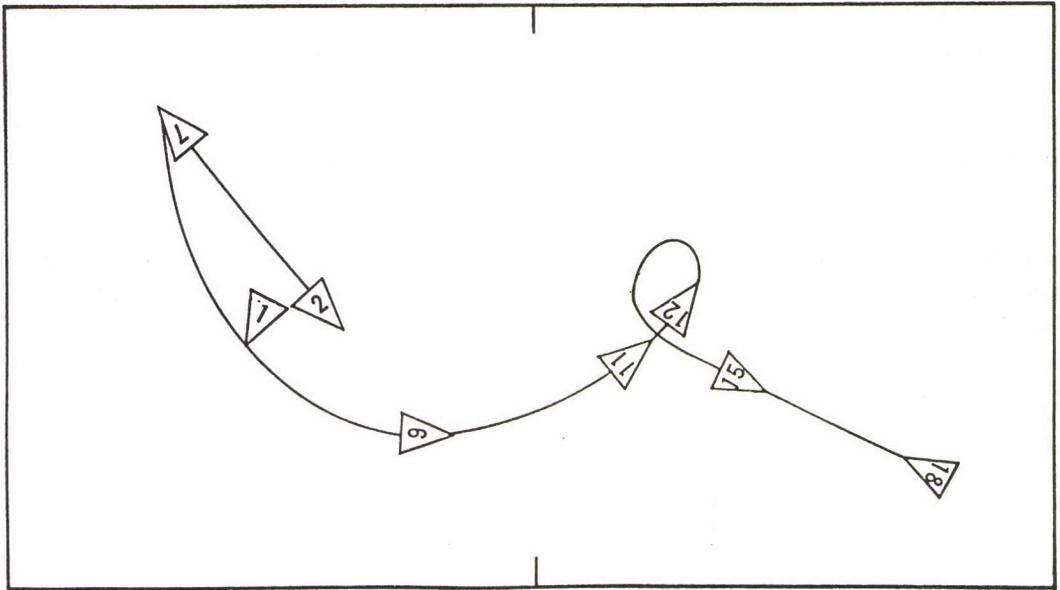


fig. 55



fig. 56



Layout of Movements in Section I

Section II

Form 19 Thrust Spear in Back Toe-Touch Step

1) Slightly turn the upper body to the left, raise the left leg and swing it leftward and backward to form a back cross-step. At the same time, push the middle part of spear in the left hand to the right and turn over the butt in the right hand upward to in front of the right shoulder so that the spear is parried outward in a semi-circle. Eyes look at the tip of spear. (figs. 57-58)

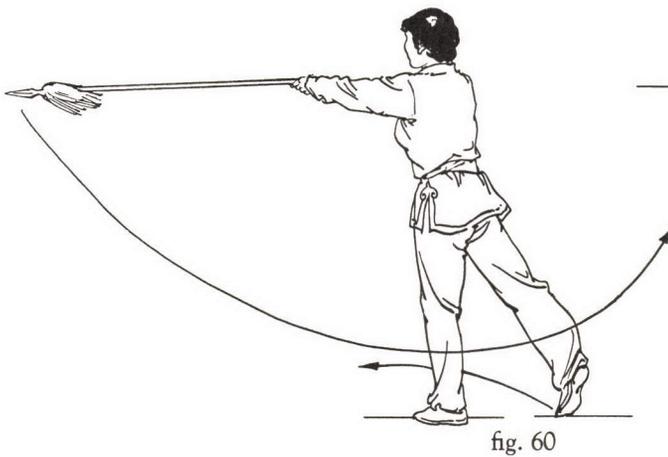
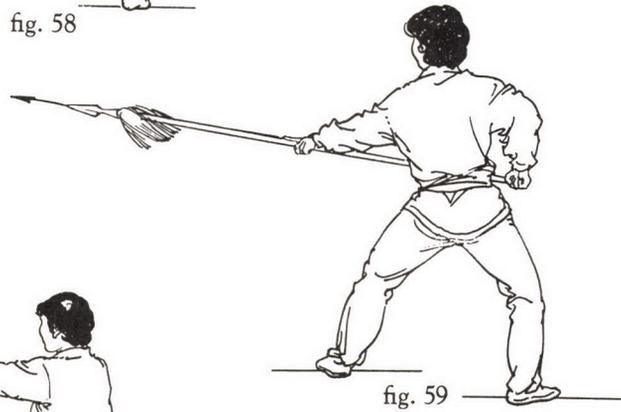
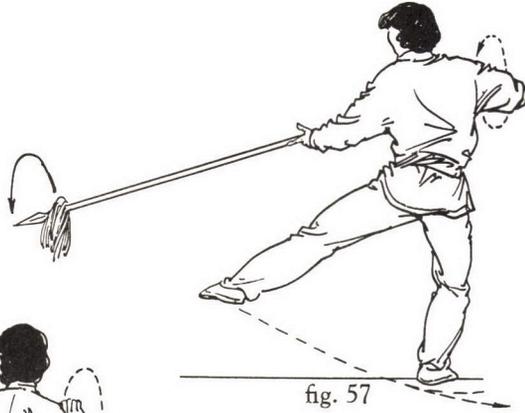
2) Step forward with the left foot to form a semi-horse-riding step. At the same time, turn the right forearm and hand downward to beside the right flank and rotating the left forearm and hand inward so the spear is parried inward in a semi-circle. Eyes look at the tip of spear. (fig. 59)

3) Shift the centre of gravity onto the left leg with the knee straight and draw the right foot slightly forward with its toes landing on the floor to form a back toe-touch step. Simultaneously the right hand pushes the butt so the spear thrusting forward. Eyes look at the tip of spear. (fig. 60)

Form 20 Step Forward and Downward Slice with Spear

1) Slightly turn the torso to the left and step forward with the right foot. At the same time, withdraw the butt in the right hand to the upper-right, and slide the left hand to the middle part of spear so that the spear-head is arched leftward, downward and backward. (fig. 61)

2) Step forward with the left foot and follow half a forward step with the right foot raising its heel from the floor as the upper body is turned to the right. At the same time, raise the spear in both hands and slice it forward and downward to waist level. Eyes look at the spear-head. (figs. 62-63)



Form 21 Overhead Block with Spear in Side Bow Step

Turn the torso to the right and draw the right foot to the rear, bending the right knee and straightening the left leg to form a right side bow step. At the same time, withdraw the butt in the right hand backward and turn it over upward to a height higher than the head while rotate the left forearm and hand outward so that the spear is blocked over the head, the tip of spear being slightly lower than the butt. (fig. 64)

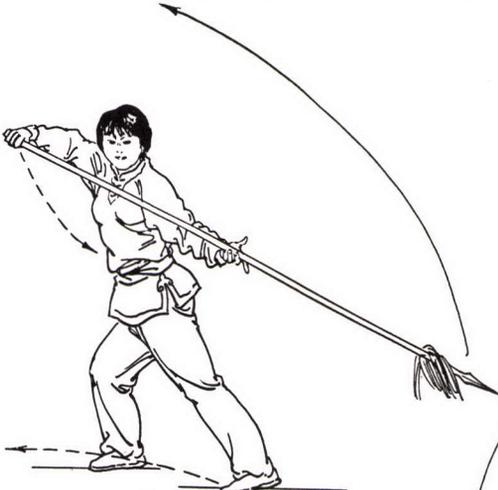


fig. 61

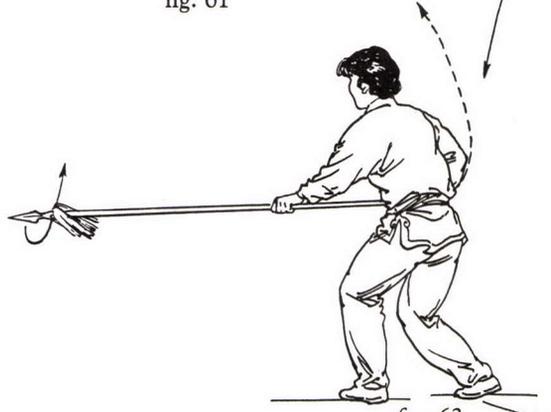


fig. 63

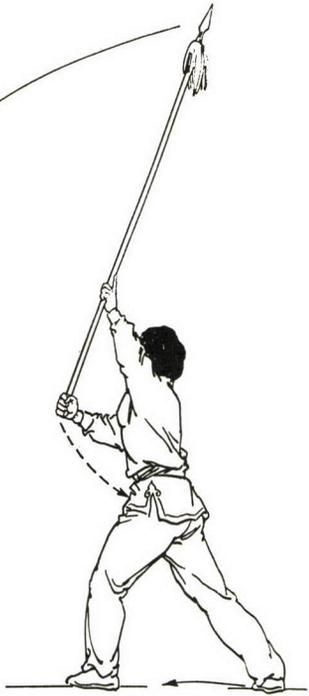


fig. 62

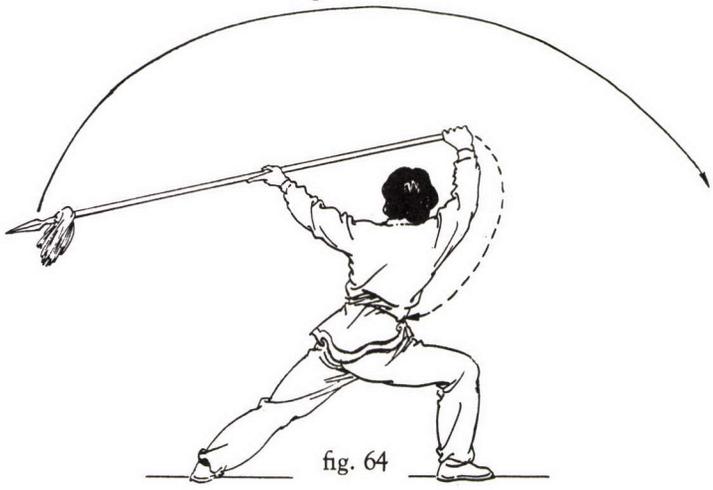


fig. 64

Form 22 Point Spear in Back Cross-Legged Balance

1) Turn the upper body to the right, simultaneously lower the butt in the right hand to the right flank and press the left hand upward and forward so the spear is sliced forward and downward until the spear-head is at shoulder level. Eyes look at the tip of spear. (fig. 65)

2) With turning the body to the left, hold the spear in both hands and swing it horizontally leftward, while the right foot moves slightly rightward. (fig. 66)

3) Move the weight backward and draw the left foot slightly backward as the torso is turned to the left. At the same time, describe the tip of spear a leftward, downward and backward arc with the left hand sliding to the middle part of spear. (fig. 67)

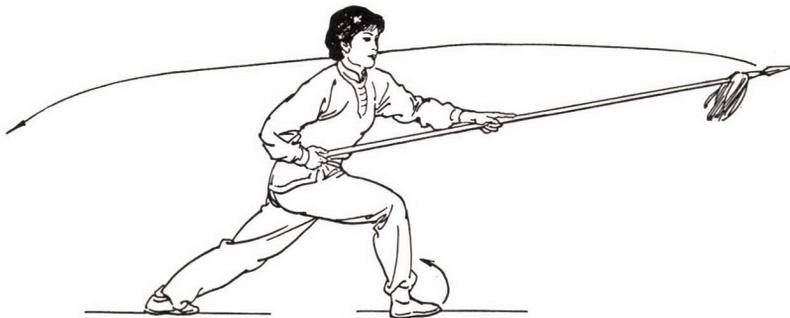


fig. 65

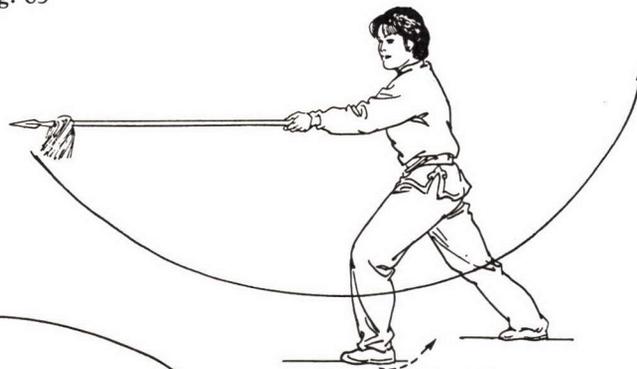


fig. 66



fig. 67

4) Take half a forward step with the left foot bending the left knee into a half-squatting position and raise the right leg with knee bent and resting the foot on the back of the left knee to form a back cross-legged balance. At the same time, point the spear forward and downward, the tip of spear being at waist level while sliding the left hand to the end part of spear. (fig. 68)

Form 23 Tilt Spear with Feet Together

Step backward with the right foot and draw the left foot to the right foot to form a feet-together step as the body is slightly turned to the right. At the same time, quickly withdraw the butt in the right hand backward and downward to the right flank, and slide the left hand to the middle part of spear so that the tip of spear is tilted upward at head level. Eyes look at the tip of spear. (figs. 69-70)

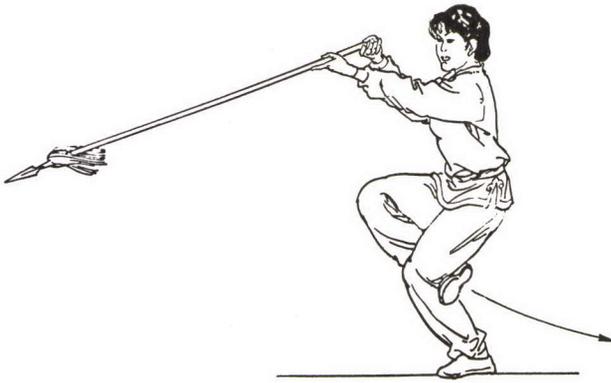


fig. 68

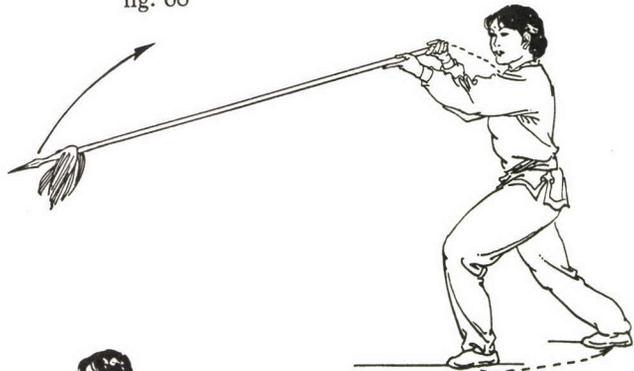


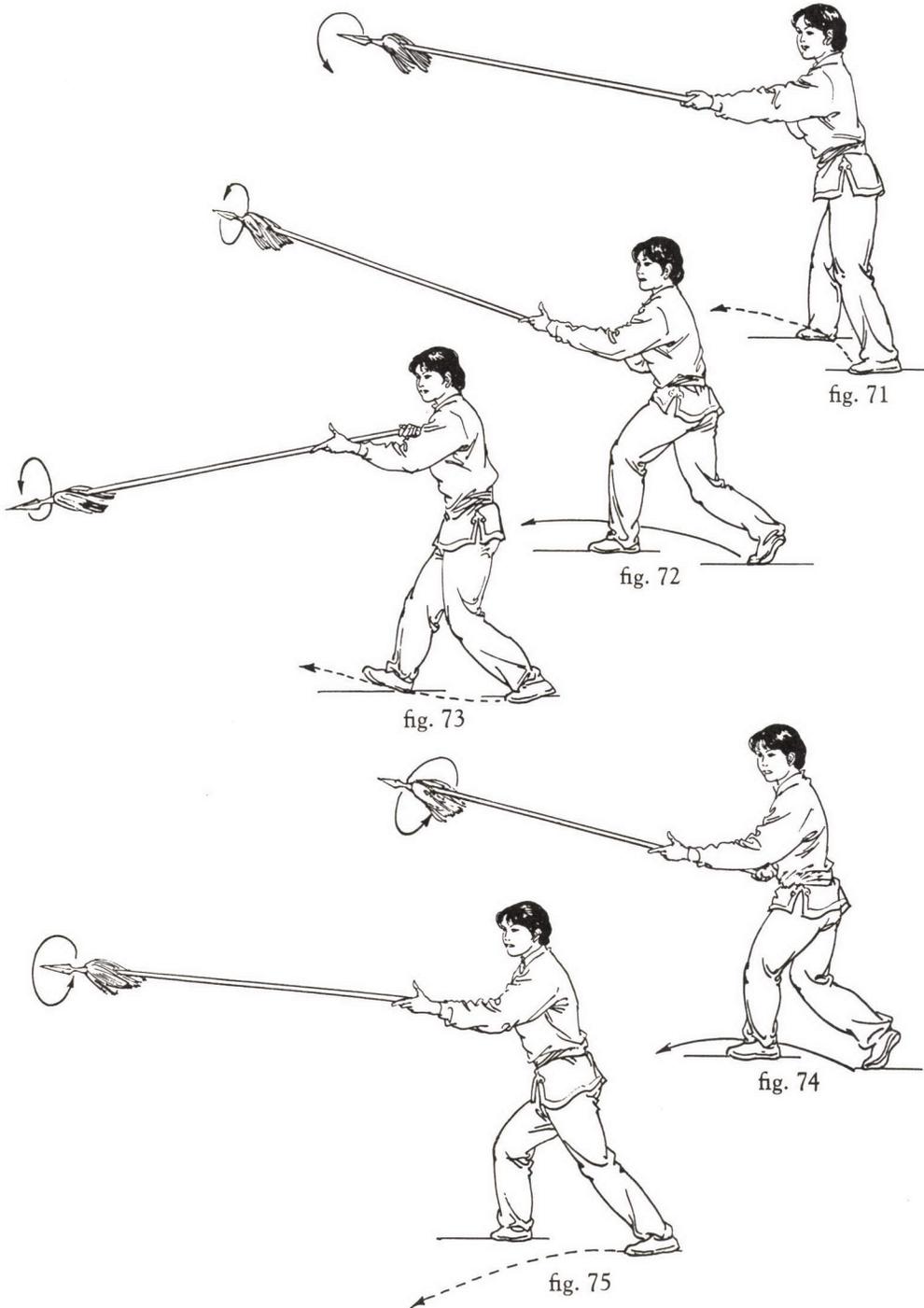
fig. 69



fig. 70

Form 24 Envelopment with Spear in Curved Walking Step

Step forward-right with the right foot, following take five forward-right steps with left and right foot in succession in curved walking step. At the same time, the left hand holds the middle part of spear slackly, and the right hand hold the butt and coil it continuously for four circles in front of the chest along counter-clockwise direction. Eyes look at the spear-head. (figs. 71-75)

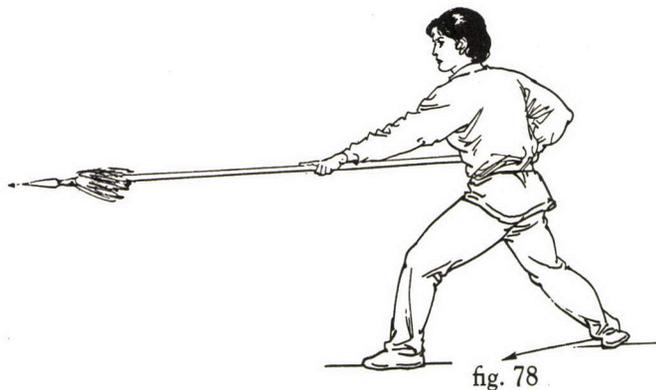
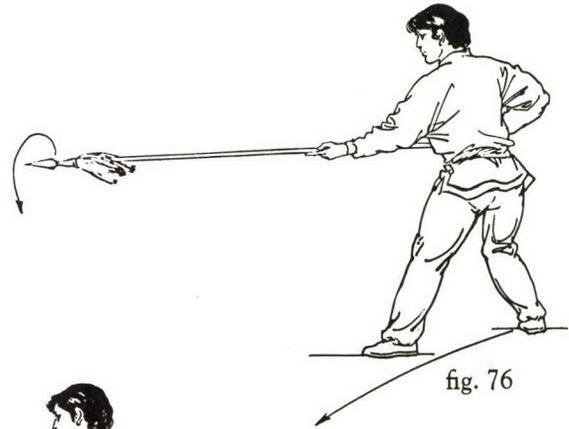


Form 25 Parry Outward, Inward and Thrust Spear in Back Cross-Step

1) Step forward-left with the left foot, simultaneously pull the butt in the right hand backward to the right flank as the body is turned to the right. (fig. 76)

2) Take a backward step behind the left foot with the right foot to form a back cross-step while the butt in the right hand is turned over in front of the right shoulder and the left forearm rotates outward so that the spear is parried outward in a semi-circle. (fig. 77)

3) Turn the body leftward and step forward with the left foot to form a semi-horse-riding step. At the same time, turn the butt in the right hand downward stopping it at the right flank and rotate the left hand inward so that the spear is parried inward in a semi-circle. (fig. 78)



4) Shift the centre of gravity onto the left leg and draw the right foot slightly forward with the toes landing on the floor to form a back toe-touch step as the body is turned to left. At the same time, thrust the spear forward. Eyes look at the spear-head. (fig. 79)

Form 26 Parry Outward, Inward and Trust Spear in Front Cross-Step

1) Slightly lower the centre of gravity while the right hand pulls the butt to the right flank. Then, take a forward cross-step with the right foot, in the meantime turn the butt in the right hand over upward and rotate the left forearm outward so that the spear is parried outward in a semi-circle. Eyes look at the spear-head. (figs. 80-81)

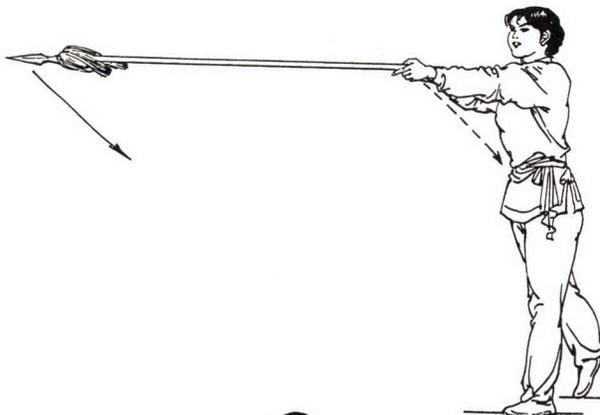


fig. 79



fig. 80

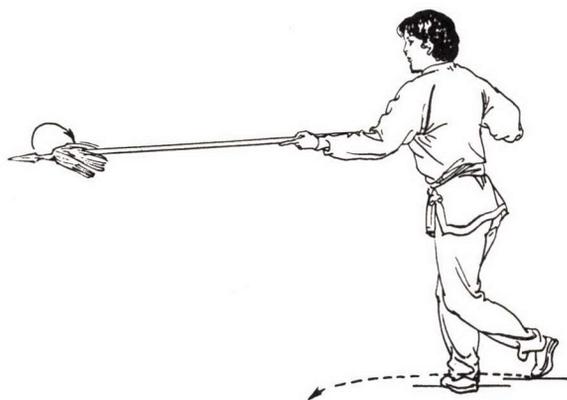


fig. 81

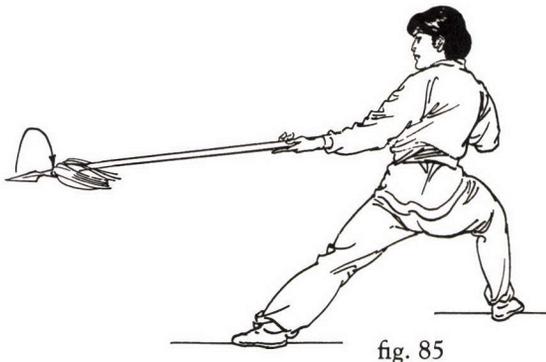
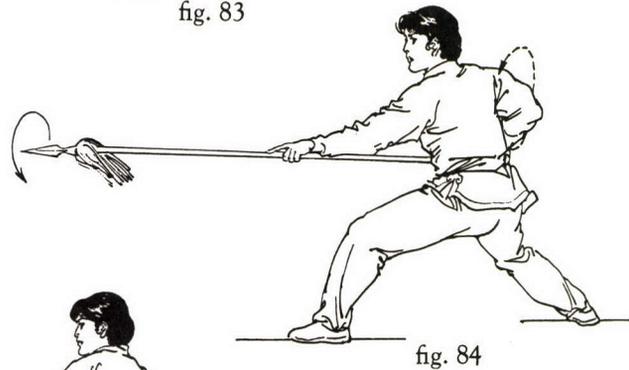
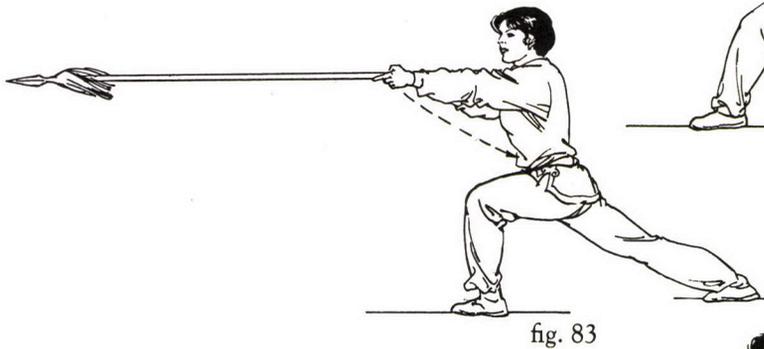
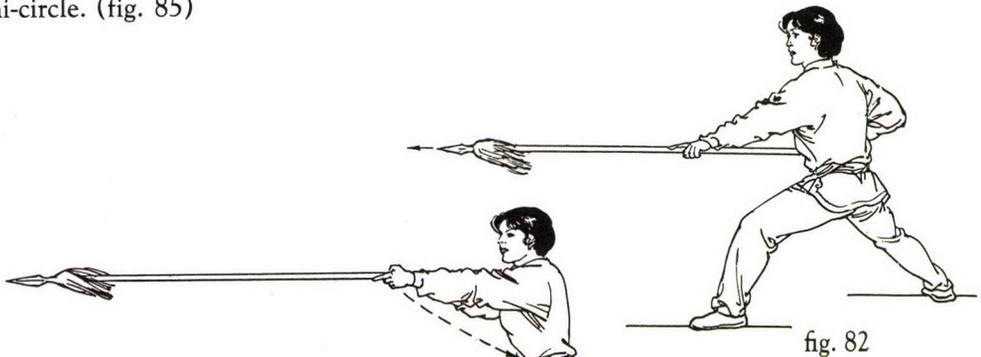
2) Step forward with the left foot to form a semi-horse-riding step, simultaneously make an inward semi-circle parry. Eyes look at the spear-head. (fig. 82)

3) Move the weight forward mainly onto the left leg to form a left bow step. At the same time, the right hand push the butt forward so the tip of spear is thrust to the front. Eyes look at the tip of spear. (fig. 83)

Form 27 Parry Outward, Inward and Thrust Spear in Bow Step

1) Move the weight backward to form a semi-horse-riding step while the right hand pulls the butt back to the right flank. (fig. 84)

2) Lean the upper body backward bending the right knee and straightening the left leg. At the same time, turn over the butt in the right hand upward in front of the right shoulder while rotating the left hand outward so that the spear is parried outward in a semi-circle. (fig. 85)



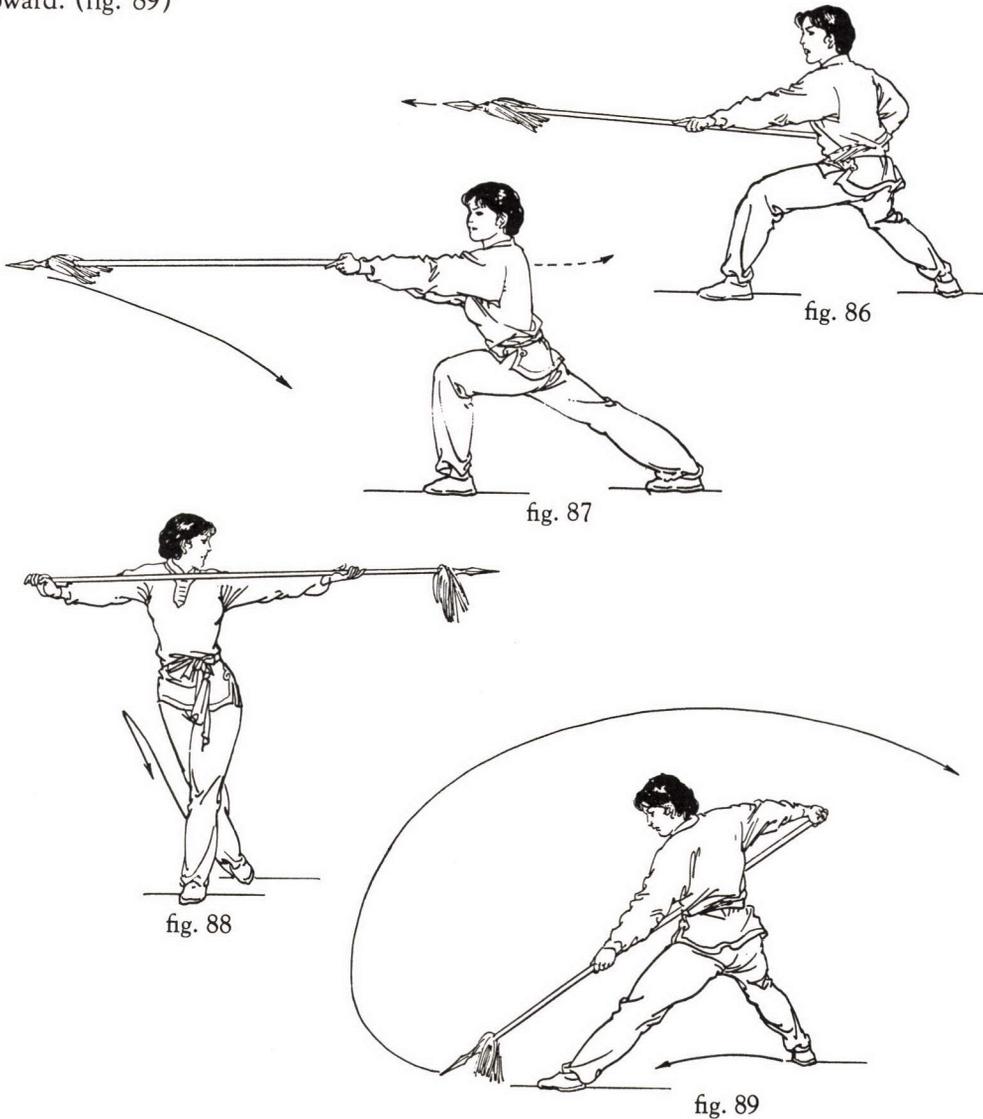
3) Turn the body leftward and slightly move the weight forward to form a semi-horse-riding step, in the meantime make an inward semi-circle parry. (fig. 86)

4) Shift the centre of gravity onto the left leg, bending the left knee and straightening the right leg to form a left bow step. At the same time, the right hand pushed the butt forward so the spear is thrust to the front. Eyes look at the spear-head. (fig. 87)

Form 28 Turn Body Over and Thrust Spear Downward

1) Move the weight backward as the body is slightly turned to the right. At the same time, the right hand pulls the butt backward, and the left hand slides to the middle part of the shaft and slightly presses the spear downward with the tip of spear pointing lower-front. Eyes look at the spear-head. (fig. 88)

2) Shift the centre of gravity onto the left leg and drive the right leg with the foot moving forward as the body is turned over upward, leftward and backward. At the same time, the left hand holds the middle part of spear and raises and parries it leftward and upward. (fig. 89)



3) Turn the body leftward while lifting the right leg with knee bent and immediately dropping the foot to the rear-right of the body. At the same time, the right hand pushes the butt thrusting the spear to the lower-front with the tip of spear touching the floor, and the left hand opens the shaft into a palm and pulls backward resting on the inside of the right upperarm, palm facing outward and fingers pointing upward. Eyes look at the tip of spear. (figs. 90-91)

Form 29 Push Palm Sideward in Bow Step

Turn the body rightward bending the right knee and straightening the left leg to form a right bow step. At the same time, drag the butt in the right hand backward in front of the right shoulder with elbow bent, and push the left palm forward-left. Eyes look forward-left. (figs. 92-93)

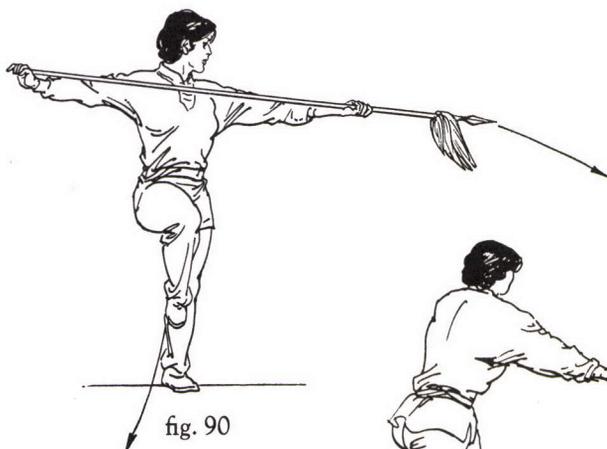


fig. 90

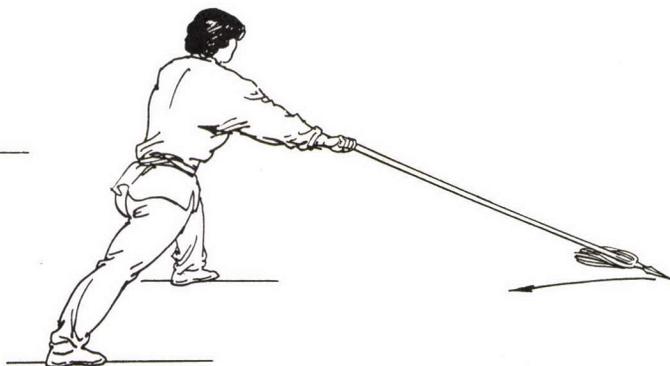


fig. 91

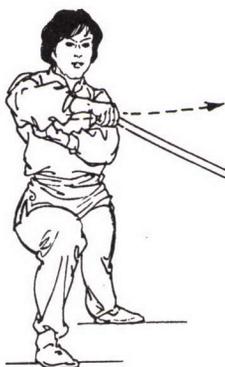
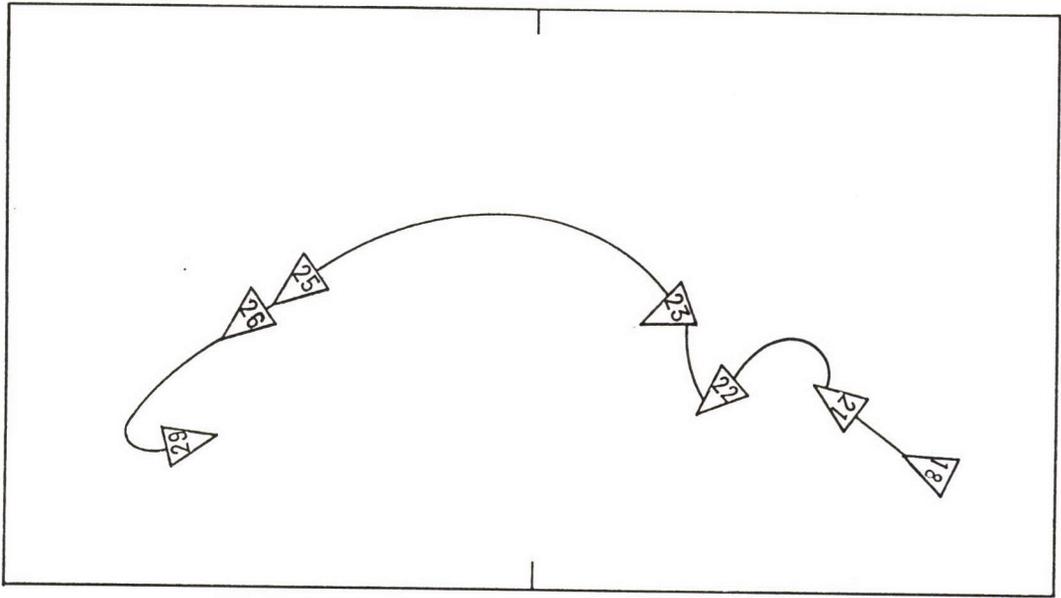


fig. 92



fig. 93



Layout of Movements in Section II

Section III

Form 30 Tilt Spear in Empty Step

1) Bend the upper body forward and slightly lower the centre of gravity downward, simultaneously swing both hands downward and backward to respective side. (fig. 94)

2) Raise the body up with the right heel lifted from the floor. At the same time, the right hand pushes the butt forward, and the left hand holds the shaft in front of the right hand. (fig. 95)

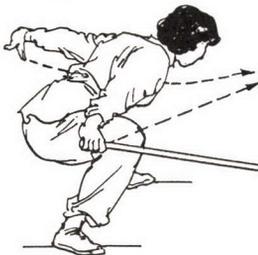


fig. 94

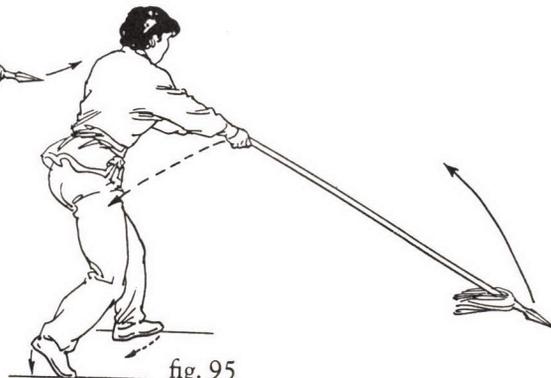
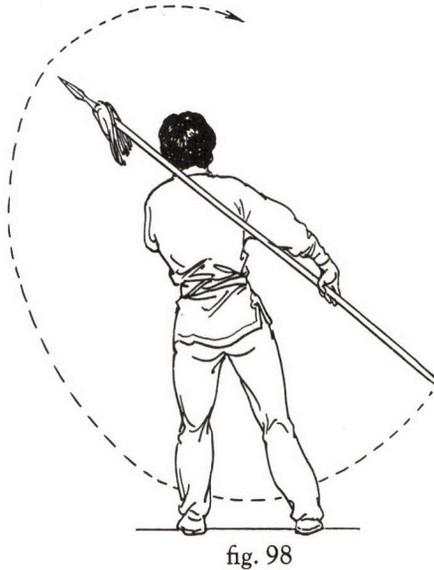
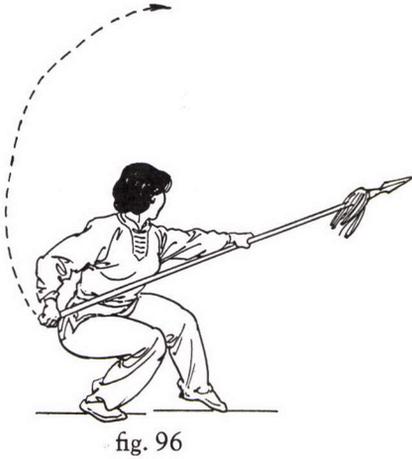


fig. 95

3) Drop the right heel with the entire sole flat on the floor and the knee bent while drawing the left foot half a backward step with its toes landing on the floor to form a left empty step. At the same time, the right hand withdraws the butt quickly backward and downward and the left hand slides to the middle part of shaft so that the tip of spear is tilted upward to head level. Eyes look at the tip of spear. (fig. 96)

Form 31 Spear Figure-8 on Both Sides

1) Raise the body and turn to the left while stepping forward with the right foot. At the same time, the right hand slides to the middle part of shaft and covers the butt upward and forward, and the left hand holds the shaft slackly moving to under the right armpit. (figs. 97-98)



2) With turning the body to the left first, then to the right, make figure-8 three times on both sides. (figs. 99-104)



fig. 99

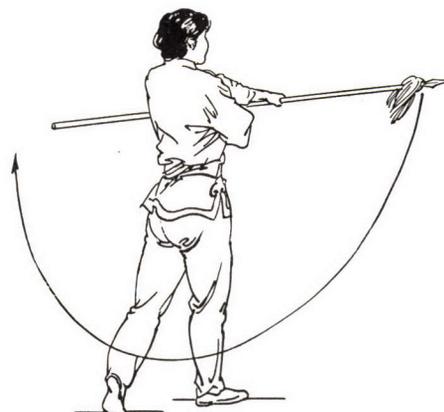


fig. 100

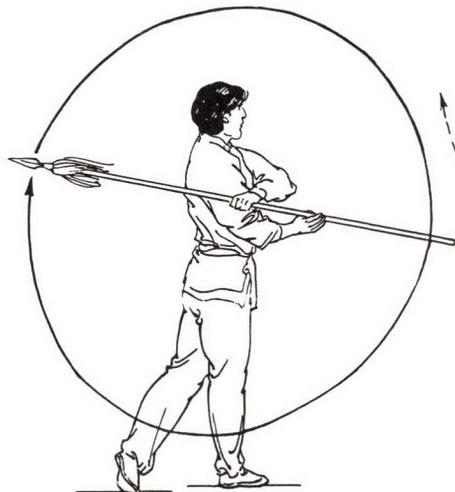


fig. 101

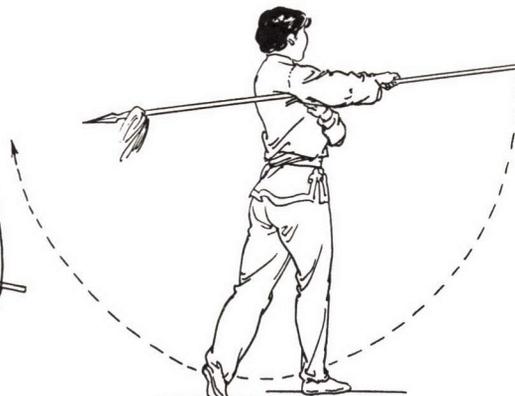


fig. 102

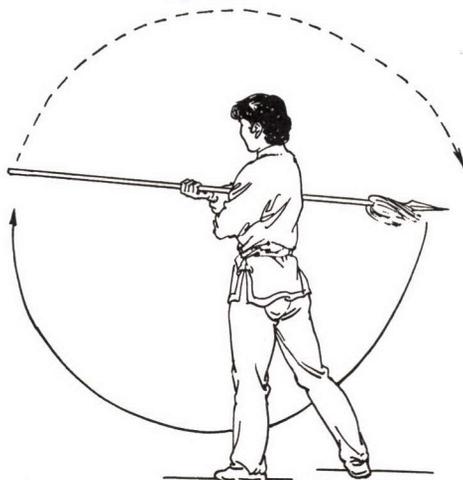


fig. 103

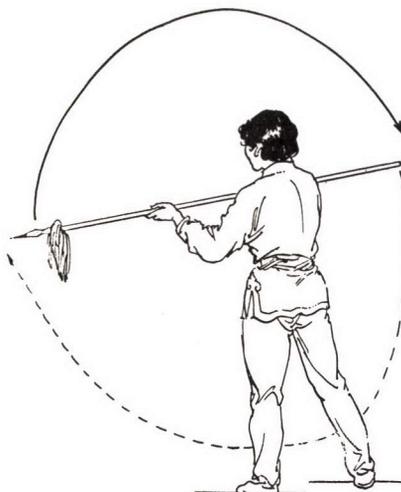


fig. 104

Form 32 Figure-8 and Circle Over Shoulder with Spear

1) Turn the body to the right, simultaneously hold the middle part of shaft in the left hand and move the tip of spear upward, rightward and downward in an arc. (fig. 105)

2) Turn the body to the right with the right foot rotating outward and take half a forward step with the left foot landing the toes on the floor. At the same time, continuously circle the tip of spear downward, backward, upward and forward while opening the right hand to hold the shaft next to the little finger-side of the left hand with both palms facing upward. (figs. 106-107)

3) Open the left hand and hold the shaft in the right hand with forearm rotating outward so the spear moved forward in a vertical circle at the right side of the body, and then the forearm rotating inward so the shaft moved to under the right armpit. Without any interruption, bend the upper body forward and toss the spear to the upper-rear with the right hand so that the spear is circled over the left shoulder, and hold the shaft timely with the left hand and following grasp the butt with the right hand. (figs. 108-110)

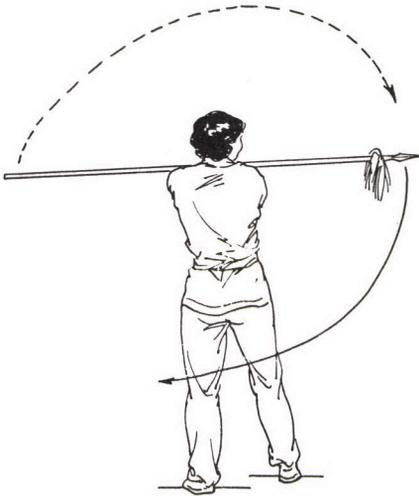


fig. 105



fig. 106

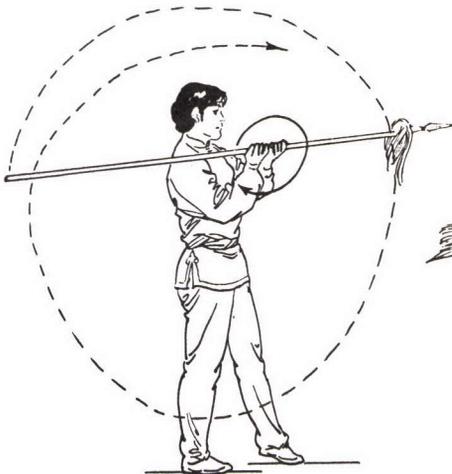


fig. 107

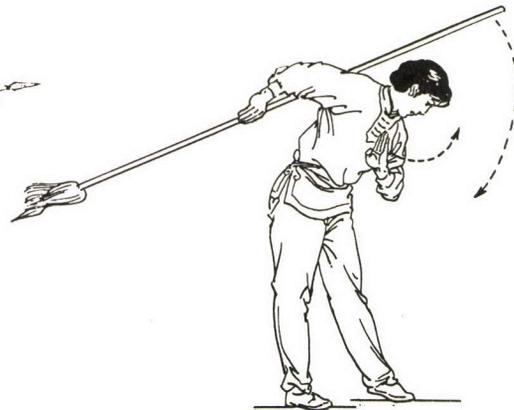


fig. 108

Form 33 Cloud, Parry Inward and Thrust Spear

1) Step forward-right with the left foot while the left hand slides to the middle part of spear and swings the spear leftward, and the right hand holds the butt and raises it up to in front of the right shoulder. Eyes look at the tip of spear. (fig. 111)



fig. 109



fig. 110

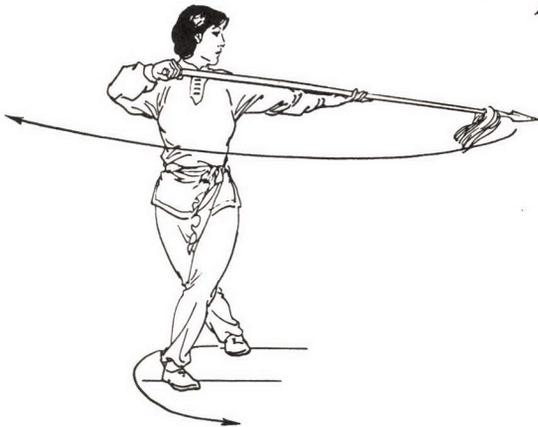


fig. 111

2) Step to the forward-left round the left foot with the right foot. At the same time, the left hand slides to the butt and pushes the spear rightward and the right hand pushes the butt to the left armpit while bending the upper body backward so the spear-tip is parried horizontally rightward and backward. (figs. 112-113)

3) Step forward-left with the left foot to form a semi-horse-riding step. Simultaneously the left hand slides to the middle part of shaft, the right hand pulls the butt to in front of the right shoulder. Then make an inward semi-circle parry. (figs. 114-115)

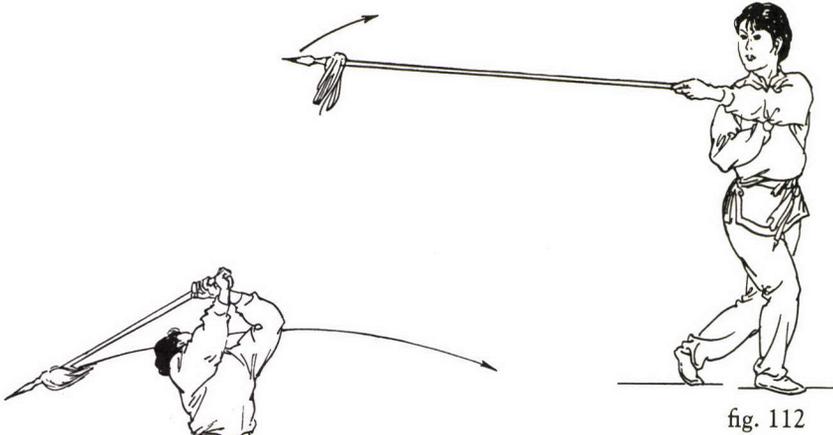


fig. 113

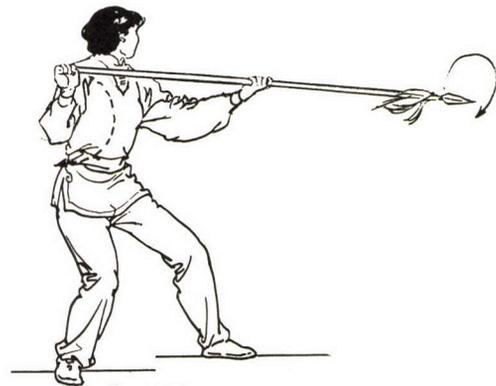


fig. 114



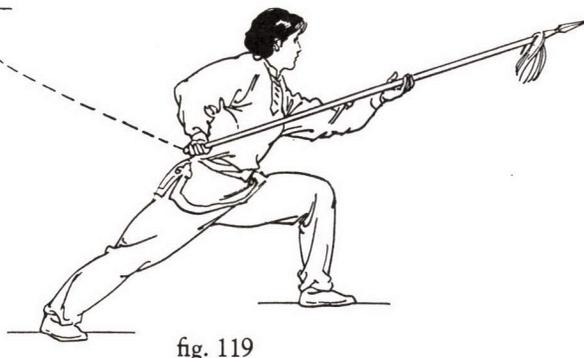
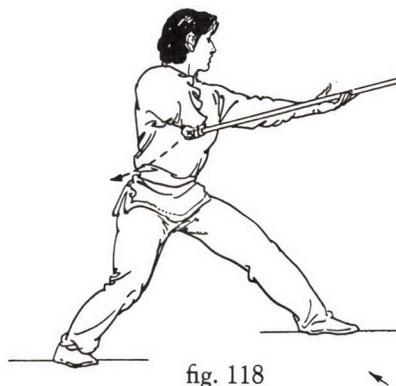
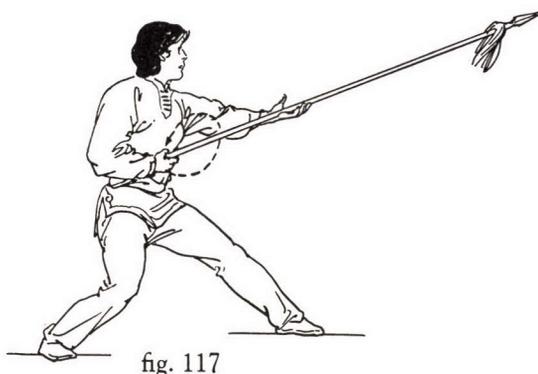
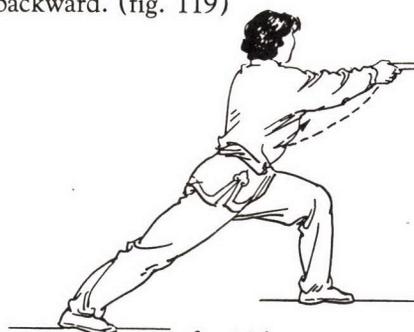
fig. 115

4) Shift the weight forward mainly onto the left leg bending the left knee and straightening the right leg to form a left bow step. At the same time, the right hand pushes the butt so the spear thrusting forward. Eyes look at the tip of spear. (fig. 116)

Form 34 Pierce with Spear in Reverse Holding Shaft

1) Slightly turn the body to the right and move the weight backward to form a semi-horse-riding step. At the same time, the left hand holds the shaft slackly, and the right hand pulls the butt to the right flank. Then, the right hand pushes the butt forward in front of the chest, rotating the forearm inward and changing the right hand to hold the butt with the thumb-side facing backward. (figs. 117-118)

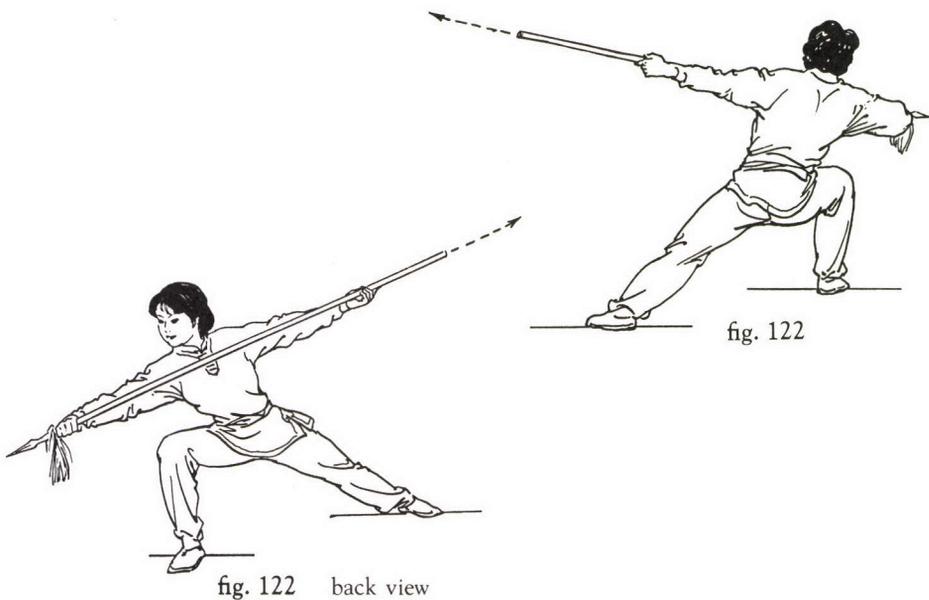
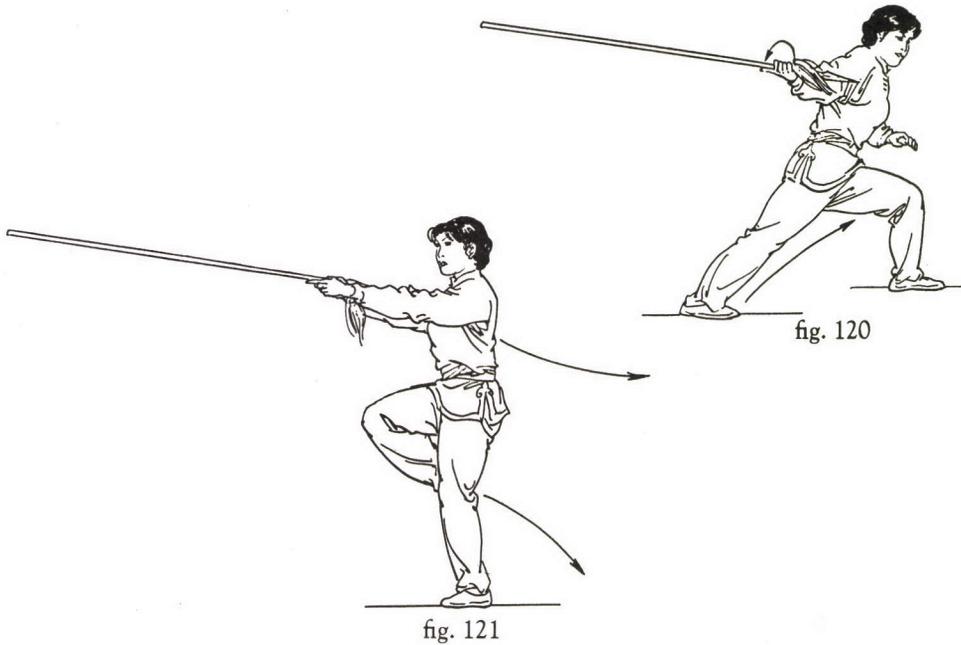
2) Move the weight forward bending the left knee and straightening the right leg to form a left bow step. Simultaneously the right hand holds the butt slackly and extends backward. (fig. 119)



3) The left hand pushes the shaft backward so it sliding in the right hand until the spear-neck is held by the right hand. (fig. 120)

4) Shift the centre of gravity onto the left leg and raise the right leg with knee bent as the body is turned to the right. At the same time, rotate the right forearm outward until the tip of spear points the chest, and extend the left hand to hold the shaft. (fig. 121)

5) Turn the body to the rear-right and drop the right foot backward bending the right knee and straightening the left leg to form a right bow step. With turning of the body, withdraw the spear and thrust to the lower-front with the right hand. Eyes look at the tip of spear. (figs. 122 and 122 back view)



Form 35 Turn Body Back and Pierce Spear Along Neck

1) Turn the body to the rear-left to form a left bow step. With turning of the body, hold the spear-neck in the right hand and push it forward in front of the body with the tip of spear pointing the neck. Eyes look at the tip of spear. (fig. 123)

2) Turn the body to the right, simultaneously thrust the spear in the right hand to the neck with the left hand sliding to the butt while bending the neck backward so that the spear is moved past the front of the neck. Continuously bring the spear in the right hand and thrust it to the lower-right with the right knee bent and the left leg straightened to form a right bow step. Eyes look at the tip of spear. (figs. 124-125 and 124-125 back views)

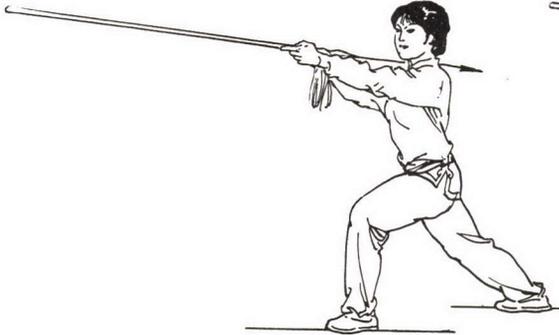


fig. 123

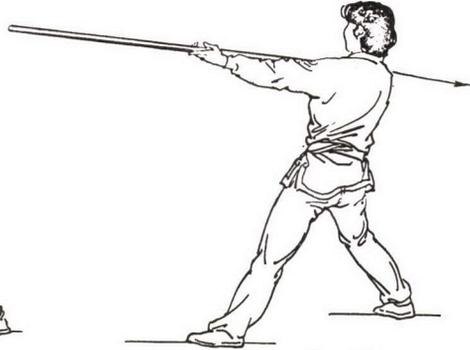


fig. 124

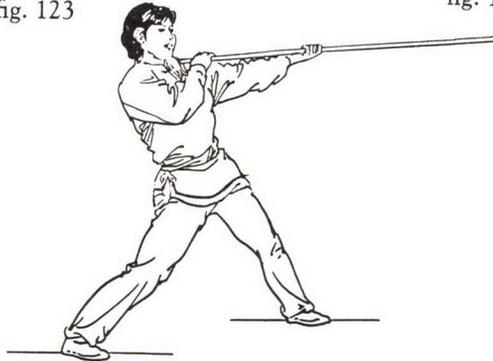


fig. 124 back view



fig. 125



fig. 125 back view

3) Open the right hand and push the shaft with the left hand so the spear piercing to the lower-front and the left palm immediately extending to the rear-left. Eyes look at the tip of spear. (fig. 126)

Form 36 Downward Slice with Spear in Following Step

1) Step forward with the left foot. Simultaneously move the left hand forward holding the shaft in front of the right hand and sliding to the middle part of shaft so the tip of spear is swung downward, leftward and backward. (figs. 127-128)

2) Step to behind the left heel with the right foot landing the toes on the floor and bending both knees. At the same time, hold the spear in both hands and slice with it upward, forward and downward to horizontal level while pulling the butt in the right hand to the front of the abdomen. (fig. 129)



fig. 126

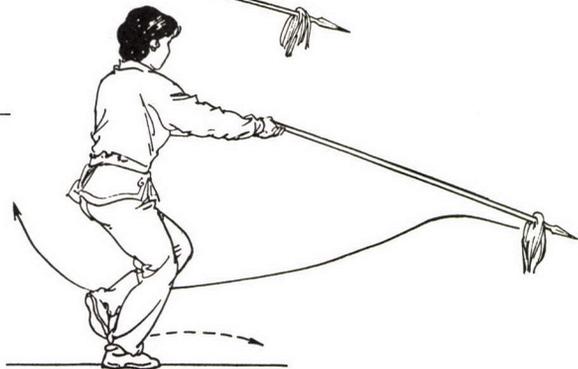


fig. 127



fig. 128

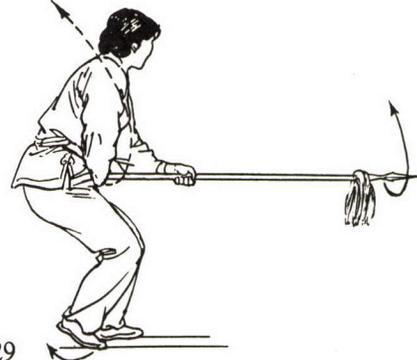


fig. 129

Form 37 Turn Body Back and Downward Slice with Spear

1) Turn the body rightward and take a small step backward with the right foot rotating the toes outward. At the same time, block over head with the spear rotating the left forearm outward. (fig. 130)

2) Continuously turn the body rightward while both hands hold the spear and slice with it upward, forward and downward to hip level pulling the butt in the right hand downward to the front of the abdomen. Eyes look at the spear-head. (fig. 131)

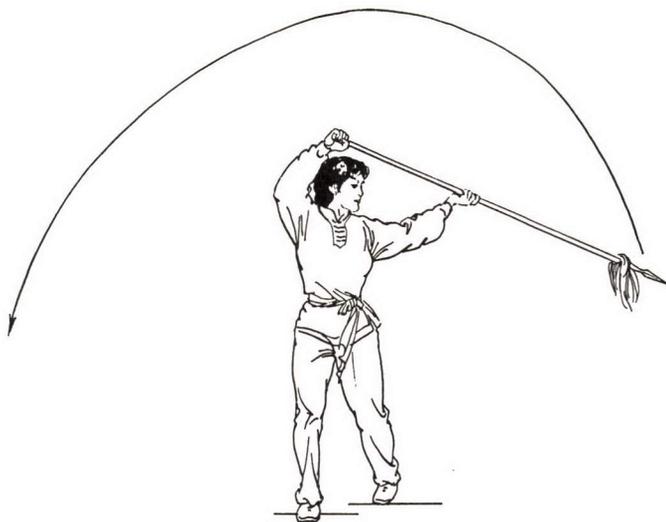


fig. 130

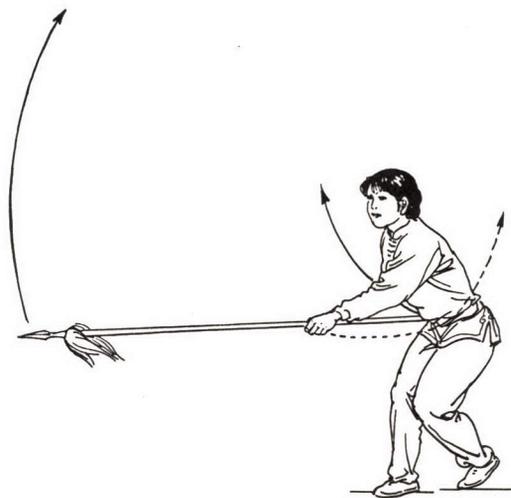


fig. 131

Form 38 Toss Spear with One Hand

Open the left hand and toss the spear forward and upward with the right hand so the spear is turned in a semi-circle in the air. Then, the right hand holds the spear-neck.

(figs. 132-134)

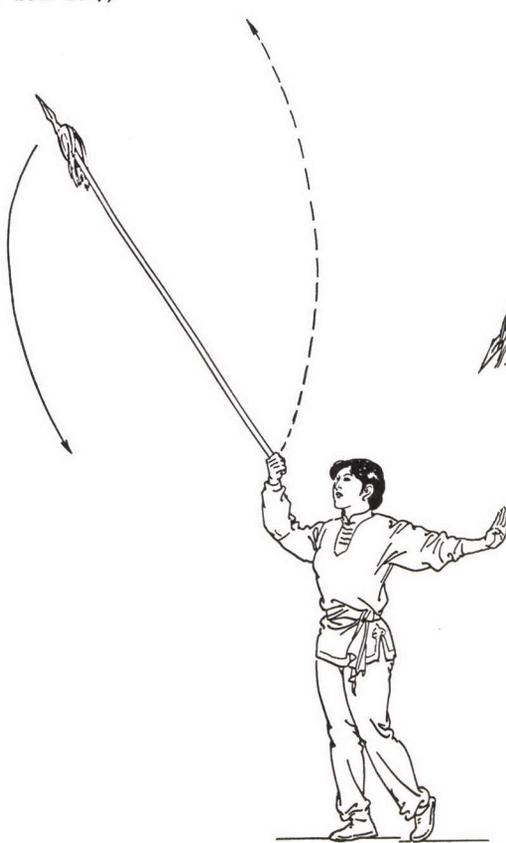


fig. 132

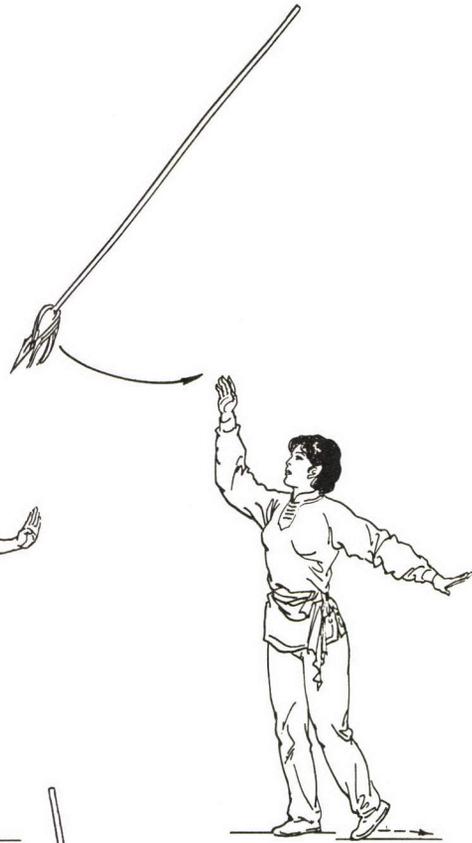


fig. 133



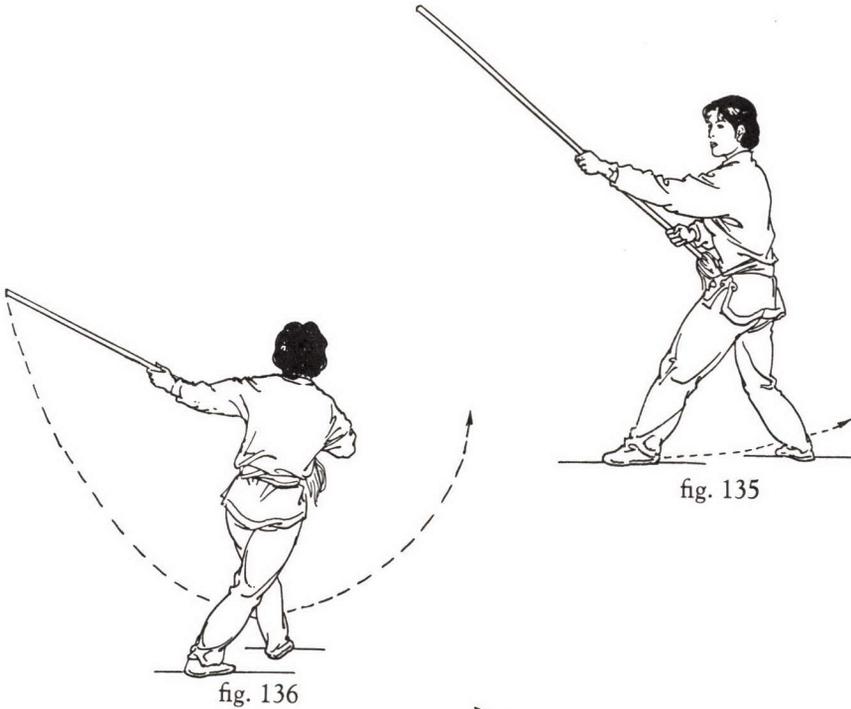
fig. 134

Form 39 Swing Spear Downward and Slam on Ground in Crouch Step

1) Turn the body to the right and step backward-right with the right foot. At the same time, the right hand brings the spear rightward and downward, and the left hand swings downward and forward to hold the middle part of spear. Eyes look at the left hand. (fig. 135)

2) Continuously turn the body rightward and step forward-right with the left foot to form a front cross-step. (fig. 136)

3) Continuously turn the body to the rear-right and raise both hands with swinging the shaft in a downward and upward arc. Eyes look forward. (fig. 137)

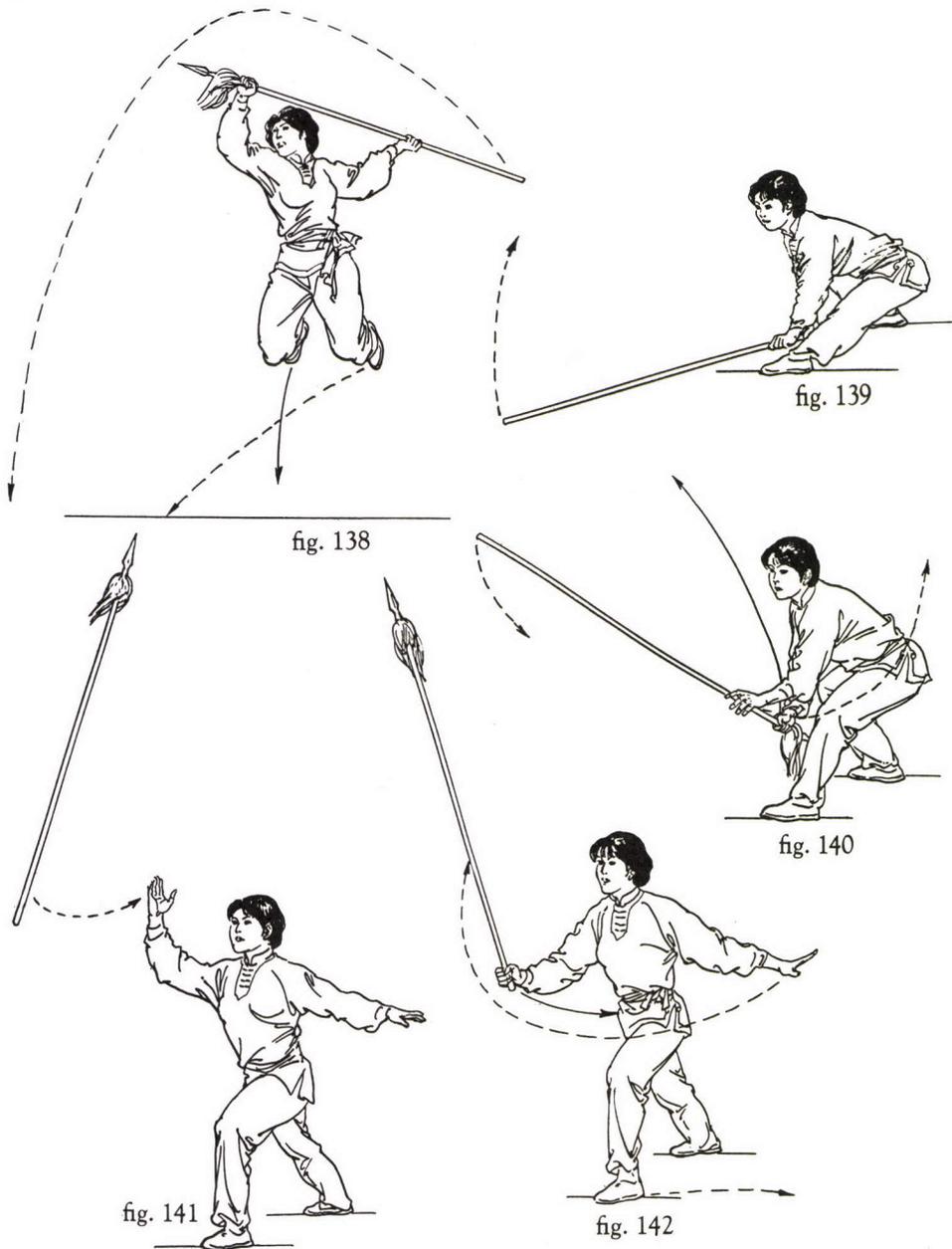


4) Both legs jump up with knees bent backward, opening the chest, extending the abdomen and continuously turning the body rightward in the air. Eyes look to the lower-front. (fig. 138)

5) Land the right and left foot on the ground in succession to form a left crouch step. At the same time, swing the spear in both hands downward and slam on the ground, with the left hand pressing on the shaft. Eyes look at the shaft. (fig. 139)

Form 40 Toss Spear

With the springing upward manner of the shaft, both hands toss the spear forward and upward with turning it in a vertical semi-circle in the air. Then, hold the butt with the right hand. (figs. 140-142)



Form 41 Turn Body and Hold Spear in Cross-Legged Sitting Step

1) Slightly turn the body rightward and step to the rear-left with the left foot landing the toes on the floor. At the same time, pull the butt in the right hand backward to the right flank, and extend the left hand forward to hold the middle part of shaft. (fig. 143)

2) With turning the body leftward, both hands hold the spear and parry with it horizontally leftward. (fig. 144)

3) Step forward with the right foot, rotating it inward as the body turns to the left. Simultaneously parry with the spear horizontally leftward. (fig. 145)

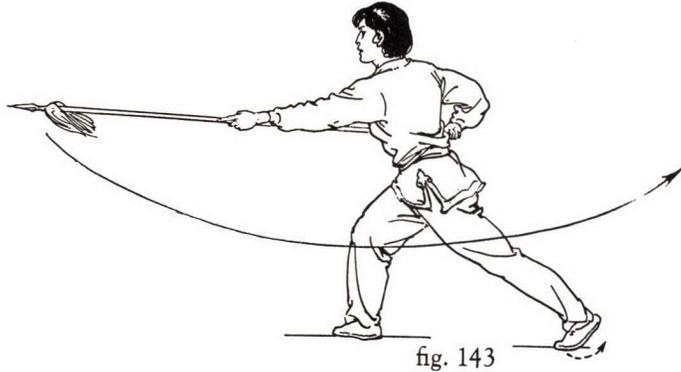


fig. 143

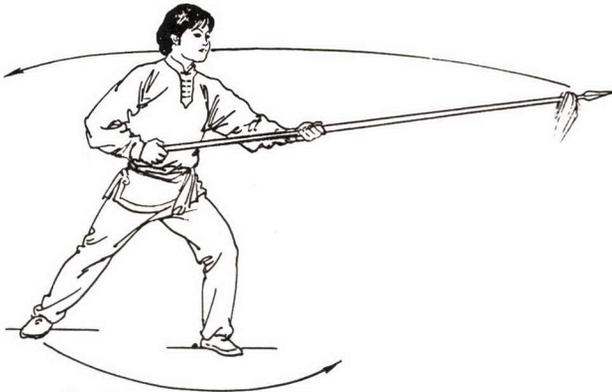


fig. 144

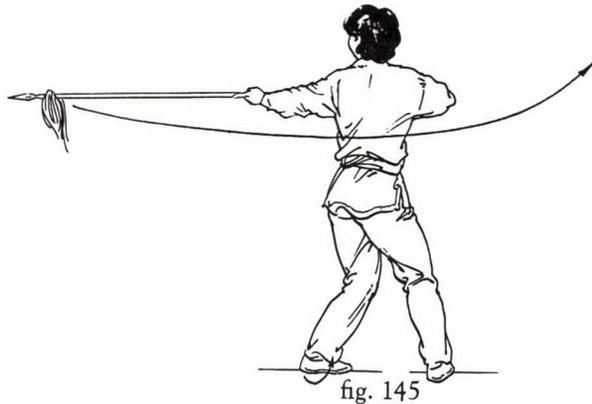
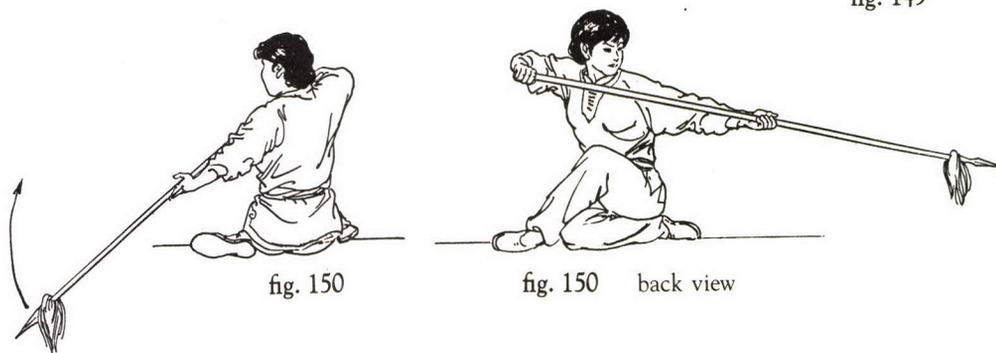
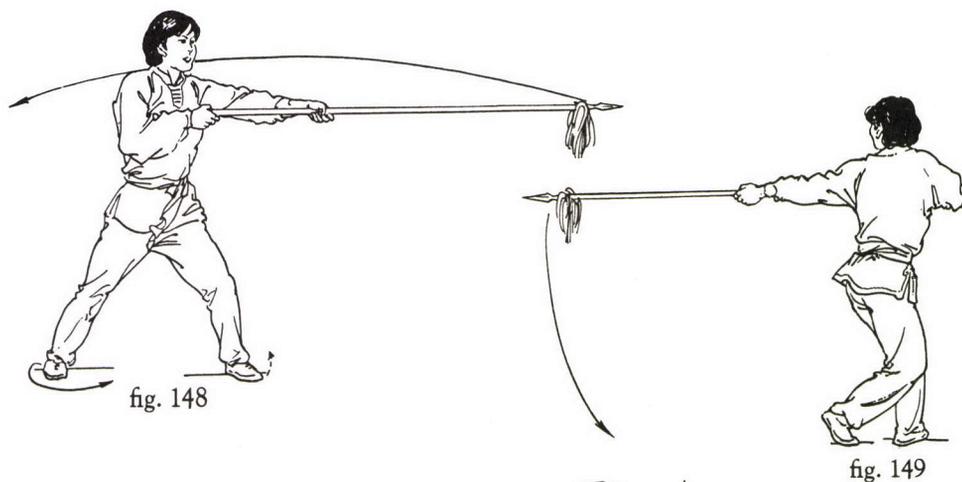
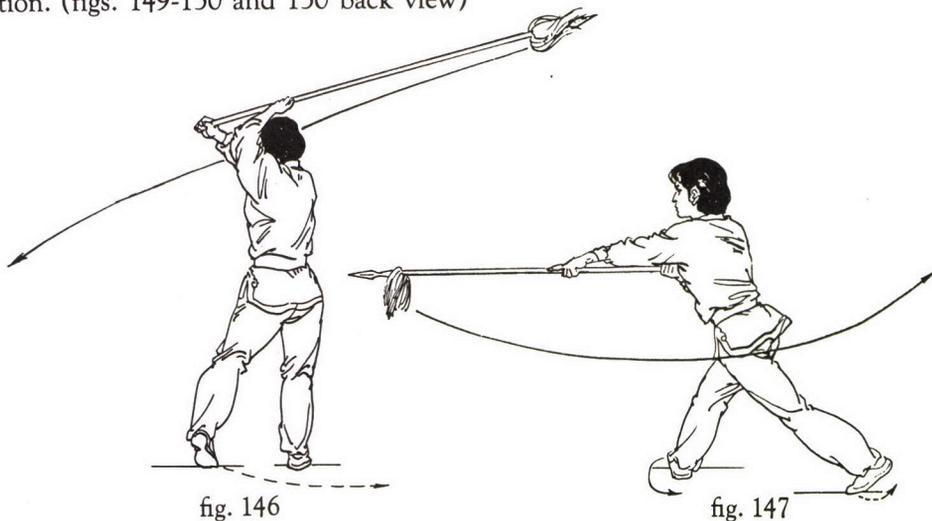


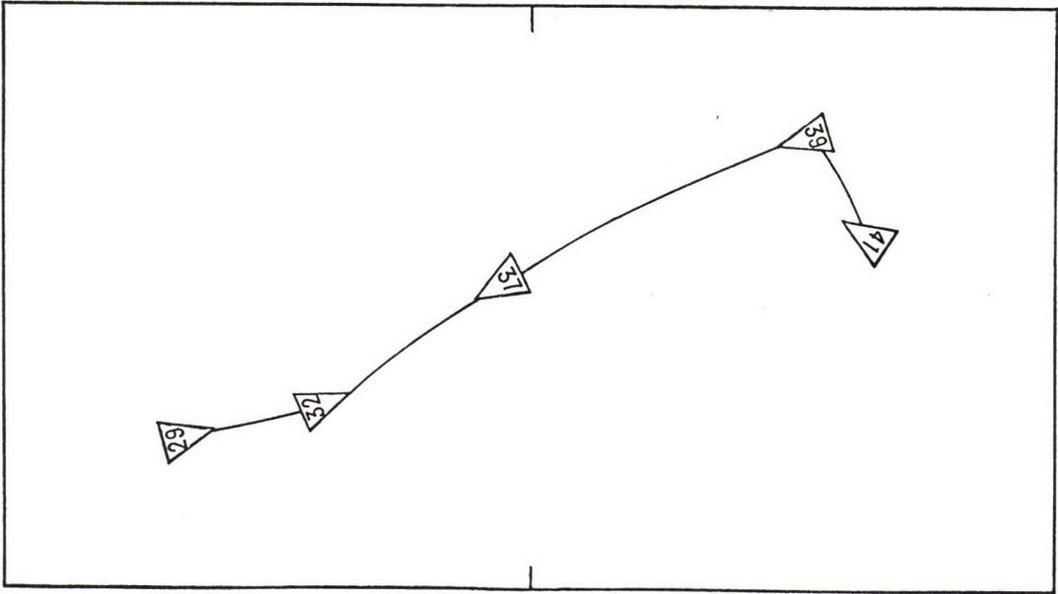
fig. 145

4) Continuously turn the body leftward and step backward with the left foot while clouding and parrying with the spear leftward in a plane circle. (figs. 146-147)

5) Continuously turn the body leftward and parry with the spear in both hands horizontally leftward. (fig. 148)

6) Continuously turn the body to the rear-left with the centre of gravity lowering downward to form a cross-legged sitting step. At the same time, continuously parry with the spear horizontally leftward and hold it in both hands in front of the chest in final position. (figs. 149-150 and 150 back view)



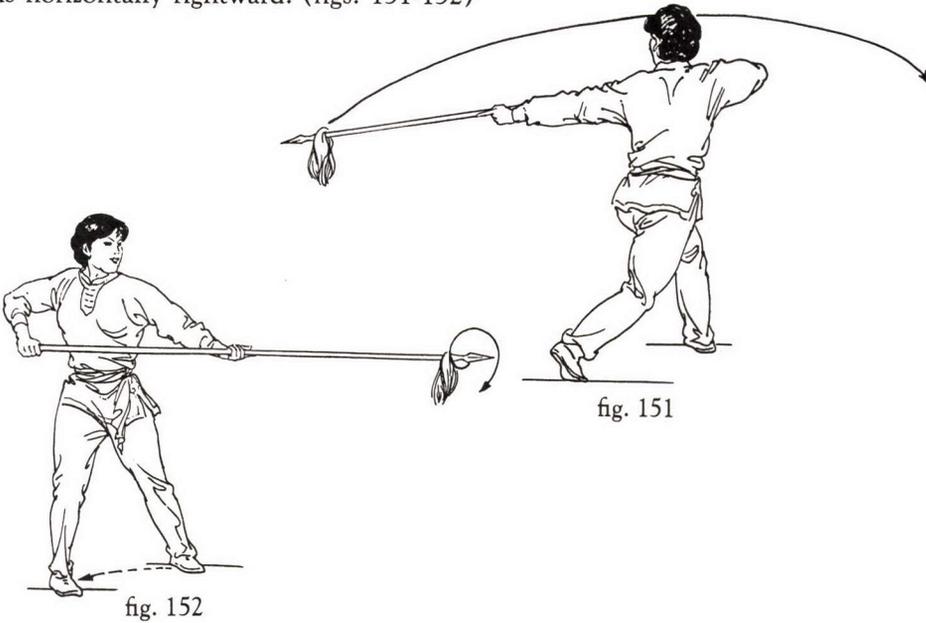


Layout of Movements in Section III

Section IV

Form 42 Turn Body, Parry Outward and Inward, and Thrust Spear

1) Raise the body up and turn to the rear-right while parrying with the spear in both hands horizontally rightward. (figs. 151-152)



2) Draw the left foot to behind the right foot with toes landing on the floor. At the same time, turn over the butt in the right hand upward in front of the right shoulder and rotate the left forearm outward making an outward semi-circle parry. (fig. 153)

3) Step forward with the left foot to form a semi-horse-riding step. At the same time, turn over the butt in the right hand downward and rotate the left forearm inward making a inward semi-circle parry. (fig. 154)

4) Shift the weight forward mainly onto the left leg bending the left knee and straightening the right leg to form a left bow step. At the same time, the right hand pushes the butt forward so the tip of spear thrusting to the front. Eyes look at the tip of spear. (fig. 155)

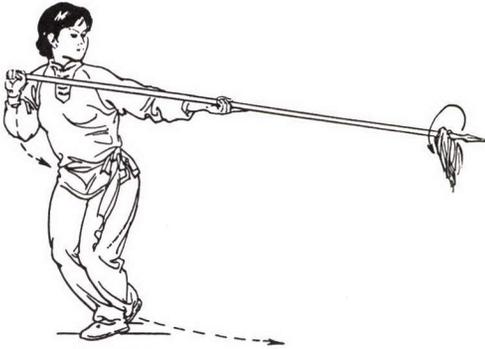


fig. 153

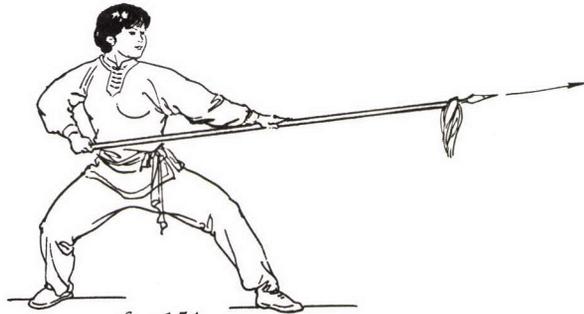


fig. 154

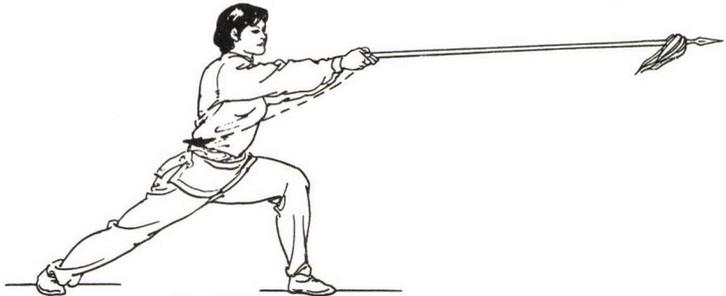


fig. 155

Form 43 Parry Outward, Inward and Thrust Spear in Bow Step

1) Move the center of gravity backward to form a semi-horse-riding step, simultaneously the right hand withdraw the butt backward to the right flank and the left hand slides to the middle part of shaft. (fig. 156)

2) Slightly turn the body rightward and move the weight backward while making a outward semi-circle parry with the spear. (fig. 157)

3) Slightly turn the body leftward and move the weight forward while making an inward semi-circle parry with the spear. (fig. 158)

4) Shift the weight forward mainly onto the left leg to form a left bow step. Simultaneously the right hand pushes the butt forward so the tip of spear thrusting to the front. Eyes look at the spear-tip. (fig. 159)

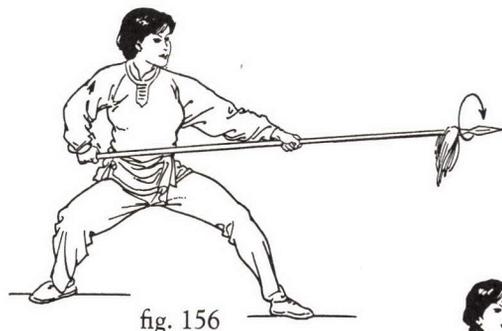


fig. 156

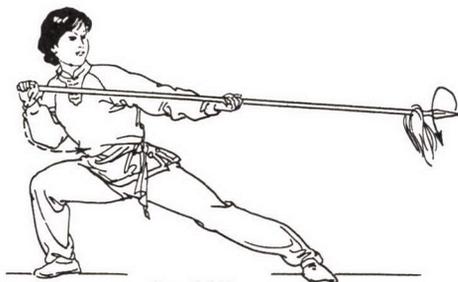


fig. 157

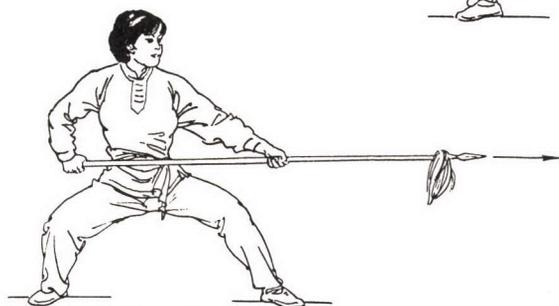


fig. 158

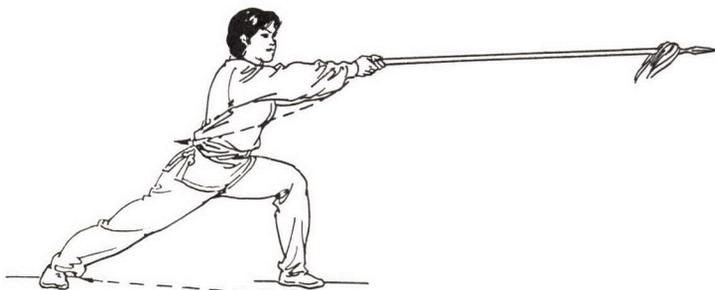


fig. 159

Form 44 Tilt Spear in T-Step

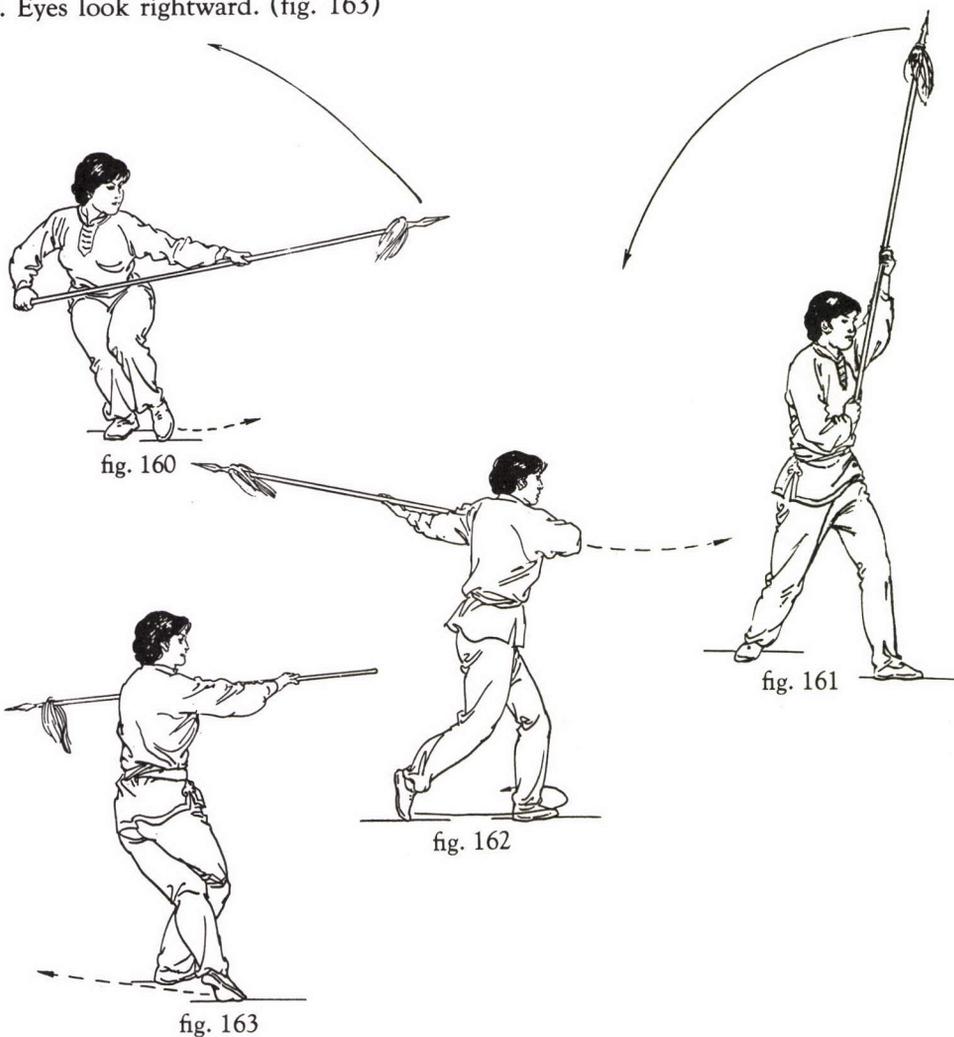
Shift the centre of gravity backward onto the right foot and draw the left foot to the inside of the right foot with toes landing on the floor to form a T-step. At the same time, the right hand withdraws the butt backward and slightly presses it downward while sliding the left hand to the middle part of shaft so that the tip of spear is tilted upward. Eyes look at the spear-head. (fig. 160)

Form 45 Raise Spear with Straight Arm and Thrust with End

1) Step forward with the left foot, meanwhile the left hand holds the spear and raises it upward with arm straight. Eyes look forward. (fig. 161)

2) Turn the body to the left and lower the left hand leftward to shoulder level so the spear placed on horizontally in front of the body and the right hand holding the butt in front of the chest with palm facing downward. Eyes look forward-right. (fig. 162)

3) Step forward-left round the left foot with the right foot to form a front cross-step. At the same time, the left hand pushes the shaft rightward and the right hand slides slightly leftward, and immediately both hands hold the shaft tightly and thrust rightward with the butt. Eyes look rightward. (fig. 163)



Form 46 Turn Body Over, Figure-8 and Circle Over Shoulder with Spear

1) Step leftward with the left foot and then take a rear-left step with the right foot to form a back cross-step. At the same time, slide the left hand toward the tip of spear with arms straight at horizontal level, the shaft touching the front of the chest. Eyes look at the butt. (figs. 164-165)

2) With turning the body to the rear-right, the butt in the right hand describes an upward and rightward arc with moving the front part in the left hand in a downward and leftward arc so the shaft placing on the back of shoulders at level. Eyes look at the tip of spear. (fig. 166)

3) With continuously turning the body to the right, move the front part of spear in the left hand upward and forward in an arc and the end part in the right hand downward and backward in a curve with the middle part of shaft placed on the right shoulder. (fig. 167)

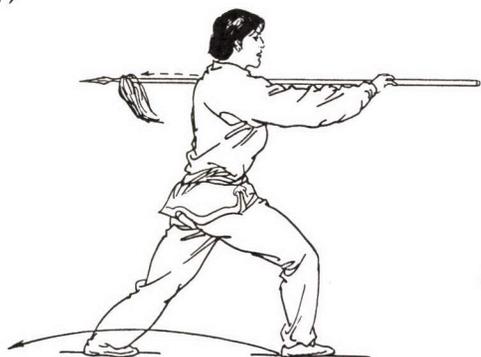


fig. 164

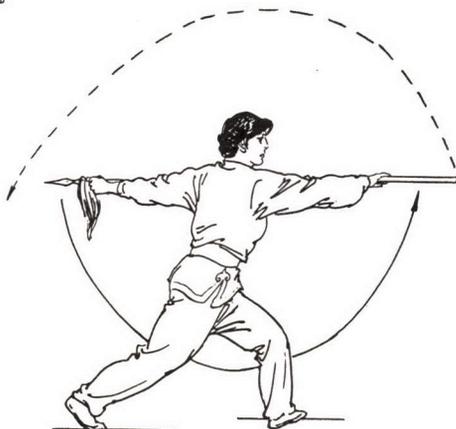


fig. 165

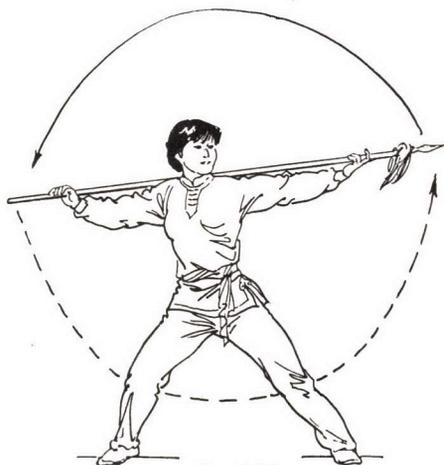


fig. 166

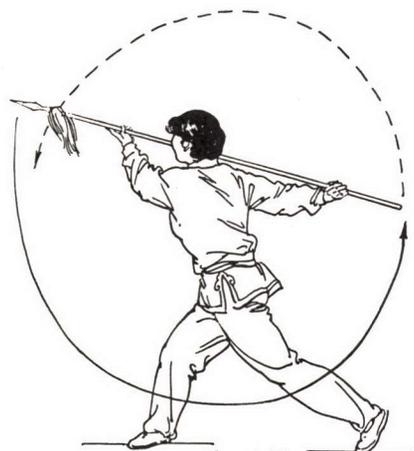


fig. 167

4) With turning the body to the left, continuously move the front part of spear downward and leftward in an arc, and the end part upward and rightward in a curve with the middle part of shaft touching the front of the chest. Eyes look at the tip of spear. (fig. 168)

5) Continuously turn the body to the rear-left as move the front part of spear in an upward and leftward arc and the end part in a downward and rightward curve. Eyes look at the tip of spear. (fig. 169)

6) Continuously turn the body to the left with the toes of right foot sliding rightward along the floor. At the same time, the right hand pushed the butt forward so the spear thrusting to the front and the left hand sliding the butt. Eyes look at the tip of spear. (fig. 170)

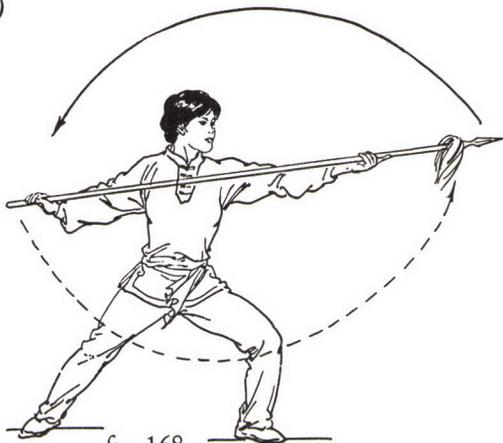


fig. 168



fig. 169

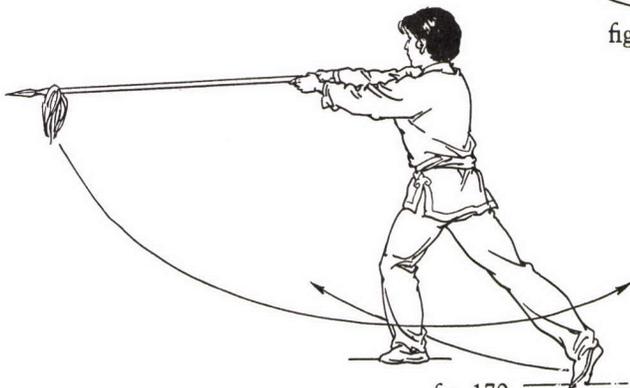


fig. 170

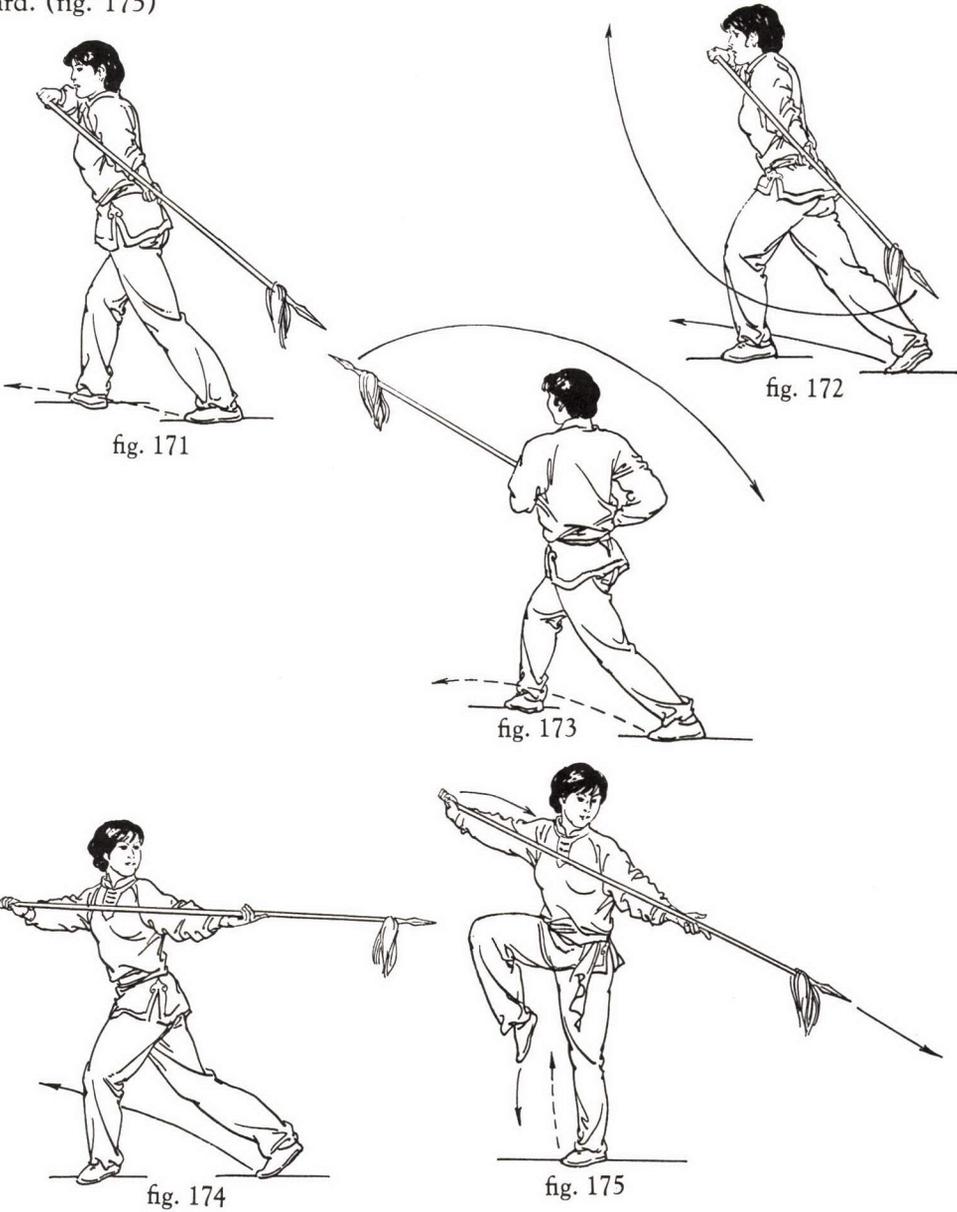
Form 47 Turn Body, Lift Knee and Thrust Spear Downward

1) Slightly turn the body leftward and step forward with the right foot. At the same time, the left hand slides to the middle part of shaft and the right hand withdraws, the butt backward in front of the right shoulder so that the front part of spear is parried downward, leftward and backward. Eyes look forward. (fig. 171)

2) Step forward with the left and right foot in succession. Simultaneously the left hand holds the middle part of spear and raises it forward and upward. (figs. 172-173)

3) Step forward with the left foot, the right heel raised from the floor as the body is turned to the rear-left. At the same time, lower the spear downward and leftward to horizontal level. Eyes look at the tip of spear. (fig. 174)

4) Raise the right leg with knee bent and slightly lift the butt in the right hand upward. (fig. 175)



5) Jump up with the left leg while turning the body leftward in flight, land then the right foot on the floor with the left knee lifted in front of the belly. At the same time, the right hand thrusts the spear to the lower-front, and the left hand opens the shaft and extends to the rear-left with palm facing obliquely upward. Eyes look at the tip of spear. (figs. 176-177)

Form 48 Cloud, Parry Inward and Thrust Spear

1) Drop the left foot to the rear and step backward with the right foot. At the same time, extend the left hand forward to hold the shaft. (figs. 178-179)

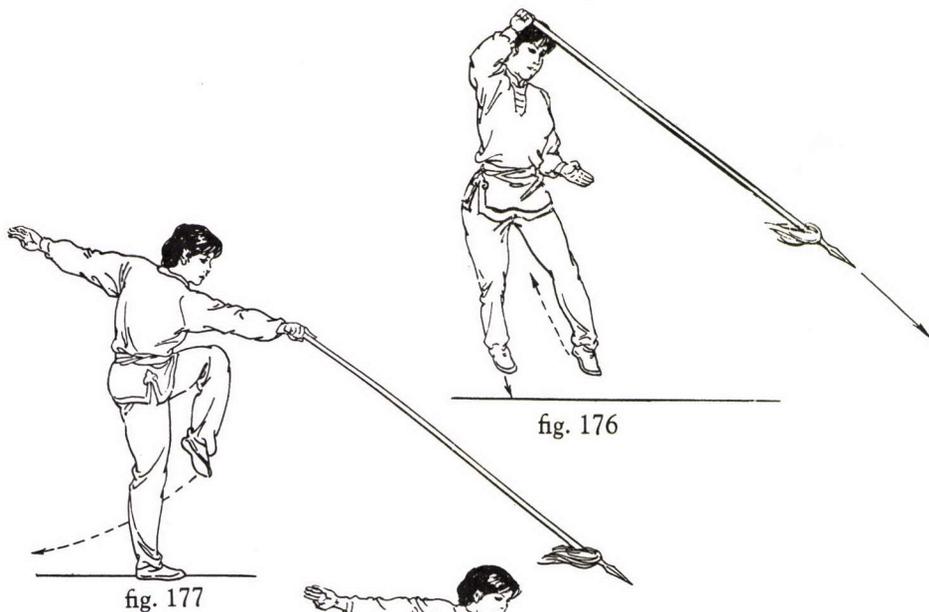


fig. 176

fig. 177



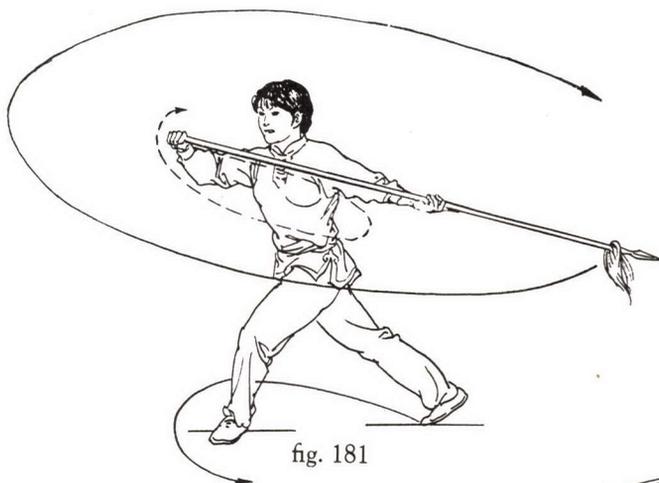
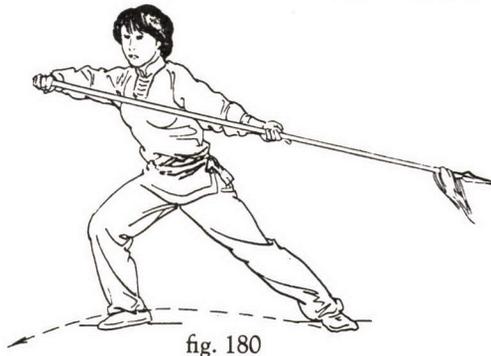
fig. 178



fig. 179

2) Slightly turn the body rightward moving the weight mainly onto the right leg, in the meantime the right hand draws the butt backward with sliding the left hand to the middle part of shaft. (fig. 180)

3) Step forward-right with the left foot, then take a forward-left step round the left foot with the right foot to form a front cross-step. At the same time, the right hand pushes the butt to the left armpit, and the left hand also pushes the shaft forward and rightward and slides to the end part of shaft so that the spear is clouded in a rightward circle while bending the head backward. Eyes look at the middle part of shaft. (figs. 181-182)



4) Step leftward with the left foot to form a semi-horse-riding step. At the same time, make an inward semi-circle parry. (figs. 183-184)

5) Shift the weight forward mainly onto the left leg to form a left bow step. Simultaneously the right hand pushes the butt forward so the spear thrusting to the front. Eyes look at the tip of spear. (fig. 185)

Form 49 Parry Outward, Inward and Thrust Spear in Bow Step

1) Move the weight backward to form a semi-horse-riding step meanwhile the right hand pulls the butt backward to the right flank. (fig. 186)



fig. 183

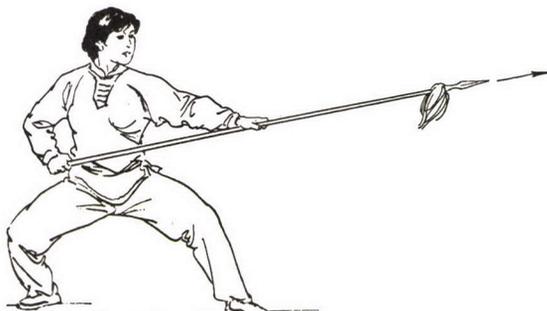


fig. 184

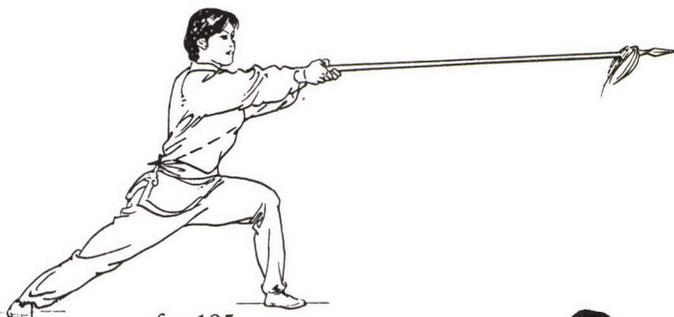


fig. 185

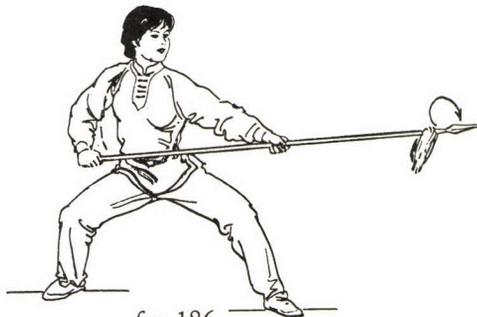


fig. 186

2) Move the weight backward mainly onto the right leg and stretch the left leg almost straight. Simultaneously make an outward semi-circle parry. (fig. 187)

3) Move the centre of gravity forward to form a semi-horse-riding step, in the meantime make an inward semi-circle parry. (fig. 188)

4) Move the centre of gravity forward and straighten the right leg to form a left bow step. At the same time, the right hand pushes the butt forward so the spear thrusting to the front. Eyes look at the tip of spear. (fig. 189)

Form 50 Overhead Block with Spear in Side Bow Step

Turn the body rightward and move the centre of gravity backward straightening the left leg to form a side bow step. At the same time, the right hand withdraws the butt backward over head, and the left hand holds the shaft up with forearm rotating outward so the spear blocked over head. Eyes look at the tip of spear. (fig. 190)

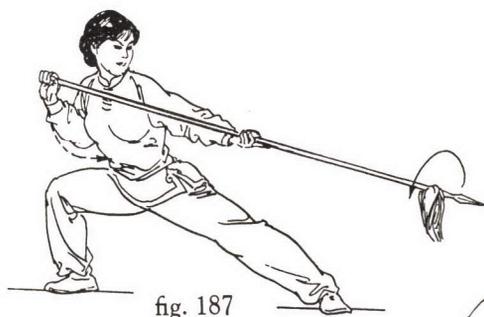


fig. 187

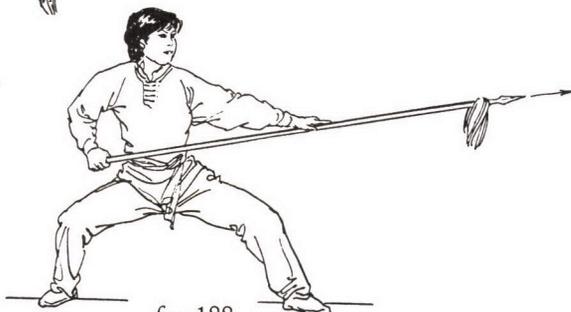


fig. 188

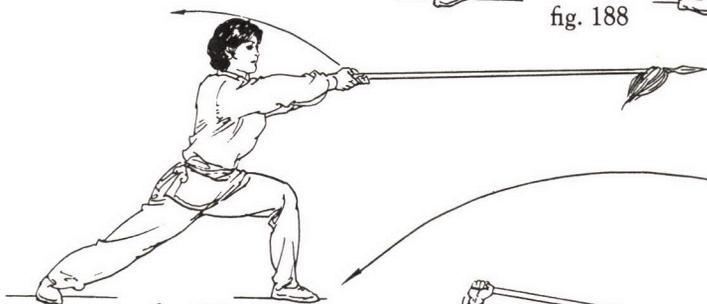


fig. 189

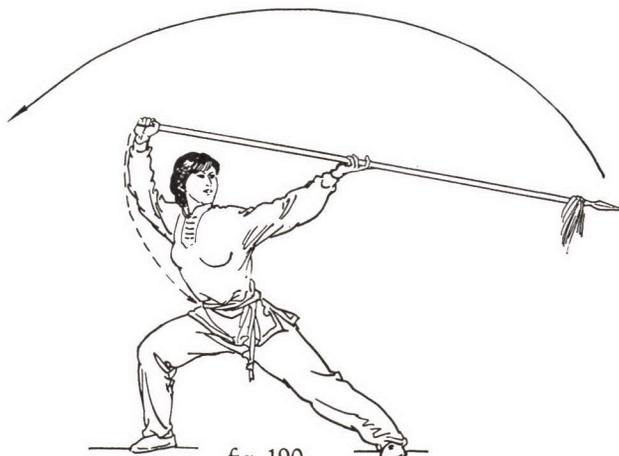


fig. 190

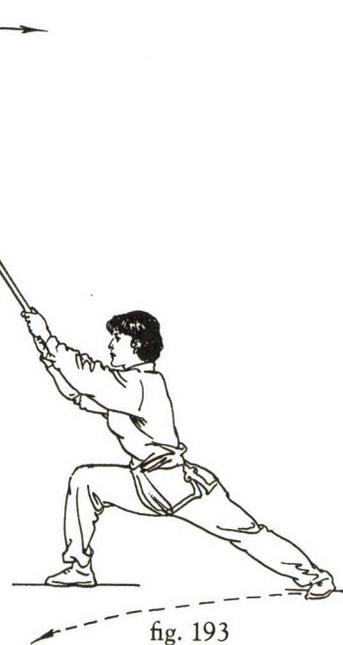
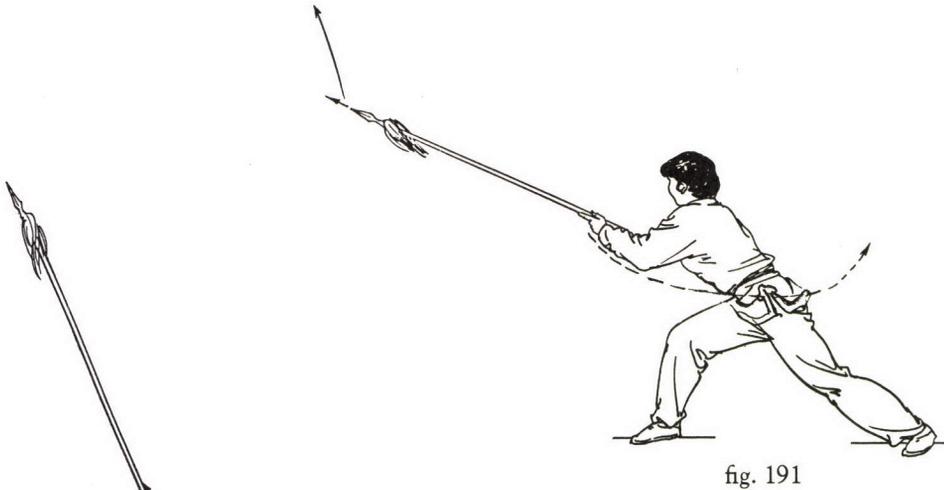
Form 51 Thrust Spear Obliquely Upward in Side Bow Step

1) Turn the body to the right, simultaneously the right hand pulls the butt downward to the right flank and the left hand pushes the shaft rightward, forward and upward. Eyes look forward. (fig. 191)

2) The right hand thrusts the spear to the upper-right while opening the left hand into a palm and pushing it leftward. Eyes look forward-left. (fig. 192)

Form 52 Erect Spear and Push Palm with Feet Together

1) Slightly turn the body rightward and move the left hand rightward to hold the shaft above the right hand. (fig. 193)



2) Turn the body leftward extending the right leg upward and step forward-right with the left foot landing the toes on the floor to form a high empty step. At the same time, the left hand slides to the middle part of shaft and the right hand pulls the butt downward to the left flank. Eyes look forward. (fig. 194)

3) The left hand takes the spear downward and backward, and the right hand raises the butt forward and upward. (fig. 195)

4) Step backward with the left foot, in the meantime the butt in the right hand describes an upward and backward arc with the spear-head curving forward and upward. Eyes look forward. (fig. 196)

5) Step backward with the right foot. At the same time, lower the butt in the right hand downward and raise the left hand so the spear moved erect. (fig. 197)



fig. 194



fig. 195



fig. 196



fig. 197

6) Step to the inside of the right foot with the left foot to form a feet-together step. At the same time, the left hand pushes the spear downward so the butt landed on the floor while sliding the right hand to the middle part of shaft. Then the left hand opens into a palm and pushes leftward. Eyes look at the left palm. (figs. 198-199)

Form 53 Closing Form

Lower the left hand downward at the left side of body. Then slightly turn the body leftward. Eyes look straight ahead. (figs. 200-201)



fig. 198



fig. 199

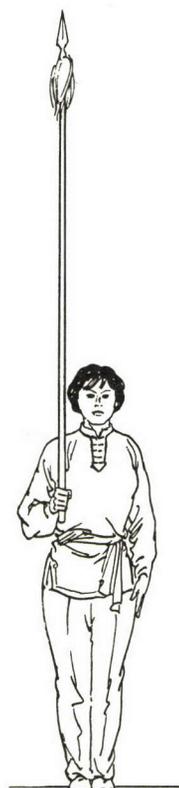
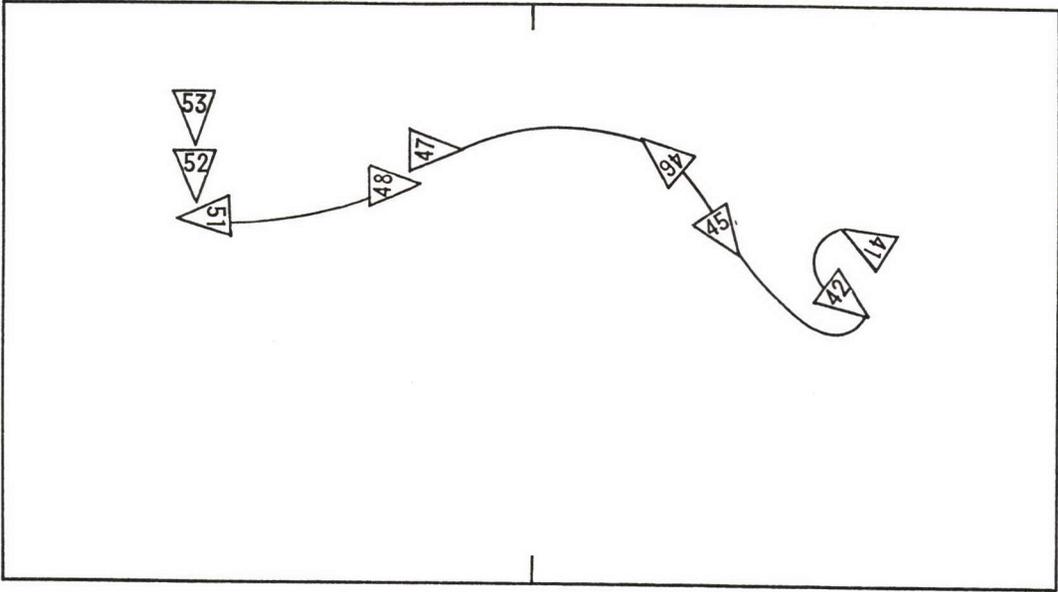


fig. 200



Layout of Movements in Section IV