

Wu Style Long Form Section 3A (Snake)

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

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

		As second section but back foot can fold as back heel turns out, on back corner brush knee. This creates more twisting appropriate to this section.	
		Here there is no weight change as you pivot on the left heel and step out the right foot.	

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

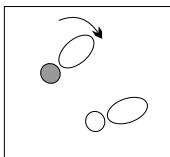
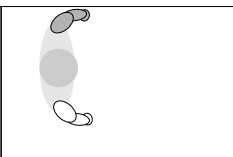
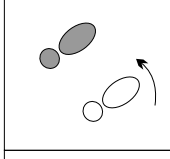
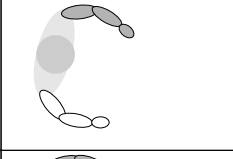
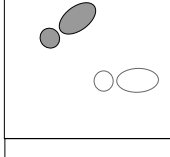
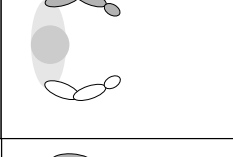
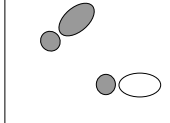
		Ward Off - diagonal posture gives more stretch. Arms twist into centreline.	
		Rollback - standard move.	
		Press Forward - standard move.	
		Push - standard move.	

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

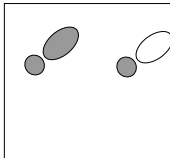
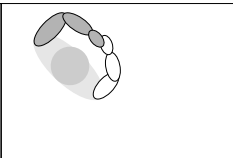
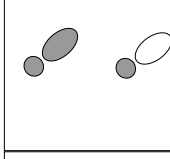
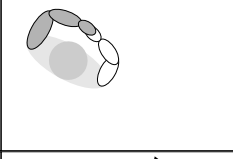
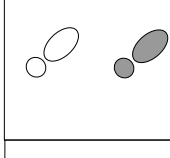
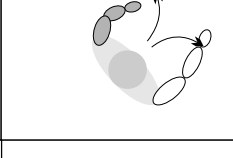
		Should finish facing front right corner.	
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Wu Style Long Form Section 3A (Snake)

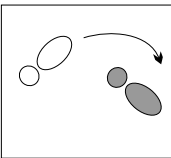
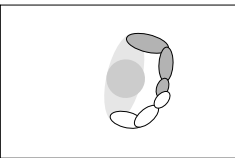
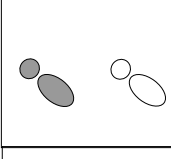
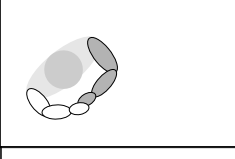
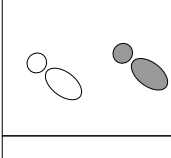
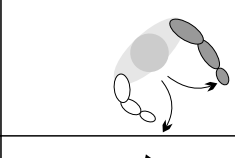
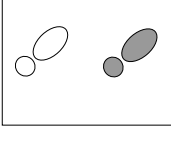
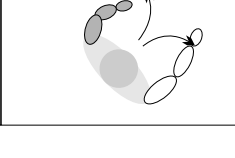
67. Play Guitar

		Bend - Turn on left heel as weight shifts left, until toe faces right corner; body faces right wall. Hands fold (twist) fingers down either side of centre line, palms facing back, as if resting on the inside of a barrel.		
		Stretch - Turn in right foot until toe faces right corner, whilst body continues turning right. Hands circle out (twist) and up until they reach approx. head height, palms forward.		
		Bend - Draw right knee up and straighten foot, toes pointing up. Hands twist palm in staying high.		
		Bend - Right heel extends to ground as hands compress into double An, right hand uppermost. <i>Like a snake the fingers lead the movement, with the wrist then elbows then shoulders following.</i>		

68. Part Wild Horses Mane, Right

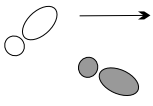
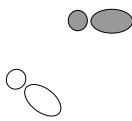
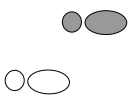
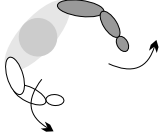
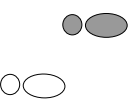
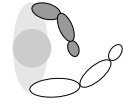
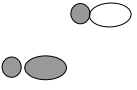
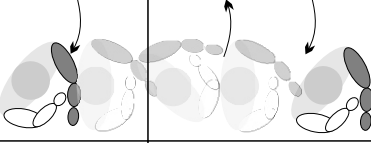
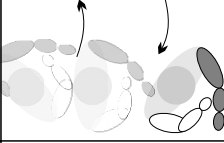
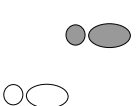
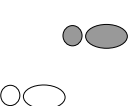
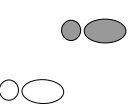
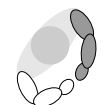
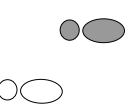
		Bend - Turn to left, sinking as right leg steps forward, toes facing right corner. Leg is carried by the body turning. Right arm dips with fingers pointing to left hip while left hand folds to side of face. This is Liu with the higher hand drawing down and in, followed by lower hand.		
		Bend - Continuing turning left as right hand drops further, arm diagonally across body, weight spiralling down left leg. - like pulling on a rope with one hand then the next. Arms rotate in one direction all the way through to the open, even though body changes direction.		
		Stretch - Weight transfers to right, body facing corner. Left hand draws down and crosses right arm raising (Li - split) to finish in diagonal flying position. Knees are stationery as you spring back and weight change forward.		
		Back must wrap open so do not extend arms too much to the sides. Always finishes with a slight forward action. NB both hands are actively separating, unlike diagonal flying where one hand is going down and anchoring.		

69/70. Part Wild Horses Mane, Left, Right

		Bend - Turn out right foot on heel to face back right corner. Fold in right hand to side of face as left hand sinks diagonally across body.	
		Bend - sink more, turning right, as left leg steps in close to right leg and forward, then steps out as the body sinks, with toes facing back right corner.	
		Stretch - Weight transfers to left, body facing back corner. Right hand draws down and crosses left arm raising (Li - split) to finish.	
		As above on opposite side, to finish facing right front corner.	

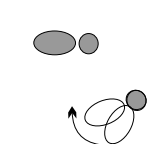
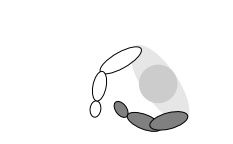
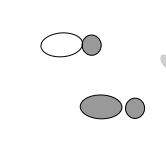
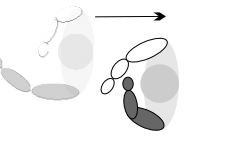
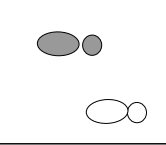
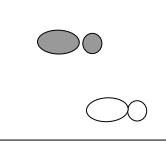
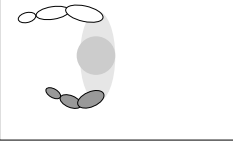
Wu Style Long Form Section 3A (Snake)

71. Fair Maiden Weaves the Shuttles (Part 1)

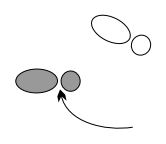
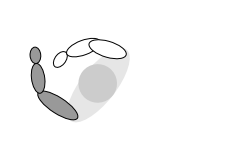
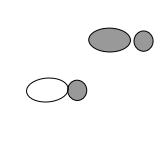
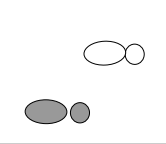
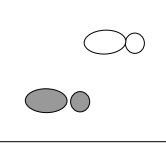
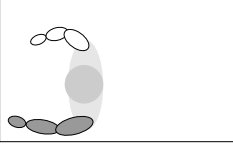
		Waiter Draps Towel over Forearm Perform another Part Horses Mane to the right back corner, but: Turn out front foot only a little then step through with back foot to point foot at wall - not swung in like horses mane.	
		Remove the split and replace with a more upright posture, allowing the left arm to fold across body (push hands style) before the right hand brushes across left forearm.	
		Waiter Turns the Tray to Place on Table Bend - Spin arms anti-clockwise palm up whilst turning left to face right wall - both hands following the rim of a wheel. Shift weight to left leg and adjust back leg to face wall.	 
			
		Waiter Dips Fingers in Food and Wipes Off on Towel Stretch - Sit back, rotate left hand out and up, right hand in and down to settle in crook of left elbow.	
		Waiter Cleans the inside of Barrel Bend/Stretch - Begin big clockwise sweep of left hand, following the clockface, turning body full circle then down to six o'clock facing back right corner.	 
		Bend - transfer weight to left leg turning left as right hand leaves left elbow and left hand passes under right at waist, fingers facing. Hands finish on left and right kwas.	
		Stretch - Hands separate more as left hand rises to side of face, right hand to push to right front corner. Forward push (Ji) by dropping elbows and drawing forward. Peng like drawing open curtains, forearm rolls out.	
		Diagonal Flying Bend - Keep weight on left leg turning right as left hand slides diagonally across body towards right hip, right hand drawing up to side of face.	
		Stretch - Li (split) turning to face right wall. Always finishes with a horizontal action, with no forward component.	

Wu Style Long Form Section 3A (Snake)

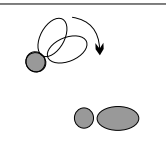
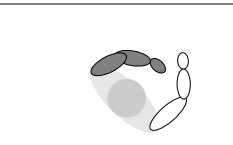
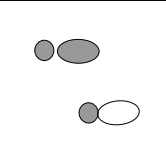
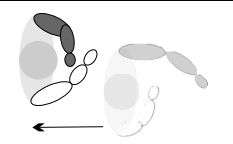
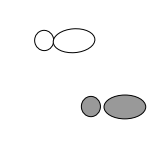
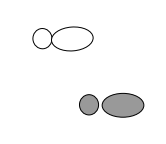
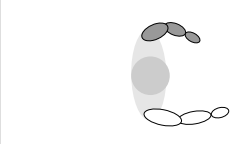
71. Fair Maiden Weaves the Shuttles (Part 2)

		<i>Drape the Towel</i> to back left corner, turning right through 180 degrees. First fold to the left, weight on left, then turn to right, stepping and transferring weight to right.	
		Place the Tray and wipe the fingers to left wall.	
		Clean the barrel - Push to front left corner.	
		Diagonal Flying to face left wall.	

71. Fair Maiden Weaves the Shuttles (Part 3)

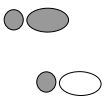
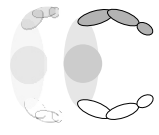
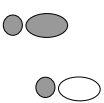
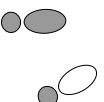
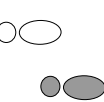
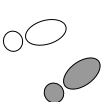
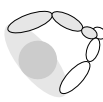
		<i>Drape the Towel</i> to front left corner, similar stepping to Part 1.	
		Place the Tray and wipe the fingers to left wall.	
		Clean the barrel - Push to back left corner.	
		Diagonal Flying to face left wall.	

71. Fair Maiden Weaves the Shuttles (Part 4)

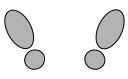
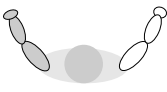
		<i>Drape the Towel</i> to front right corner, turning right through 180 degrees. First fold to the left, weight on left, then turn to right, stepping and transferring weight to right.	
		Place the Tray and wipe the fingers to right wall.	
		Clean the barrel - Push to back right corner.	
		Diagonal Flying to face right wall.	

Wu Style Long Form Section 3A (Snake)

72. Grasp Bird's Tail

		Ward Off - As in Move 67 but sinking and circling hands from Diagonal Flying	
			
		Rollback - standard move.	
		Press Forward - standard move.	
		Push - standard move.	

73. 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 3A (Snake) of the Wu Style Long Form, being approx. 1/6 of the length of the form.

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