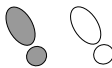


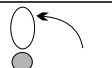
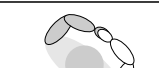
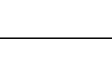
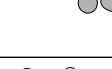
Wu Style Long Form Section 3B (Snake)

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

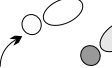
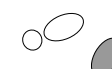
74. Preparation for Cloud Hands

		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.	
---	---	---	---

74. Cloud Hands (x3)

		Bend / Stretch - First push to left corner with feet on diagonal, as Section 2B.	
		Bend - Turn out right foot towards right wall, pointing as far as is comfortable to right wall. Hands fold to "play the bass" posture.	
		Bend - Step around left foot into parallel bow stance as right hand folds in Lu and left hand starts to rise in Peng. Stretch - Project right palm in Ji to side wall as left palm continues to rise.	
		Bend - Turn out left foot to front wall, Hands fold to "play the bass" posture. To turn to the front, push off back foot to transfer weight to front. Back knee must be stable and the body cavities must expand as much as possible to get body around to the front. Stay closed as you turn, then tuck and open to step up parallel.	
		Bend - Step around right foot into parallel stance as left hand folds in Lu and right hand starts to rise in Peng. Stretch - Project left palm in Ji to left corner as right palm continues to rise.	
		Repeat the above four parts 2 more times, counting with each push to the left, finishing with push to right. The movement advances forward as you step.	
		N.B. Arm and hand gestures are the same as Cloud Hands in Section 2B.	

74. Conclusion of Cloud Hands, to Push

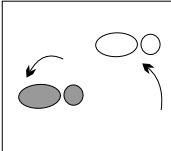
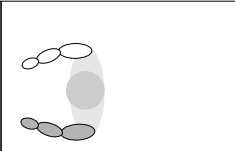
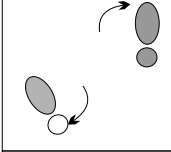
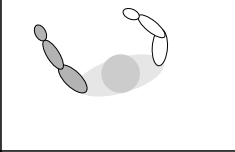
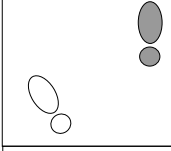
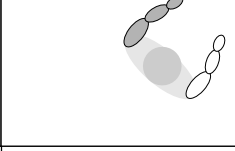
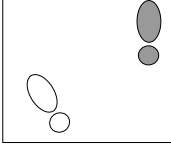
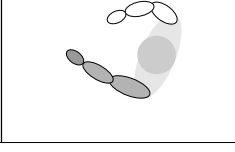
		Bend - Keep weight on right leg and rotate to right on heel of right foot. Right palm turns up to hold plate as left hand rotates palm down with fingertips on right pulse.	
		Stretch - Body rotates back to front as right palm pushes to right corner - standard Push.	

75. Single Whip

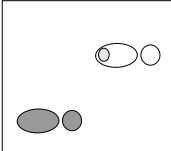
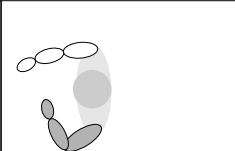
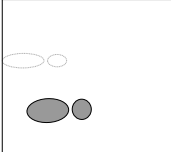
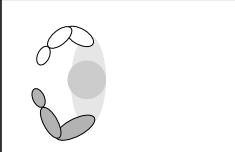
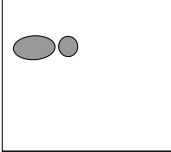
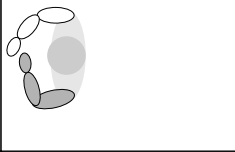
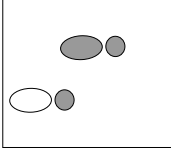
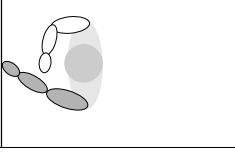
		As Section 1 - Each finish of Single Whip increases your level of stillness, which you should maintain though all moves until the next single whip, where the stillness increases. Thus the Long Form ends with Single Whip, in ultimate stillness.	
---	---	---	---

Wu Style Long Form Section 3B (Snake)

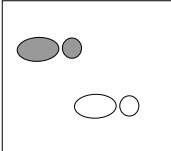
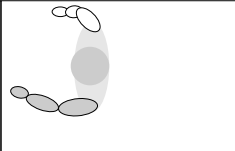
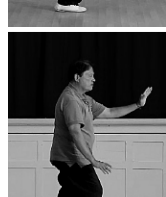
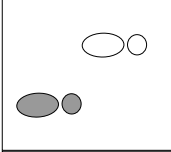
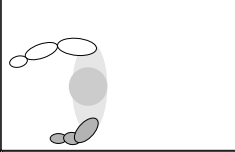
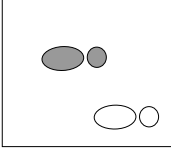
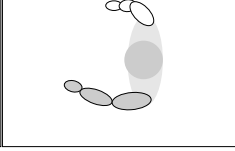
76. Snake Creeps Down

		Bend - Turn left foot to left wall. Arms draw in parallel palms facing (bouncing a ball / chop down), right foot steps out and back to lengthen stance.	  
		Stretch - Turn to front rising slightly, drawing hands across front, left palm faces out, right palm in (throw). Right foot turns on heel first (pulling hands) then left foot turns on ball of foot (pushing hands).	
		Bend - Turn right to face right corner, hands draw in palms facing and arms parallel and bounce ball / chop down as above. Sink into the right leg.	
		Stretch - Turn to face left corner as fingers point to left wall (strike left). Left hand touches right knee as you turn, then right hand. As below final open left hand brushes left knee. Only sink as low as you can maintain the ligamental spring, and remain upright.	

77. Metal Bird Stands On One Leg x2

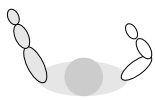
		Bend - Turn out left foot on heel to face left wall and transfer weight to left leg as right foot turns in on heel. Right hand strikes out and down as left hand begins to peng upwards. Lift right heel to transfer all of weight to left leg, while left hand continue rising to side of face, and right hands continues striking forward and down.	  
		Stretch - Rise up and draw up right leg and raise knee as high as possible, with toes pointing up and to right (like repulse monkey). Right hand now does peng up to side of face as left hand pushes down to touch toe of right foot. You can just touch the knee to begin with. This is 1st metal bird.	
		Bend - Place right heel down forward of left leg as right hand folds in palm down in front of left hand on centre line. Transfer weight to right leg.	
		Stretch - Step with left leg onto heel as left palm rotates thumb up for finger strike. Extend left arm until right palm is under left elbow. This is 2nd metal bird. Also known as Golden Rooster Stands on One Leg.	

78. Repulse Monkey x3

		As Section 2A. N.B. You can bend/close all the way through the movement until the last gesture when you open into the brush knee posture.	 
			
			

Wu Style Long Form Section 3B (Snake)

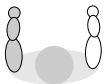
79. Diagonal Flying

		As Section 2A, but keep weight on right leg as you first turn to right to hold a ball.	
---	---	--	---

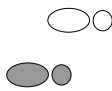
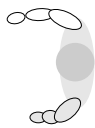
80. Raise Hands Step Up /Single Shoulder Stroke, Right

		As Section 2A	
---	---	---------------	---

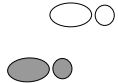
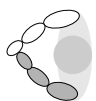
81. White Crane Spreads Wings

		As Section 2A	
---	---	---------------	--

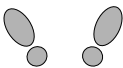
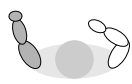
82. Turn to Brush Knee and Twist Step (Left)

		As Section 2A	
---	---	---------------	---

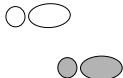
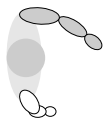
83. Needle At Sea Bottom

		As Section 2A	
---	---	---------------	---

84. Fan Through Back

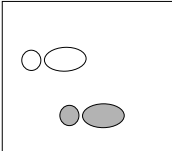
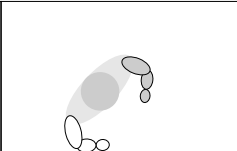
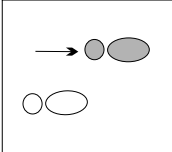
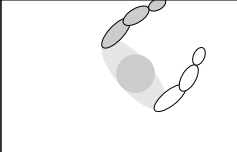
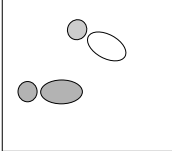
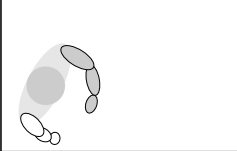
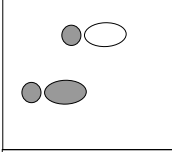
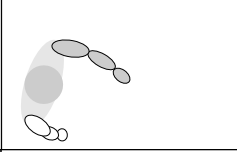
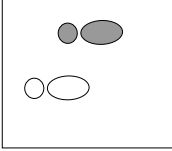
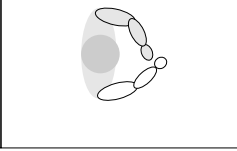
		As Section 2A	
---	---	---------------	---

85. Turn & Chop With Fist

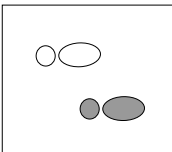
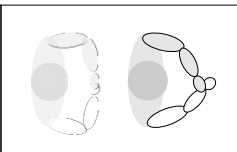
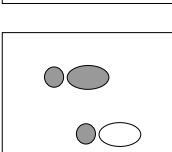
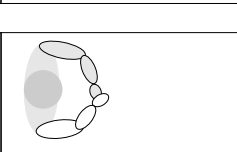
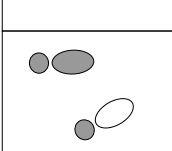
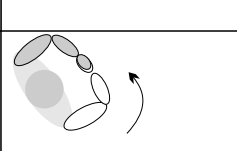
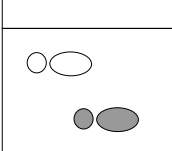
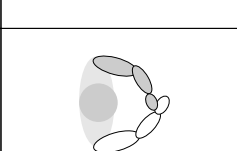
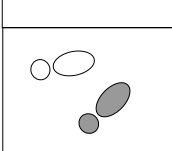
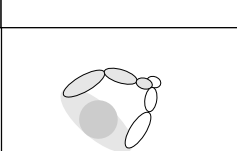
		As Section 2A	
---	---	---------------	---

Wu Style Long Form Section 3B (Snake)

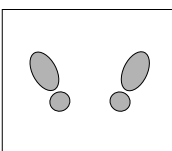
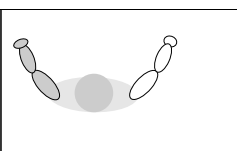
86. Step Forward, Parry and Punch

		Bend - Draw left hand down to waist making fist, and turn slightly to right. Right fist adjust so both fists are either side of centre line.	
		Bend - Step forward with left leg. Stretch - Transfer weight to left leg, turning to left as hands open and rise - casting the net.	
		Continue as Step Back Parry and Punch in Section 2.	
			
			

87. Step Forward (Rolling Punch) to Grasp Birds Tail

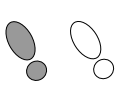
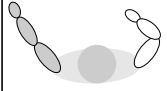
		As a Section 2 but rotate the fist backwards as you transfer weight forward.	
		Ward Off - Bend - Sit back while hands open for single peng. Stretch - Then rest of Grasp Bird's Tail as first section.	
		Rollback - standard move.	
		Press Forward - standard move.	
		Push - standard move.	

88. Single Whip

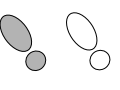
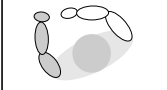
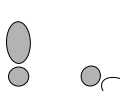
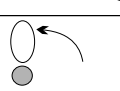
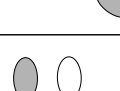
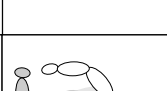
		As Section 1 - Each finish of Single Whip increases your level of stillness, which you should maintain though all moves until the next single whip, where the stillness increases. Thus the Long Form ends with Single Whip, in ultimate stillness.	
--	---	--	---

Wu Style Long Form Section 3B (Snake)

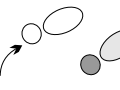
89. Preparation for Cloud Hands

		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.	
---	---	---	---

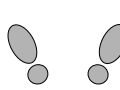
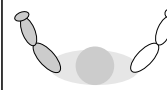
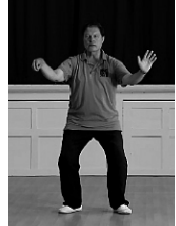
89. Cloud Hands (x2)

		Bend / Stretch - First push to left corner with feet on diagonal, as Section 2B.	
		Bend - Turn out right foot towards right back corner, pointing as far as is comfortable. Hands fold to "play the bass" posture.	
		Bend - Step around left foot into parallel bow stance as right hand folds in Lu and left hand starts to rise in Peng. Stretch - Project right palm in Ji toward back right corner or even back wall as left palm continues to rise.	
		Bend - Turn out left foot to front wall, Hands fold to "play the bass" posture. To turn to the front, push off back foot to transfer weight to front. Back knee must be stable and the body cavities must expand as much as possible to get body around to the front. Stay closed as you turn, then tuck and open to step up parallel.	
		Bend - Step around right foot into parallel stance as left hand folds in Lu and right hand starts to rise in Peng. Stretch - Project left palm in Ji to left corner as right palm continues to rise.	

89. 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.	

90. 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.	
---	---	---	---