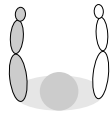
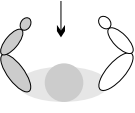
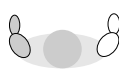


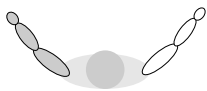
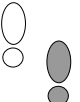
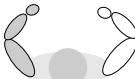
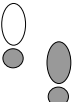
Wu Style Long Form Section 1 (Crane)

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

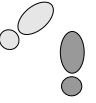
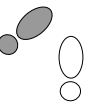
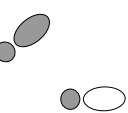
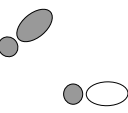
1. Commencement

		Bend - raising wrists upward to shoulder height on left and right channels, palms down, arms parallel, but bent at the elbow. Stretch - open back and express the fingers outwards.	
		Bend - move hands towards body on left and right channels, sending elbows sideways keeping chest open, then down body before moving to the sides.	
		Stretch - Palms press down sides of body toward, then fingers point to floor in neutral.	

2. Ward Off Left

		Bend - weight sinks to right foot, wrists rise sideways and up to shoulder level, elbows and palms point to the floor. Stretch - express the fingers outwards.	
		Bend - arms wrap forward like hugging a tree, finish quite high either side of face on left and right channels. Left knee draws forward to raise heel. Eventually draw left foot off ground and forward.	
		Stretch - place left heel. Left hand rotates out and up, right hand rotates down and out, fingertips touching left pulse.	

3. Ward Off Right (grasp bird's tail)

		Bend - stay mainly on right foot as body turns to the right corner, turning left foot on heel with waist. Left hand crosses right at wrist, right hand closest to body.	
		Stretch - weight moves to the left foot, turning slightly left, right hand extends over left until wrist meets left fingertips. Hands in line with forearms. Keep the space open between the legs.	
		Bend - turn body to right wall, lifting right foot and put heel down forward and hip width from left foot. Fingers point up.	
		Stretch - express heel of left hand; right arm remains closed and hand does not move.	

Wu Style Long Form Section 1 (Crane)

4/5. Rollback and Press (grasp bird's tail)

		Stretch - turn body to right back corner, right arm extends out, palm down. Left fingers slide from pulse to back of wrist keeping contact, right foot turns as much as hips, pointing in same direction as right hand.	
		Bend a little - turn body left to front right corner, right foot folds in, forearms fold in towards solar plexus. Left fingertips still on top of right wrist. Opt Stretch - drop hands to lower tantien.	
		Bend more pivot on right heel to turn foot to right wall, transferring weight 70% forward. Right hand rotates to face the body. Slide left heel out and root.	
		Stretch - Weight 100% to right. Right palm rotates clockwise, left finger tips on inside of right wrist. Bring the body upright by tucking tailbone, hands extend out in line with forearms, which angle upwards.	

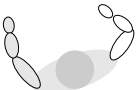
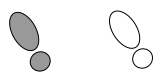
6. Push (grasp bird's tail)

		Bend a little - sit back on left foot, lift and rotate right foot to the right, turning body. Right palm makes a circle in a more or less horizontal plane ending palm up.	
		Bend a little - twist legs left pivoting on right heel, turning 90 degs. Right palm sweeps slightly out, up then in to shoulders nest, palm facing left and fingertips point up.	
		Bend more - turn body slightly to left, weight to right foot, hands do not move, and left hand should end up on centreline. Right hand is ridge hand pointing to right corner. Adjust left foot so feet are parallel, if you need to.	
		Stretch - turn body to left a little more, push left palm out in straight line from centreline, right hand appears to move away from body to right corner.	

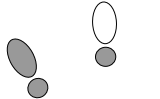
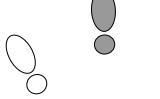
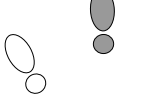
7. Single Whip

		Bend - hips rotate to the right, arms fold in, elbows down, cranes beak forms with right hand (all fingers touching the thumb), left palm rotates and scoops with fingertips finishing on right wrist.	
		Stretch - release to turn body left, left leg rises with body as you turn to the front left elbow over left knee and both stay together as you turn. At end of stretch plant left heel in line with right.	
		Bend - still rotating left sink planting left foot on floor, feet angled towards corners. Weight on left leg as much as possible, keep right knee pointing out over right foot.	
		Stretch - turn body to front keeping legs bent, the weight moves to middle, left palm turns out to expand forward (not wave). Rotate muscles of legs outward.	

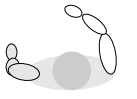
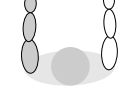
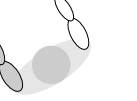
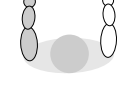
8. Single Shoulder Stroke, Left

		Bend - shift to left as body turns to left corner. Left elbow heavy as palm turns up. Right hand opens and presses down while right leg on ball of foot to send heel out.	
		Stretch - Body can turn a little to front. Left fingers project outwards while right hand does not move. Expand right to left shoulder for strike.	

9. Raise Hands Step Up /Single Shoulder Stroke, Right

		Bend - turn to left corner, left hand salutes to side of head. Right hand extends forward, rotating out and turns palm in, ending on centreline. Stretch - stay facing corner as right hand continues to rotate until thumb faces forward.	
		Bend - wrap body right until facing front, lifting right heel and pivoting on ball of foot. Keep right hand on centreline while left hand pushes into centreline above right. Stretch - project right heel forward to floor. Thumb of right hand faces forward.	
		Bend - push right knee forward turning body to left corner, weight to middle. Stretch - straighten left leg a little as you expand forwards and up, finishing on right leg.	
		Bend - left knee moves forward causing body to turn half way to the front. Keep right knee stationary. Stretch - release twist in upper thigh/buttock to cause body to turn the rest of the way to front.	

10. White Crane Spreads Wings

		Bend - step up left leg parallel. Stretch - left hand drops and right hand rises, making a backward rolling circle action. Left hand goes to side, right hand arcs forward and up along centreline.	
		Bend / Stretch - turn a little right shifting weight. Right hand rolls over to palm out, then... Bend - still turning right, squat, right hand goes down right channel. Start making a large coronal circle from right to left.	
		Bend - weight moves to centre, left hand comes forward as you stay low and continuing moving left and turning to left. Stretch - without rising, open the joints and project fingers forward.	
		Raise Up / Stretch - arms stay bent as you rise up the left side of circle, then reach forward just before you start to turn back to the front.	
		Bend a little - complete top of circle turning right, weight returning to centre. Palms go from facing down to facing out.	

11. Turn to Brush Knee and Twist Step (Left)

		Bend - (Hold a ball). Weight to right foot, body turns to right, left hand to centreline palm down, right hand circles down to hip palm up.	
		Stretch - (Swinging Scales) Turn body to left, left foot steps diagonally back, left hand sweeps down centreline as right hand arcs up to side of head, palm facing back.	
		Bend - (Clearing the table / Brush Knee). Weight to left foot, body turns to the left, right foot steps in arc to left, left hand sweeps forward in arc to left side, right hand projects forward and down to shoulder height.	
		Stretch - left hand pushes palm down at side, right hand pushes forward palm out.	

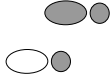
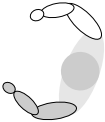
12. Play Guitar

		Bend - weight to right leg, toe of left leg foot rises, hands rise until parallel at chest height, hands balloon up and outwards.	
		Stretch - both hands rotate and squeeze downwards, twisting inwards. Fingertips point up, elbows extend out and down, heel of left foot presses down.	

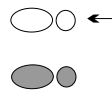
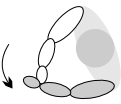
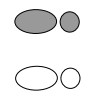
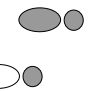
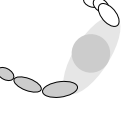
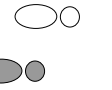
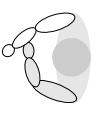
13-15. Brush Knee and Twist Step (Left / Right / Left)

		Bend - turn slightly to right to hold a ball. Weight stays in right leg.	
		Stretch - swinging scales, still turning right as hands rise and fall.	
		Bend / Stretch - brush knee to left leg, transferring weight, as first Brush Knee Twist Step.	
		Repeat on right side: Bend - turn and hold a ball.	
		Stretch - swinging scales and step.	
		Bend - brush knee and transfer weight.	
		Stretch - Push down.	
		Repeat on left side: Bend - turn and hold a ball.	
		Stretch - swinging scales and step.	
		Bend - brush knee and transfer weight.	
		Stretch - Push down.	
		Repeat on left side: Bend - turn and hold a ball.	
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		Bend - brush knee and transfer weight.	
		Stretch - Push down.	
		Repeat on left side: Bend - turn and hold a ball.	
		Stretch - swinging scales and step.	

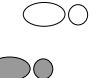
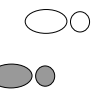
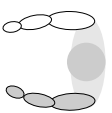
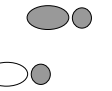
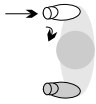
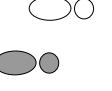
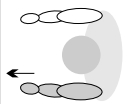
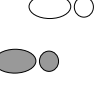
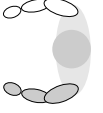
16. Lift Hands

		Bend - weight to right leg, pivot on left heel, left hand rises as both hands arc out to right then spiral in towards body (like turning a big steering wheel).	
		Bend - right hand circles down and up to join left hand, fingertips touching at heel. Stretch - both hands extend and express fingertips upwards.	

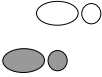
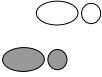
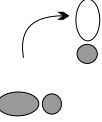
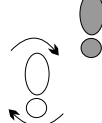
17. Step Up, Deflect Downwards, Parry and Punch

		Bend - weight moves to left leg as body turns to right. Hands fold over each other, left hand palm down over right hand palm up, at sternum height.	     
		Stretch - body starts to turn left, left hand circles up then out as right hand follows. As body faces forward left palm faces out, right leg steps parallel to left leg in narrow stance. Continue to turn left as left hand reaches out.	
		Bend - body turns back to front, left hand circles down and in to centreline at sternum, palm facing right, finger tips up. Weight moves to right leg.	
		Stretch - edge of left hand moves forward as right hand drops to form fist. Left leg rises to step forward, heel down. Left hand continues to extend then releases, as body turns to right and fist rotates down and back.	
		Bend - weight to left foot, body turns left, right fist draws forward, left hand draws back to inside of right elbow. Stretch - right fist continues forward, left hand continues to draw back along inside of right forearm.	

18. Apparent Closure and Push

		Bend - right fist stays put, body turns right, left hand slides under then to outside of right elbow, palm out.	 
		Stretch - torso turns to front drawing left hand off right arm, touching all the way. Release fist, finishing with arms parallel at shoulder height, palms up.	
		Bend - sit back into right leg, lifting toe of left foot. Folding at elbows, palms come towards shoulder nests. Opt Stretch - small release upwards to top of head.	
		Bend - bush down left and right channels as weight moves into left leg. Stretch - project fingers out but keep hands low and body inclined forward.	
		Rise up - raise wrists to shoulder height. Keep legs still. Bend - fold at elbows keeping fingers still to sit hands on wrists. Stretch - Tuck tailbone as palms face forward in push position.	

19. Tiger and Leopard Spring to Mountain

		Bend - without shortening the arms, bring palms down towards side of hip, allowing hands to soften and draw inwards. Lengthen without rising, and press down.	
		Rise up - tuck with the tail bone heavy, knees remain bent, raise wrists to side. Stretch - extend fingers, lengthen throughout body.	
		Bend - turn right foot 90 degrees to face front, then follow with body as weight moves to middle. Turn in left foot as weight moves fully to the right. Stretch - extend fingers, lengthen throughout body.	
			

20. Cross Hands

		Bend - draw left foot alongside right, wrap arms forward in a circle until right hand crosses left hand at wrists, palms in, weight sinks to middle.	
		Stretch - Turn edge of hands away from you keeping the arms in a circle.	

End of First Section (Crane) of the Wu Style Long Form, being approx. 1/6 of the length of the form.