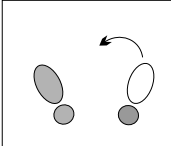
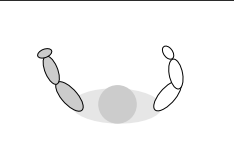
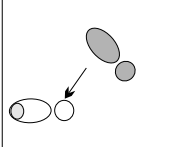
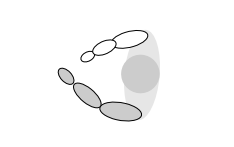
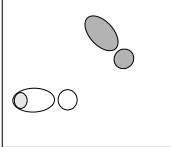
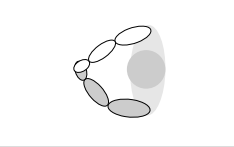
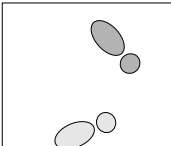
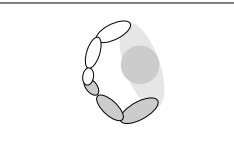
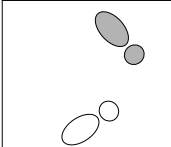
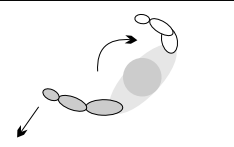
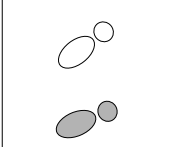
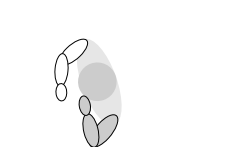


These notes are intended for beginners learning the basic body mechanics of the Form.

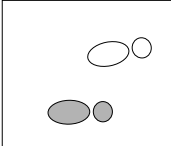
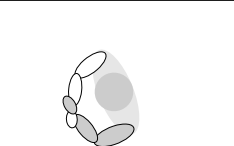
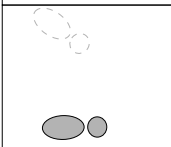
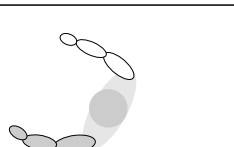
41. High Pat on Horse, Left

		Bend. Turn to left corner as weight shifts to right leg; right foot turns to corner on heel. Crane's beak opens and right palm turns to face left; left palm rotates up as arm drops open.	
		Bend. Left leg steps round to face side wall as body turns in same direction. Right hand swoops down to settle over left, fingers inclined forward.	
		Stretch to extend right hand, now palm out, over and past left palm, pushing slightly upwards. Left fingertips touch right pulse. Weight remains on right leg.	

42. Separate Hands

		Bend. Step out left foot, toes pointing to left back corner. Hands separate to form ball, right hand uppermost. Turn slightly left.	
		Stretch. Turn to right as hands expand to large ball, then push out left and right, palms out.	
		Bend. Sink to left leg, turning left and drawing right foot around in small step to point at left foot. Arms rotate clockwise; hands continue circling (turning over an egg timer) until left hand is palm out at shoulder's nest, right hand is palm facing right at groin.	

43. Right Toe Kick

		Stretch. Stay on left leg as right hand rotates and rises to cross over left, palm in. Adjust left foot to side wall if required.	
		Bend. Hands form fists as right leg rises. Body turns to side wall, as hand spread so right elbow covers right knee.	
		Stretch to kick with right toe into left front corner. Hands lose fists and open to extend to either side of centreline. Right elbow stays over right knee.	
		Kicks are used to work the spine. The spinal bow is used to create spring whilst on one leg. The arms must spread either at the same height (good for Qigong) or with the back hand higher than the front (good for applications).	

Wu Style Long Form Section 2B (Tiger)

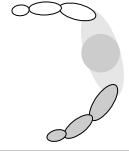
44. High Pat on Horse, Right

		Bend. Turn body slightly right, placing right heel down in line with left foot facing left corner. Right hand rotates palm up as left hand rotates palm to face right hand. Elbow folds in.	
		Bend. Transfer weight to right leg, follow step left leg as left hand swoops in over right. Stretch. Left hand projects forward.	

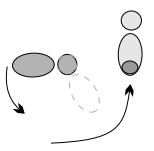
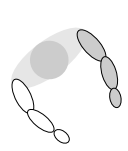
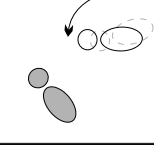
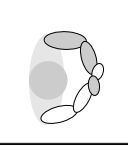
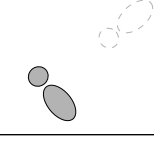
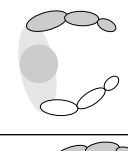
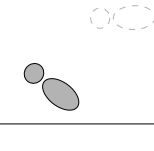
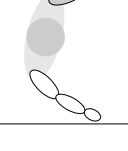
45. Separate Hands

		Bend. Hands separate to form ball, left hand uppermost. Turn slightly left. Stretch. Turn left again as hands expand to large ball, then push out left and right, palms out.	
		Bend. Turn right staying on right leg. Rest of arm movement as Move 41 on opposite side. Stretch. Stay on right leg as left hand rotates and rises to cross over right, palm in. Turn on right heel if required for kick.	

46. Left Toe Kick

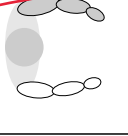
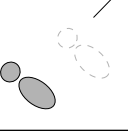
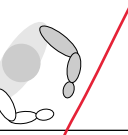
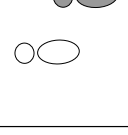
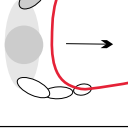
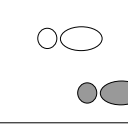
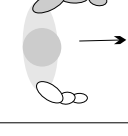
		As Right Toe Kick to opposite corner	
			

47. Turn & Kick with Heel

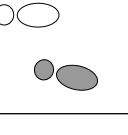
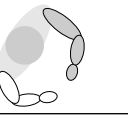
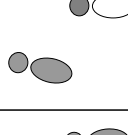
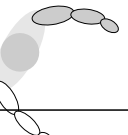
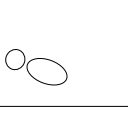
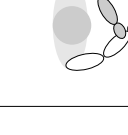
		Step back to bow stance / pull / step round right foot and change weight to side step / suck up left foot.	
		Bend. Turn to right wall as hands form fists and cross at wrists right over left on centre line. Draw left foot up slightly, toes point up and to left.	
		Raise left knee slightly as hands start to separate into kick posture. Left foot rises to dantien height, toe forward and sole facing right.	
		Bend. Turn slightly right, hands separate as left knee rises more, foot rotating forward ready to kick. Stretch. Turn slightly right again as hands open. Kick with heel at heart level to side wall.	

Wu Style Long Form Section 2B (Tiger)

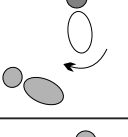
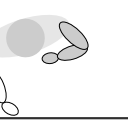
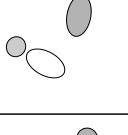
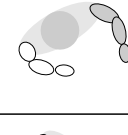
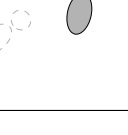
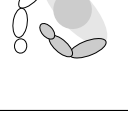
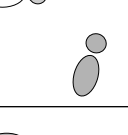
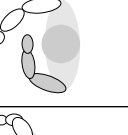
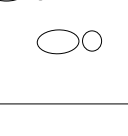
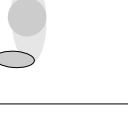
48. Brush Knee Twist Step (2)

		Bend. Transition Move. Turn to side wall drawing lower left leg in, keeping knee up. Arms fold in to "close window", finishing parallel and vertical (reading a book).	
		Bend. Turn to right back corner, folding left leg across body, outside edge facing out (closing door). Hold ball, left hand uppermost. Bend. (right Kwa). Stretch (left Kwa). Left leg steps out diagonally and very wide, as left and right hands cross - standard brush knee.	
		Bend. Transfer weight to left leg, follow step right leg, turning to face side wall. Stretch. Brush Knee Left.	
		Standard Brush Knee Right.	

49. Planting Punch (Punch Down)

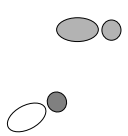
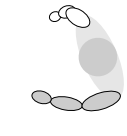
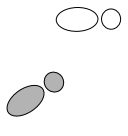
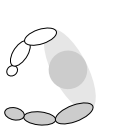
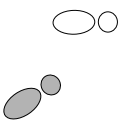
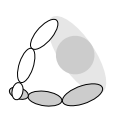
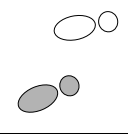
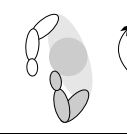
		Bend. Turn to right as left forearm folds to left of centreline and finishes palm down joining right palm on right of centreline. Helps to turn out right foot as you press down, before moving forward.	
		Stretch. Turn right more and spread arms wide, circling upwards, right hand rising above and forming fist. Step right leg forward. Do not straighten legs as hands circle up so you can step long and wide.	
		Bend. Transfer weight to left leg. Right hand forms fist and circles up, forward then down. Left hand circles smaller and rotate palm down above right fist.	

50. Turn & Chop with Fist

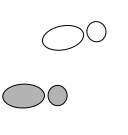
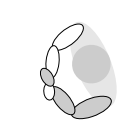
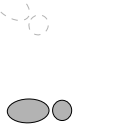
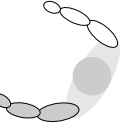
		Stretch. Fold in left foot as weight slides to right leg, while turning to right. Right hand loses fist and turns palm up, rising to present out edge at about height of shoulders nest. Left hand circles up in toward side of face.	
		Bend. Transfer weight and turn back to left corner as right leg opens, left closes as left hand opens for high strike as right hand closes and folds. Do not collapse.	
		Bend. Raise right leg releasing to right corner, the step out deep, placing heel before finishing extension with right fist. This happens with weight change forward.	
		Standard finish as you settle into right leg facing side wall.	
			

Wu Style Long Form Section 2B (Tiger)

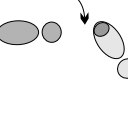
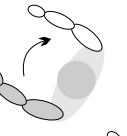
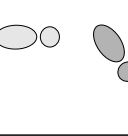
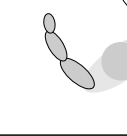
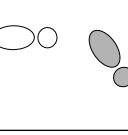
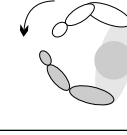
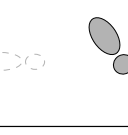
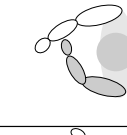
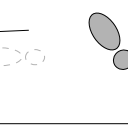
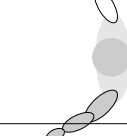
51/52. High Pat on Horse / Separate Hands

		Bend. Fold the left midriff to empty left leg to aid step to right corner. Good for liver and spleen. Keep the midriff open.	
		Bend. Transfer weight to left leg as right fist rises a little and starts to move to cover left palm.	
		Stretch. Release compression in midriff. Open right fist and project palm to corner over left palm.	
		Separate Hands is similar to Move 42 with your weight remaining on the left leg as the hand rotate clockwise.	

53. Right Heel Kick

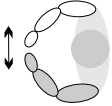
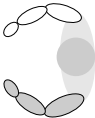
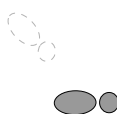
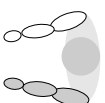
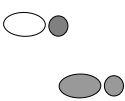
		As Right toe kick but kick with heel.	
			

54. White Crane Stands Alone

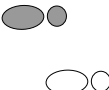
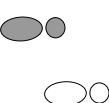
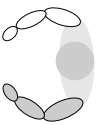
		Bend. Lower right leg in circular arc and place behind left with toe pointing to left corner. Ball of foot comes to rest behind heel of left leg. Left arm draws into channel to join right in parallel, sweeping to the right as body turns.	
		Continuing turning right as you settle into back leg.	
		Bend. Sit back into right leg as arms circle into lift hands position without touching. Stretch. Lift Hands to left wall with front left foot flat on ground. Press the foot into the ground to open Chi to peripheries.	
		Bend. Right sweeps under left forearm palm upwards as left leg rises for upper closing kick. Left hand withdraws towards body slightly towards right elbow.	
		Stretch. Hands separate to push out sideways left and right with left hand lower then right, as left toe projects forward in stabbing motion.	

Wu Style Long Form Section B (Tiger)

56. Swinging Kick / Right Parting Kick

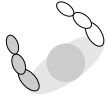
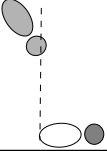
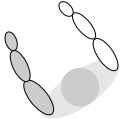
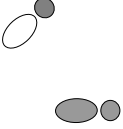
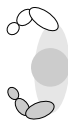
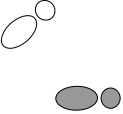
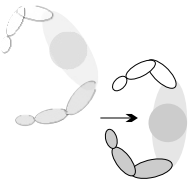
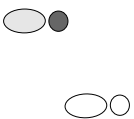
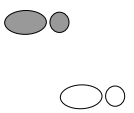
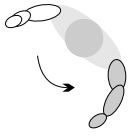
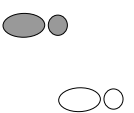
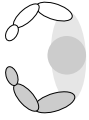
		Neutral. Step up left leg parallel to right, left fist wraps up behind right forearm. Bend to transfer weight to left leg as left fist sweeps just off right fist.	
		Bend More. Open hands and separate as right leg swings up in upper closing kick to groin, facing left wall. Closing kicks are realised by scooping the tail bone down and under causing the leg to rise with little effort.	
		Stretch. Body points forward as foot does swinging kick to right, then continues opening as right foot does heel kick, hands separating more. keep this kick simple as a single top/edge of foot kick to right.	
		Bend Compress, right foot sweeping back in hooking action. Arms fold in parallel, palms facing inward.	
		Bend Drop all chi down your front, as right heel stomps down, toes pointing to left wall, as fingers project forwards and upwards and back.	
		Stretch. Like Closed Up – internal with no external change. Note there are 5 kicking/leg techniques built into this one move.	

57. Box the Ears

		Bend. Liu to An. Transfer weight to right leg as elbows spread and hands turn to push palm down either side of centreline.	
		Stretch. Peng. Rotate arms as they rise, hands palm up, to shoulder height. Bend. Hands form fists as arms circle forward to box ears.	

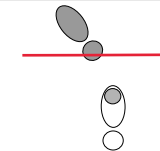
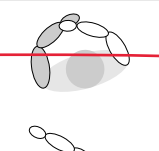
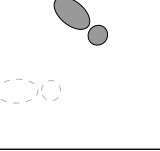
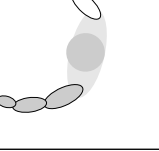
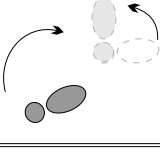
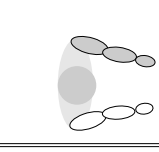
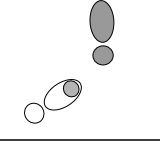
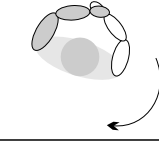
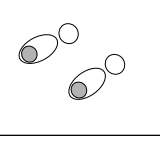
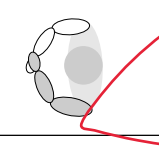
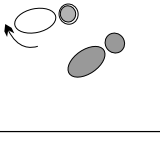
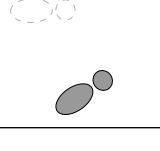
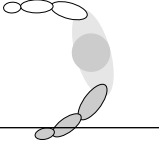
Wu Style Long Form Section B (Tiger)

55. Strike Tiger (2)

		Bend. Turn right to face left corner drawing left leg in to side of right, knee high. Hands fold in to parallel begging dog position.	
		Stretch. Arms and fingers extend forward as left leg is planted straight back toward back right corner, toes pointing to left wall. The toe of the left foot should be behind a line formed by the right heel.	
		Bend. Sit back onto left leg drawing hands down to waist whilst forming fists. Turn to left wall folding right foot around on heel to turn slightly inwards. Stretch. Continue turning left as left fist swings out and up to temple height, right fist out and around in slower motion to kidney height.	
		Visualise the two fists resting on the inner rim of a hoop then sliding around the circumference. Bend. First Strike Tiger. Turn right to face left wall as fist draw in slightly, left fist thumb facing out at temple height, right fist thumb down in kidney strike.	
		Close More. Turn to left as weight shifts to right leg, right fist striking forward and down to Kwa height. Left fist draws back in salute at left temple. The pelvis drives the fist by dropping as the kwa closes.	
		Open. Still turning left, circle left fist down to hip as right fist rises into upper cut.	
		Close. Second Strike Tiger - turn right to face left wall, closing punch. Both thumbs are facing inwards.	
			

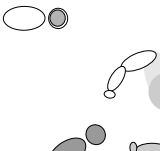
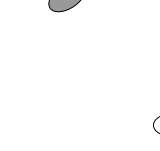
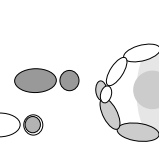
Wu Style Long Form Section 2B (Tiger)

58. ~~Spin Body Double Kick (2)~~

		Bend and spiral down into right leg, turning right foot out on heel. Hands form fists and left fist folds in over right. As weight finishes transferring, turn to right more by pivoting on ball of left foot.	   
		Bend. Rise up tucking sacrum to cause left knee to rise. Open. Kick with heel to left wall, hands opening and spreading either side of centreline.	
		Bend. Spin on right leg drawing arms and left leg in, until facing right wall. Place left foot in front of right with toes pointing to front wall. Fold right arm over left making fists as body sinks into low crouch.	
			
		Bend. Spin clockwise on both toes to face back left wall, staying in crouch. Turn fists so thumbs face outwards. Sit back onto left leg, adjusting position of right foot on heel if necessary to avoid crossed legs. Right foot must turn through 45 degrees to back wall.	
		Stretch. Rise up, opening hands and spreading arms as right leg kicks with heel to left wall.	
			

59-63. ~~Lift Hands~~ / Step Up, Parry & Punch / Apparent Closure / Cross Hands

can be step back as option

		Bend. Dau. Turn to back left corner as right leg stomps wide to front left corner. Rotate forearms in and down so fingers of both hands turn downwards, palms facing outwards, as arms draw towards centreline, forearms parallel.	
		Bend. Wrap arms in opposite direction (outwards) as weight transfers to right leg, keeping hands close together with opposing fingers pointing at each other.	
		Stretch. Hands scoop upwards as left leg steps forward. Place heel down and express lift hands. The rest as Section 1	



End of Part B Section 2 (Tiger) of the Wu Style Long Form, being approx. 1/6 of the length of the form.

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