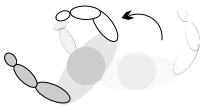
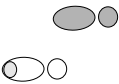


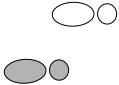
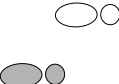
Wu Style Long Form Section 3C (Snake)

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

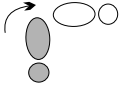
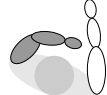
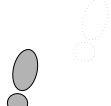
91. High Pat on Horse

		Bend - Turn out left toe to left wall and transfer weight to left. Hands swoop together as standard Pat Horse, as right leg follow steps parallel to left.	
		Stretch - Step forward left leg onto toe (Cat Stance) as right hand projects forward over left.	

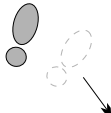
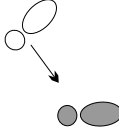
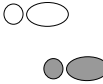
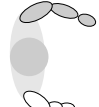
92. White Snake spits out Tongue

		Bend - Small step with left heel replacing toe. Elbows expand and palms push down, right in front of left. Transfer weight to left leg. Circular action of the hand is important – pressing down but also rolling forward.	
		Stretch - Left palm turns to face body and travels up centre line to throat, before projecting out until right hand under elbow. Right hand gets heavier and heavier very slowly as your weight comes forward	

93. Single Lotus Kick

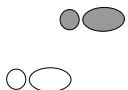
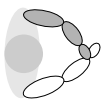
		Bend - Sit back (or stay forward) folding in left foot whilst turning right, at least 90 degrees. Left hand folds at elbow to settle in crook of right elbow. Right hand turns palm up and extends up and out.	 
		Bend - Transfer weight to left leg sinking more and continue turning right. Right heel lifts to allow a maximum twist in legs. Both hands turn palm out and separate with left hand on centreline.	
		Stretch - Release right leg into lotus kick as body releases spinning left. Hands drop forward and left hand brushes right foot or knee as kick swings pass at centreline.	

94. Brush Knee Twist Step, Right

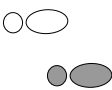
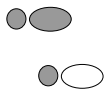
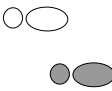
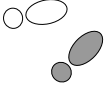
		Bend - At top of lotus kick turn left and sink. Left hand drops and turns over palm up with right hand folding palm down on centre line. Continue to sink placing right heel down diagonally out from left leg to right back corner, hands exchanging in standard brush knee "weighing scales" move.	
		Bend - Transfer weight to right, hands performing brush knee. Follow step with left leg to finish facing right wall.	
		Stretch - As Brush Knee.	

Wu Style Long Form Section 3A (Snake)

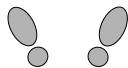
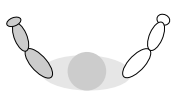
95. Punch Down

		Similar to standard brush knee but right hand forms fist as hands exchange in "weighing scales" then drops straight down as weight shifts forward. Left can sweep to side as in brush knee or circle on top of right fist as in punch down.	
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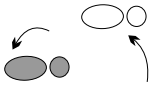
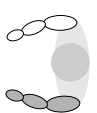
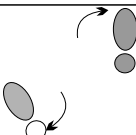
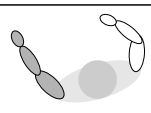
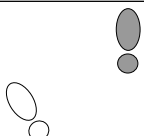
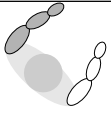
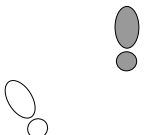
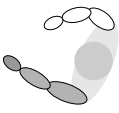
96. Step Up Grasp Birds Tail

		As in Section 2 with rolling forward punch.	   
		Ward-off.	
		Rollback / Press.	
		Push.	

97. Single Whip

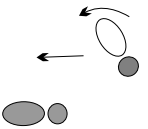
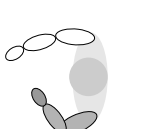
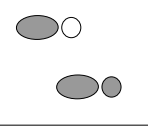
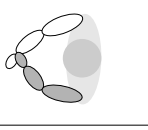
		As Section 1 - Each finish of Single Whip increases your level of stillness, which you should maintain through all moves until the next single whip, where the stillness increases. Thus the Long Form ends with Single Whip, in ultimate stillness.	
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98.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

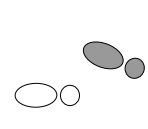
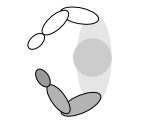
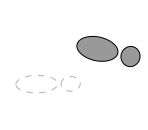
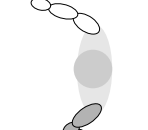
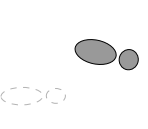
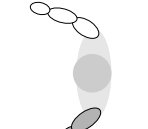
		Bend - Turn left foot to left wall. Arms draw in parallel palms facing (bouncing a ball / chop down), right foot steps out and back to lengthen stance.	  
		Stretch - Turn to front rising slightly, drawing hands across front, left palm faces out, right palm in (throw). Right foot turns on heel first (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.	

Wu Style Long Form Section 3C (Snake)

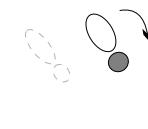
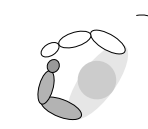
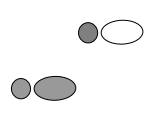
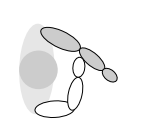
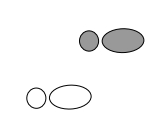
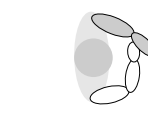
99. Step Up Seven Stars

		Bend - Turn out left foot and turn in right to step up as weight moves to left leg. Left hand projects up with fingertips before forming fist and turning palm out. Draw up right leg parallel to left, right toe projecting forwards.	
		Stretch - As right leg projects forward the ball of the foot touches down, and right hand spirals inwards to form fist, palm out, crossing over left fist, which also turns out. The Seven Stars - foot, knee, hip, hand, elbow, shoulder, head.	

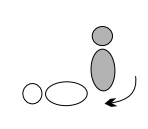
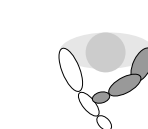
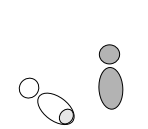
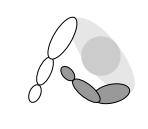
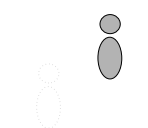
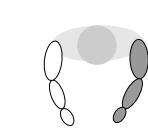
100. Step Back Ride Tiger

		Bend - Twist forearms outwards and step back with right leg in narrow / overlapping stance. Fists turn to face inwards then begin to open. Draw back right leg and sink weight into it, allowing hands to drop (An) palm up to sides.	
		Bend - Hands separate to side of body with beak hand on left and open palm on right. Raise left leg, toe pointing forward and sole facing right. As the leg rises the hands have circled out and up in a tearing action, before forming beak and palm hands. Beak faces back, palm faces side.	
		Stretch - Extend left foot in toe strike.	

101. Turn & Slap Face

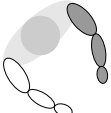
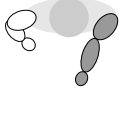
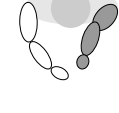
		Bend - Fold arms at elbow into centreline and draw left leg in as body spins on right heel to face opposite wall. Beak hand twists out then in, opening palm up at end of turn. Right hand folds up and around, twisting out to centreline.	
		Stretch - Beak hand twists out then in, opening palm up at end of turn. Right hand folds up and around, twisting out to centreline. Place left leg forward and heel down in empty stance.	
		Bend - Transfer weight forward as left palm turns over and slaps down, body inclining forward slightly. Right hand under left elbow.	

102. Double Lotus Kick

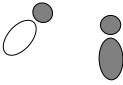
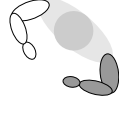
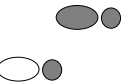
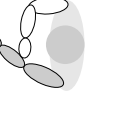
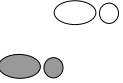
		Bend - Sit back (or stay forward) folding in left foot whilst turning right to 90 degrees. Left hand folds at elbow to settle in crook of right elbow. Right hand turns palm up and extends up and out.	
		Bend - Transfer weight to left leg sinking more and continue turning right. Right heel lifts to allow a maximum twist in legs. Both hands turn palm out and separate with left hand on centreline.	
		Stretch - Release right leg into lotus kick as body spins left. Hands flick out rotating inwards so palm face down, brushing against left foot then right.	

Wu Style Long Form Section 3C (Snake)

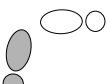
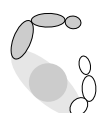
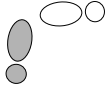
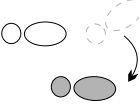
103. Bend Bow Shoot Tiger

		Bend - Stomp down with right leg finishing in parallel stance facing forward. Hands are on channels with finger facing forward. Stretch - Turn a little more to left and project fingers	
		Bend - Continue turning left as weight shifts to left leg, and hands form fists, rotating outwards and drawing down to left and right kwa.	
		Stretch - Weight to centre as right fist moves to hip. Left elbow sucks into centreline with fist moving straight out in low punch. Armpit must remain open by wrapping shoulder blades. There is an element of separate hip and waist movement here.	
		Stretch - Right fist spirals inwards as it raises from hip and projects up to shoulder height. Weight remains in centre with no turning of hips – the right shoulder blade does all the work. Left fist starts to turn palm up.	
		Bend - Fist continues forward then down to finish in front of left. This is like a vine creeping around a tree – heart punch.	

104. Slap Face

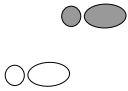
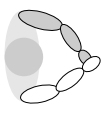
		Bend - Rotate right to face right corner, pivoting on right heel (a small step is also acceptable) as weight transfers to left. Hands lose fists.	
		Bend - Finish turning to right wall. Place right foot and transfer weight, stepping with left, heel down. Left hand rotates inward and slides forward palm out, so right palm comes under elbow.	
		Stretch - Transfer 80% weight to left leg, project left palm forward. Bend - Complete weight change. Slap down with left palm, twisting left into central channel as you slap.	

105. Turn & Chop with Fist

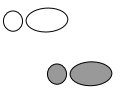
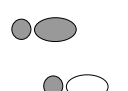
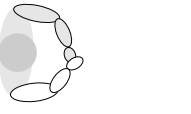
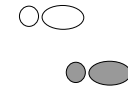
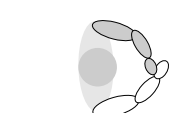
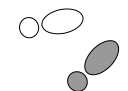
		As in 2nd Section Move 50 with more twisting and release, and: As you turn to right left hand makes fist for temple strike, then releases turning left, as right hand makes fist for kidney strike.	 
			
			

Wu Style Long Form Section 3C (Snake)

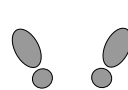
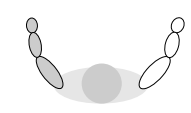
106. Step forward Pat Horse

		This closing section must be about stabilising any loose chi so you can end internally stable. Pat Horse straight to side wall, otherwise as in 2nd Section Move 51. Strong spiraling action.	
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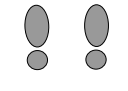
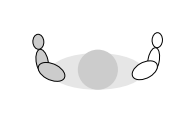
107. Step forward Grasp Birds Tail

		Spiralling wardoff at end - slight turn to right as right hand palm turns slightly right, setting up for spiral back into ward off.	
			
			
			

108. Single Whip

			
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Conclusion - Wuji

		Left hand drops, weight left; then right hand drops, weight right. Peng both arms then drop as end form in Short Form. Storing Qi exercise is an excellent way to finish.	
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"Tai Chi is a subtle and powerful awareness discipline, a tool to become more in touch with yourself. It is a way of allowing yourself to function naturally and smoothly, uncluttered with expectations, shoulds, hopes, fears, and other fantasies that interfere with our natural flow."

- from Embrace Tiger, Return to Mountain by Chungliang Al Huang