

Wu Style Long Form Section 2A (Tiger)

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

21. Diagonal Brush Knee & Twist Step, Left (Embrace Tiger, Return to Mountain)

		Bend - Weight to right foot, body turns to right, left hand to centreline palm down, right hand circles down to hip palm up.	
		Bend - Small step with left foot to left corner, heel down, left palm pushed down centreline, right hand circles out and up to shoulder, fingertips up	
		Bend - Body turns to left corner as left hands sweeps across body, right hand sweeping around in horizontal arc, keeping space between arm and chest. Stretch - Hands complete standard bush knee.	

22. Turn Body Diagonal Brush Knee (Embrace Tiger, Return to Mountain)

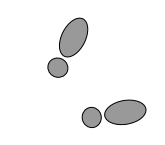
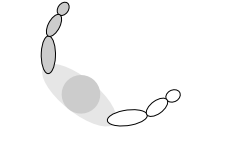
		Bend - Sit back onto right leg without turning, lifting left toe, folding right hand in to hold a ball. Bend - Turn left foot on heel to right as far as possible, turning body to right corner.	
		Bend - Weight back to left leg. Body rotates to back right corner. Step right foot heel down to back wall, heel in line with left foot.	
		Bend - Arms and hands create embracing posture - left arm comes around in arc as body turns to back right corner. Hands form third position.	
		Stretch - standard brush knee. NB: 21/22 are done with the empty leg's knee pointing in the same direction as the foot, and over the foot as much as possible.	

23. Grasp Bird's Tail (Embrace Tiger, Return to Mountain)

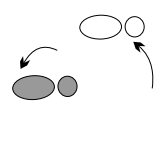
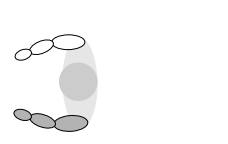
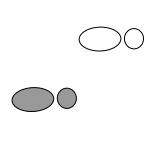
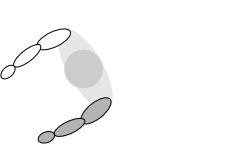
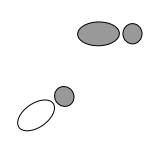
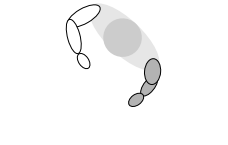
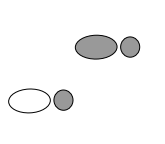
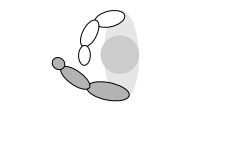
		Ward Off - diagonal posture gives more stretch. Arms twist into centreline.	
		Rollback - standard move.	
		Press Forward - standard move.	
		Push - standard move.	

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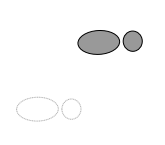
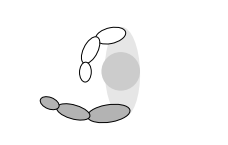
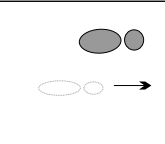
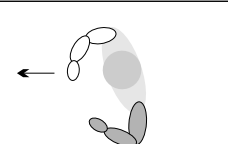
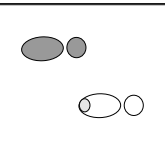
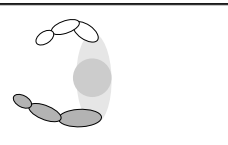
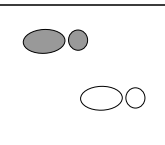
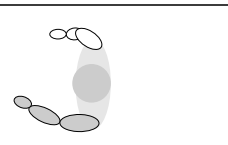
24. Diagonal Single Whip (Embrace Tiger, Return to Mountain)

		Should finish facing front right corner.	
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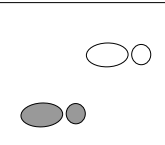
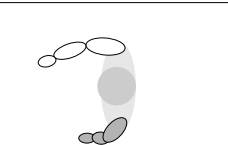
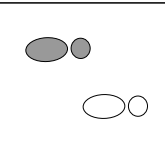
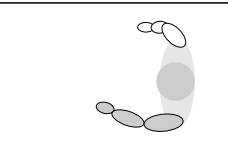
25. Fist Under Elbow

		Bend - Pivot on heel of left foot, then toes of right foot to face left wall (adjust weight as required). Arms Peng, closing from elbow to fingers but opening from back to elbow. Step right foot into bow stance as weight completes shift to left leg.	  
		Stretch - Turn to back left corner, extend fingertips.	
		Bend - Sit back on right leg, turning left, left foot pivots on heel and follows hips. Left hand circles down to hip to form fist, right hand folds in to chest, palm down.	
		Bend - Turn to face right, lift left leg and place heel down foot facing to front, left fist rises up centreline as right hand presses down, until under left elbow. Stretch - Left fist twists into uppercut, little finger furthest away, right palm presses down to rest under left elbow.	

26. Repulse Monkey, Left

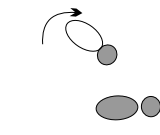
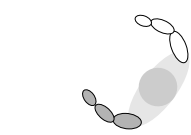
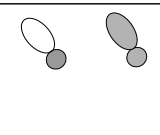
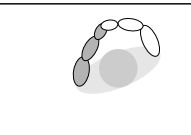
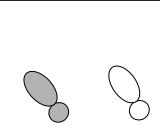
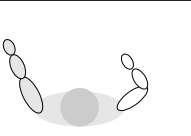
		Bend - Lose fist and draw left hand back, palm facing right as left leg rises. Draw up left leg from hip as edge of right hand projects forward.	  
		Bend - Draw left shoulder blade toward spine as left hand draws towards side of face. Body turns slightly to left as edge of right hand projects further forward. Left foot draws in towards body, right hand should ideally touch rising left foot.	
		Stretch - Turn square as left leg steps back, toe only to ground and hands begin sweep into brush knee posture - left hand Ji, right hand Liu. Weight remains on right leg.	
		Bend - Place left foot fully on ground as arms prepare to final push in brush knee position, sinking elbows. Stretch - standard brush posture.	

27/28. Repulse Monkey Right, Left

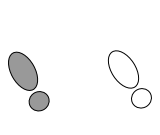
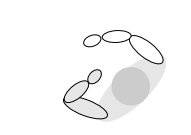
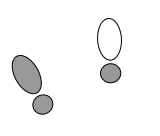
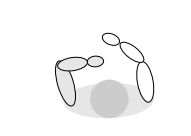
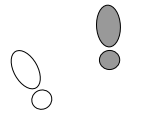
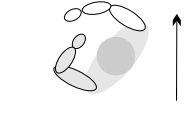
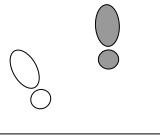
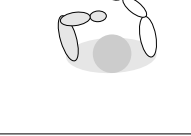
		As above, brushing right then left again, but to begin: Bend - Sit straight back as hands fold into centreline, palms facing body. Lower hand slides up outside forearm of upper arm, as upper hand draws down and finishes with outside edge facing forward.	 
		The next close causes this hand to draw back to head height, as other hand lowers to brush the foot as it draws back.	

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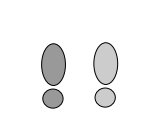
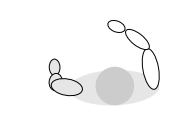
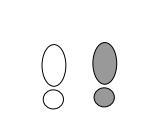
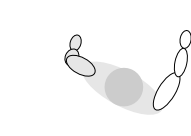
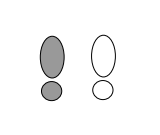
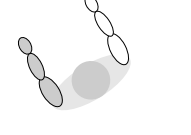
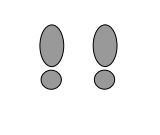
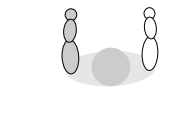
29. Diagonal Flying

		Bend - Sink back into left leg. Right foot turns towards back wall. Left arm lowers, right arm rises - both expand to sides. Form a ball with your arms and hands, expanding.	   
		Bend - Step left foot sideways, parallel to right foot. Weight moves to centre, leg muscles twist strongly to right as left shoulder drops and left arm projects down and across.	
		Stretch - Leg muscles release left as arms cross and scissor open - left hand sweeps out to diagonal flying position, right hand pushes down to side of body.	

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

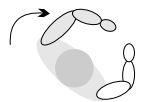
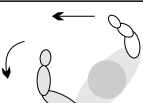
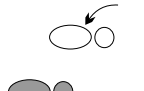
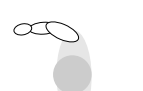
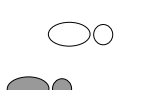
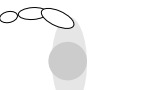
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31. White Crane Spreads Wings

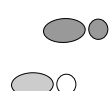
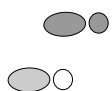
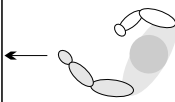
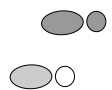
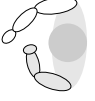
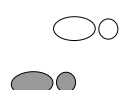
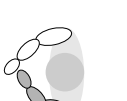
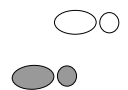
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Wu Style Long Form Section 2A (Tiger)

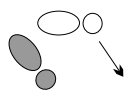
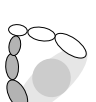
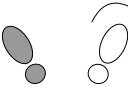
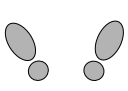
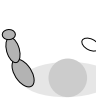
32. Turn to Brush Knee and Twist Step (Left)

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33. Needle at Sea Bottom (and Pierce with Fingers)

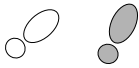
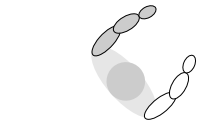
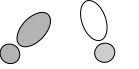
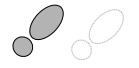
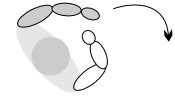
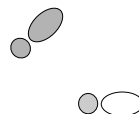
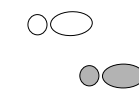
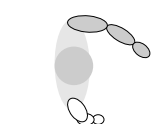
		Bend - Sit back, right hand rounds to centreline, hinging at elbow, palm facing left, front toe lifts. Sense of left hand not moving. Stretch - Right hand raises upwards, left hand pushes down, left leg draws back a little and toes touch floor. Look up slightly.	
		Bend - Body turns right as Kwa closes as deep as possible, right hand folds in to chest, left hand sweeps forward towards left wall, fingers pointing away.	
		Stretch - Body turns back square as Kwa opens fully, spine is erect and straight, left hand folds to chest, right hand extends forward and down.	
		Bend - Draw left hand to right pulse and right hand up to meet it, keeping elbows extended from spine. Palms turn 45deg with right palm facing up. Step forward with left foot and move weight forward into it. Bend right leg to allow pelvis to remain level.	
		Stretch - Forearms straight from elbows to fingertips, extend forward and upwards. Rotate palms so thumbs are facing up.	

34. Fan Through Back

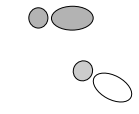
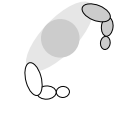
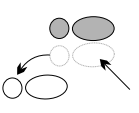
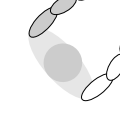
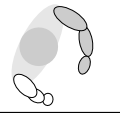
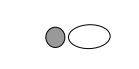
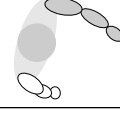
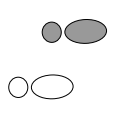
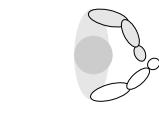
		Bend - Turn body right to face left corner, weight stays on left foot but foot turns on heel to the right. Right palm turns palm down. Left elbow remains heavy and in line with left knee, fingers pointing at corner.	
		Bend - Hands separate, right hand lifts slightly, right leg steps straight back placing heel in line with left heel. Bend - Body sinks and turns slightly to left as right leg rotates outward so right knee finishes over the right foot with the weight still mostly on the left. Right hand to side of head in salute.	
		Stretch - Kwa opens but legs stay squatting. Weight to middle as body turns to face the front, left palm presses out like single whip. Right palm turns out.	

Wu Style Long Form Section 2A (Tiger)

35. Turn and Chop with Fist

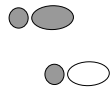
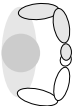
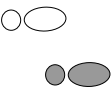
		Bend - with a sense of stretch. Turn to the right corner, arms parallel and hands high with palms facing. Weight to right as left foot turns heel out. Elbows are heavy. Stretch - Hands chop down, forearms are heavy.	
		Sit Back / Bend - Draw hands in slightly, by dropping elbows. Weight moves in straight line to back leg. Body turns to front. Weight to left foot, right foot turns on heel with body, then a little past body to left; arms twist in, left hand to left channel at head height palm out, right hand down centreline, palm to right. Small stretch at end.	
		Bend - Body turns to right corner, right leg rises (or lift heel first and pivot), right hand makes fist then comes up centreline and is relaxed at the wrist, left hand pushes out and down centreline, finishing at same level as right.	
		Stretch - Body turns to the right, right heel planted with foot facing right wall. Right fist extends up and out on centreline, left hand draws down and into tantien, palm down.	
		Bend - Weight to right, adjust left foot parallel to right, right fist comes down centreline, left hand rises up centre of chest. Stretch - Right fist draws back to hip, left hand pushes forward.	

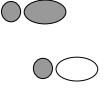
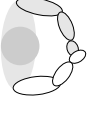
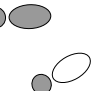
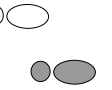
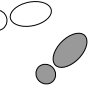
36. Step Back, Parry and Punch

		Bend - Sit back into left leg as body and right foot turns to back right corner. Left hand forms fist and pulls down to waist alongside right fist, which has turned over.	   
		Bend - Right leg steps back, body rotates to right wall (straight ahead). Hands lose fist and raise to shoulders nest along channels, palms down. Back foot must be flat on floor. Stretch - Body turns to right corner as hands cast out a net.	
		Bend - Turn to right back corner as right hand spirals down to side of hip and forms fist, thumb up. Left hand is lu as it folds to centreline, palm down. Left foot pivots on heel as body turns.	
		Stretch - edge of left hand moves forward as right hand drops to form fist. 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 wrist. Stretch - right fist continues forward, left hand continues to support fist moving forward.	

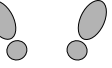
Wu Style Long Form Section 2A (Tiger)

37. Step Forward (Rolling Punch) to Grasp Bird's Tail

		Bend - Spread elbows to side as you step through to plant right heel. Right fist folds under left hand, thumb up. There should be a clear sense of the hands rolling forward in a vertical circle. Think of stepping first, moving into the fist then compressing over the fist before opening.	 
		Stretch - Project fist from under left hand. This is a close range punch, with a large circulation of chi (macrocosmic orbit) with the fist. Phoenix Fist (knuckle of index finger projects).	

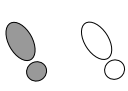
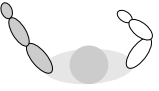
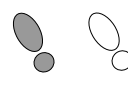
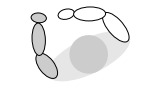
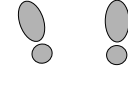
		Ward Off - Bend - Sit back while hands open for single peng. Stretch - Then rest of Grasp Bird's Tail as first section.	   
		Rollback - standard move.	
		Press Forward - standard move.	
		Push - standard move.	

38. Single Whip

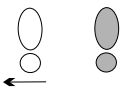
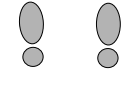
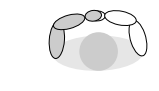
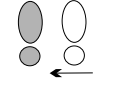
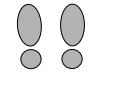
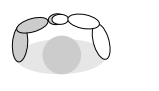
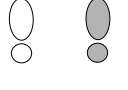
		As Section 1 - Each finish of Single Whip increases your level of stillness, which you should maintain though all moves until the next single whip, where the stillness increases. Thus the Long Form ends with Single Whip, in ultimate stillness.	
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Wu Style Long Form Section 2A (Tiger)

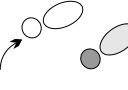
39. Preparation for Cloud Hands

		Bend - Weight to left foot, body turns to left corner. Left arm spirals out palm up, right hand opens and presses down. Stretch - All joints open. Body turns to front.	 
		Bend - Body turns left to corner. Left arm folds slightly at elbow palm out as right hand sweeps across to centreline, to finish palm up near left elbow. Stretch - Project left palm in Ji as right palm continues to rise.	
		Stretch - Body rotates to face front as weight shifts to middle. Right foot turns on heel back to square. Left palm pushes down then folds to centreline as right arm sweeps up to chest height, then to centreline, both palms in (play the bass).	

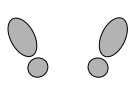
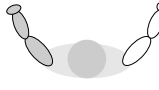
39. Cloud Hands (x4)

		Bend - Body turns to right corner as left foot turns heel out (no.1) or steps out to approx. shoulder width (nos.2-4), parallel with right. Left hand sweeps across to centreline, to finish palm up near right elbow. Stretch - Project right palm in Ji as left palm continues to rise.	       
		Open. Push with right hand to corner as left arm sweeps up to chest height, then to centreline, palm in. Keep opening as body turns to front, left foot turning on heel to face front.	
		Bend - Draw up right foot in narrow parallel stance, as body turns to left corner. Left arm folds slightly at elbow palm out as right hand sweeps across to centreline, to finish palm up near left elbow. Stretch - Project left palm in Ji as right palm continues to rise.	
		Stretch - Body rotates to face front as weight shifts to middle; feet remain together. Left palm pushes down then folds to centreline as right arm sweeps up to chest height, then to centreline, both palms in (play the bass).	
		Repeat the above four parts 3 more times, counting with each push to the right.	

39. Conclusion of Cloud Hands, to Push

		Bend - Keep weight on right leg and rotate to right on heel of right foot. Right palm turns up to hold plate as left hand rotates palm down with fingertips on right pulse.	   
		Stretch - Body rotates back to front as right palm pushes to right corner - standard Push.	

40. Single Whip

		As Section 1 - Each finish of Single Whip increases your level of stillness, which you should maintain though all moves until the next single whip, where the stillness increases. Thus the Long Form ends with Single Whip, in ultimate stillness.	
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End of Part A Section 2 (Tiger) of the Wu Style Long Form, being approx. 1/6 of the length of the form.

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