

Wu 108 Long form - Modified 64 Comparison

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#	Modified 64	#	Wu 108	Note - specific to 64 unless otherwise stated
Crane Section		Section 1		
1	Preparation			
2	Raising the Influence	1	Commencement	Commencement begins with a very small kwa squat - the kwa must suck in and go back to activate the spring for open.
3	Grasp bird's tail	2	Ward Off (Peng) Left	
<i>Grasp the sparrow's tail (right) - 3 repeats</i>		<i>Grasp the sparrow's tail (right) - 8 repeats</i>		
		3	Ward Off (Peng) Right	Keep hands more in line with forearm, sitting wrist only a little. Peng as wrist sits manifests in the lower shoulder blade.
		4	Rollback (Lu)	Lu is a function of the right elbow drawing to side to cause hand to move along line of force, and the left elbow drawing straight along same line.
		5	Press (Chi)	
		6	Push (An)	An as wrist sits manifests in the shoulders nest.
4	Single Whip - 3 repeats	7	Single Whip - 11 repeats	2 splits (lieh) during each open (only 1 in Yang).
5	Diagonal Flying / Single Shoulder Stroke, Right	8	Diagonal Flying / Single Shoulder Stroke, Right	Here more diagonal with emphasis on counter turn to centre. Right hand is An.
6	Raise Hands & Step Up	9	Raise Hands & Step Up	
7	White Crane Spreads Wings	10	White Crane Spreads Wings	
8	Brush Knee Twist Step, Left	11	Brush Knee Twist Step, Left	
9	Play Guitar	12	Play Guitar	Sit back and turn a little right, hands rise in peng (martial posture), then open legs to compress into an. Again hands more align with forearm.
10	Brush Knee Twist Step x3	13	Brush Knee Twist Step, Left	Peng is the root of all the other energies. The first Lu movement comes from Peng being taken to the side by the waist...
		14	Brush Knee Twist Step, Right	...Peng connection in brush knee step between arm and heel. Release foot to ground releases the peng for close and weight change forward.
		15	Brush Knee Twist Step, Left	
11	Lift Hands	16	Lift Hands	Shoulder blade spread and move away from ribs. Move knee forward to come forward and turn, like shoulder stroke
12	Step Up, Parry and Punch	17	Step Up, Parry and Punch	Right heel then toe pushes to carry leg forward - then there is no stop.
13	Apparently Closed	18	Apparent Closure - and Push	Oxplow posture to open.
14	Tiger and Leopard Turn To Mountain	19	Tiger and Leopard Spring To Mountain	Oxplow posture to start. The push down (Cai) is first sink elbows to draw hands back then push down - works the sinews. Weight forward and turn to right as arms rise to side. Humorous stays at same angle and rotates out as you turn
15	Cross Hands	20	Cross Hands	

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Tiger Section		Section 2 (a)		
	<i>Embrace Tiger, Return to Mountain</i>		<i>Embrace Tiger, Return to Mountain</i>	
16	Diagonal Brush Knee, Twist Step	21	Diagonal Brush Knee, Left	More of a push than a hit.
17	Turn Body Diagonal Brush Knee, Twist Step	22	Diagonal Brush Knee, Right	back foot should follow step into standard bow stance to create more variety in stepping for this form.
	<i>Grasp bird's tail</i>		<i>Grasp the sparrow's tail</i>	
18	Diagonal Grasp bird's tail	23	Ward-off, Roll-back, Press, Push	
19	Diagonal Single Whip	24	Diagonal Single Whip	
20	Fist Under Elbow	25	Fist Under Elbow	With heel-toe spin if possible. open to back left corner like first part of weavers, with left fist doing sucking Peng, elbow out, and right hand curving round to strike, opening shoulders nest but not moving torso.
21	Repulse Monkey x3	26	Repulse Monkey, Right **	Like backward brush knee. First one is step back to prepare - no turn to right.
** variable 1 - you can extend the form by doing 5 repeats		27	Repulse Monkey, Left **	
		28	Repulse Monkey, Right **	
22	Diagonal Flying	29	Diagonal Flying	Here more emphasis on upward expansion in direction of left foot with less diagonal.
		30	Raise Hands Step Up / Single Shoulder Stroke, Right	
		31	White Crane Spreads Wings	
		32	Brush Knee Twist Step, Left	
		33	Needle at Sea Bottom	
		34	Fan Through Back	
		35	Turn & Chop with Fist	
		36	Step Back Parry & Punch	
			<i>Grasp the sparrow's tail</i>	
			Step Up (Rolling punch forward)	
		37	Grasp Birds Tail	
** variable 2 - you can extend the form by doing 4 cloud hands.		38	Single Whip	
23	Cloud Hands x3	39	Cloud Hands (4 times) **	Cloud Hands - all pushes to the right are with feet to corner, all pushes to left except first are with feet to front. The left push is short and more twisting. The right push (and 1st left)
24	Single Whip	40	Single Whip	
		Section 2 (b)		

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25	High Pat on Horse	41	High Pat on Horse, Left	
26	Separate Hands	42	Separate Hands / Right Toe Kick	allow palms to turn in a little before you spiral up and down at start of movement.
27	Right Separate Foot			Toe kick. In kicks shape hands to match feet - qi through fingers or edge of hand but mustn't stick in wrists.
28	High Pat on Horse	43	High Pat on Horse, Right	
29	Separate Hands	44	Separate Hands / Left Toe Kick	
30	Left Separate Foot			
31	Turn Body, Kick with Heel	45	Turn & Kick with Heel	Step back to bow stance / pull / step round right foot and change weight to side step / suck up left foot.
		46	Brush Knee Twist Step (left)	
		47	Brush Knee Twist Step (right)	
32	Planting Punch (Punch Down)	48	Planting Punch (Punch Down)	
33	Turn Body, Chop Fist	49	Turn & Chop with Fist	
34	High Pat on Horse	50	High Pat on Horse	To corner. Left hand spirals to right then left to transfer from inside to outside of opponent forearm.
35	Separate Hands	51	Separate Hands / Right Heel Kick	
36	Kick with Heel			
37	White Crane Stands Alone	52	White Crane Stands Alone	
38	Strike Tiger x2	53	Strike Tiger (1)	
		54	Strike Tiger (2)	
39	Raise Foot, Spreading Kick	54	Swinging Kick / Right Parting Kick	
40	Two Points Pierce Ears	55	Box the Ears	
		56	Folding Throw / Left Heel Kick **	
		57	Spin Body (Folding Throw) ** / Right Heel Kick	
		58	Lift Hands	
41	Step Forward Parry & Punch	59	Step Up, Parry & Punch	Forward or back. Let your instincts decide.
42	Apparently Closed	60	Apparent Closure - and Push	
43	Tiger and Leopard Turn To Mountain	61	Tiger and Leopard Spring To Mountain	
44	Cross Hands	62	Cross Hands	

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Snake Section		Section 3(a)		
			<i>Embrace Tiger, Return to Mountain</i>	
		63	Diagonal Brush Knee (left and right)	
			<i>Grasp the sparrow's tail</i>	
		64	Grasp Birds Tail	
		65	Diagonal Single Whip	
45	Winding Play Guitar	66	Play Guitar (Winding)	
46	Part Horse's Mane x2	67	Part Horse's Mane, Right	
		68	Part Horse's Mane, Left	
		69	Part Horse's Mane, Right	
			(brush forearm)	
47	Weaver Movement x2	70	Fair Maiden Weaves Shuttles (right)	After first adjustment of feet turn hips a little more deeply into forward kwa.
			Fair Maiden Weaves Shuttles (left)	No part horses mane transition between Maidens.
			Fair Maiden Weaves Shuttles (right)	
			Fair Maiden Weaves Shuttles (left)	
			<i>Grasp the sparrow's tail</i>	
		71	Grasp Birds Tail	
		72	Single Whip	
		73	Cloud Hands (3 times) - forward stepping **	
		74	Single Whip	
		Section 3(b)		
48	White Snake puts out Tongue			Outward peng to inward peng to outward An to inward An.
49	Metal Bird Stands Alone			Outward peng to inward peng to outward An to inward An.
** new - 48 to 51 form a vertical circle energetic set.		75	Snake Creeps Down	
		76	Metal Bird Stands On One Leg	
		77	Repulse Monkey (3 times)	
		78	Diagonal Flying	

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		79	Raise Hands & Step Up	
		80	White Crane Spreads Wings	
50	Brush Knee Twist Step	81	Brush Knee Twist Step	Adjust back foot to angle then sit back to hold ball.
51	Needle at Sea Bottom	82	Needle at Sea Bottom	
52	Fan Through Back	83	Fan Through Back	
53	Turn Body, Chop Fist	84	Turn & Chop Fist	
54	Grasp, Parry Punch	85	Step Forward, Parry & Punch	
	(Rolling punch)		(Rolling punch backward)	
	(Step-forward) Grasp bird's tail		(Step-forward) Grasp the sparrow's tail	
55	Grasp Birds Tail	86	Grasp Birds Tail	
56	Single Whip	87	Single Whip	
		88	Cloud Hands (2 times) - forward stepping	
		89	Single Whip	
			Section 3(c)	
		90	High Pat on Horse	
		91	White Snake spits out Tongue	
		92	Single Lotus Kick	
		93	Brush Knee Twist Step, Right	
		94	Punch Down / Circular Punch	
			(Step-up) Grasp the sparrow's tail	
		95	Grasp Birds Tail	
		96	Single Whip	
57	Snake Creeps Down	97	Snake Creeps Down	Ligamental spring required in both legs.
58	Step Up Seven Stars	98	Step Up Seven Stars	
59	Step Back Ride Tiger	99	Step Back Ride Tiger	Right foot steps back to face front - hands draw to lower Tiantien as you change weight and turn to right. then separate - left foot sweeps to centreline pointing to front as
60	Turn Body, Palm Strike	100	Turn & Slap Face	Stepping forward left foot, relative to body turning back to right, then turning more to step out right foot. Left goes straight down twisting into foot but body turning also so
61	Lotus Kick (single or double)	101	Double Lotus Kick	Single or Double - turn left foot to face back left corner if poss and right foot steps diagonally back so you have bow stance to back left corner.

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62	Bend Bow Shoot Tiger	102	Bend Bow Shoot Tiger	
		103	Slap Face	
		104	Turn & Chop Fist	
		105	Step Forward Pat Horse	
		106	Step Forward Grasp Birds Tail	
63	Turn Body, Single Whip	107	Single Whip	Pivot on heel right foot, ball left foot - toe heel spin. From punches right hand opens and sweep to right in Peng.
64	Closing and Storing	108	Conclusion of Taiji	