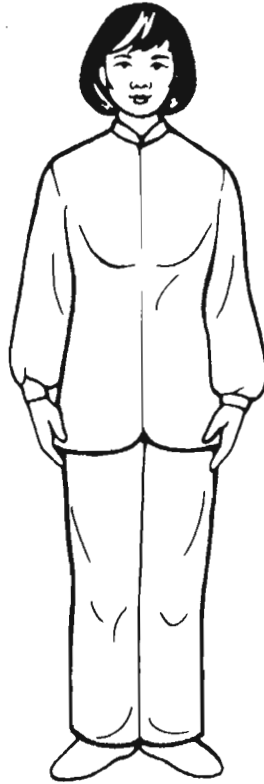


THE 6 BASIC MOVEMENTS

All positions represented as mirror image.



Starting Position

Stand with your body upright but relaxed: feet slightly apart, knees loose, eyes looking forward, chin tucked in, shoulders relaxed. Cleanse your mind.

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

2. Opening and Closing Hands



a.
Bring hands in
to front of chest.
(hands should
be about head
width apart)



b.
Breathe in, open
hands.
(hands should
be about shoul-
der width apart).



c.
Breathing out,
push hands in
toward each
other.
(hands should
be about head
width apart)

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

3. Single Whip

3 WAI STRETCH



a.
Step to the right
and slightly for-
ward with the
right heel.



b.
Shifting your
weight onto the
right leg, push
the palms for-
ward.



c.
Turn the palms
to face forward
and extend the
arms outwards,
while watching
the left hand.

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

4. Waving Hands in the Cloud



a.
Bring the right hand toward the left elbow, right foot in line with the left.



b.
Stepping side-ways with the right foot, move the right hand upwards, and the left hand downwards.



c.
Bringing the left foot closer to the right foot, turn the upper body and arms to the right.



d.
Move the right hand down, and the left hand up.



e.
Turn the upper body and arms to the left.

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

Second Waving Hands



a. _____
Stepping out with the right foot, move the right hand upwards, and the left hand downwards.



b. _____
Bringing the left foot in, turn the upper body and arms to the right.



c. _____
Move the right hand down and the left hand up.



d. _____
Turn the upper body and arms to the left.

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

5. Opening and Closing Hands



a.

Bring the hands to the front of the chest. (hands should be about head width apart)



b.

Breathing in, open the hands. (hands should be about shoulder width apart)



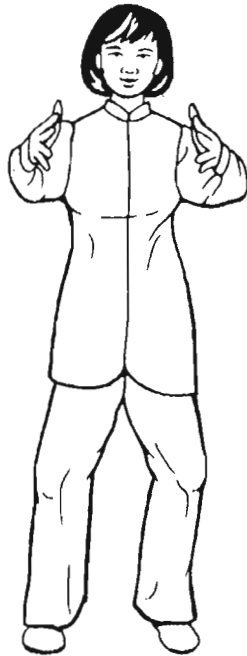
c.

Breathing out, push the hands towards each other. (hands should be about head width apart)

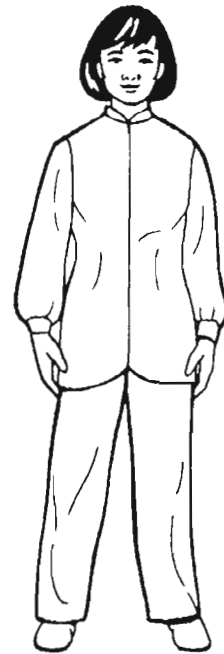
THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

6. Closing Movement



d. _____
Stretch both
hands forward.



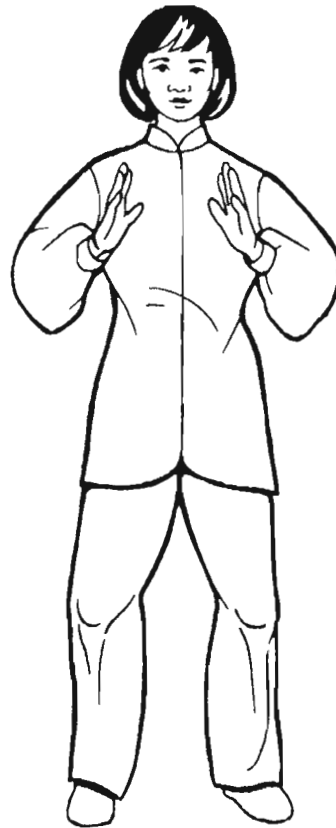
e. _____
Straightening
the knees and
breathing out,
slowly lower the
arms.

THE 6 ADVANCED MOVEMENTS

All positions represented as mirror image.

Follow-on Position

Follow on from Basic Movement 5, Opening and Closing Hands.

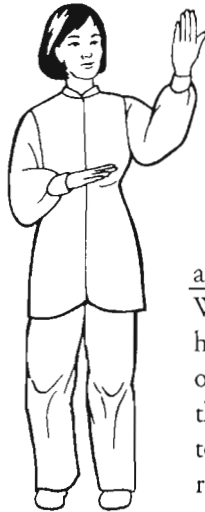


THE ADVANCED MOVEMENTS

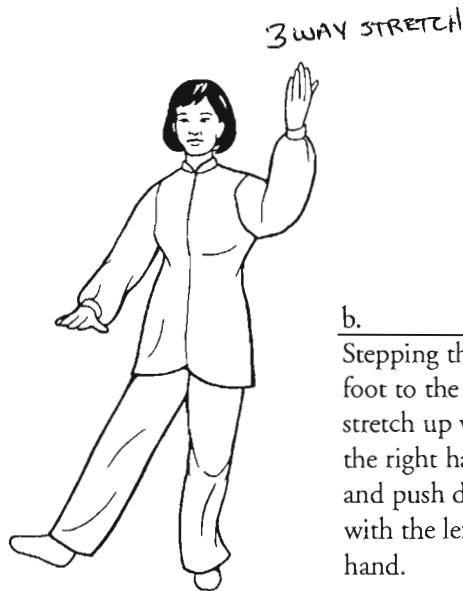
- EXTENSION MOVEMENTS

All positions represented as mirror image.

6. Brush Knee



a. Watch the right hand stretch out, and bring the left hand towards the right elbow.



b. Stepping the left foot to the side, stretch up with the right hand, and push down with the left hand.



c. Shifting the weight on to the left foot, turn the body left, moving the left hand across the knee and the right hand towards the ear.

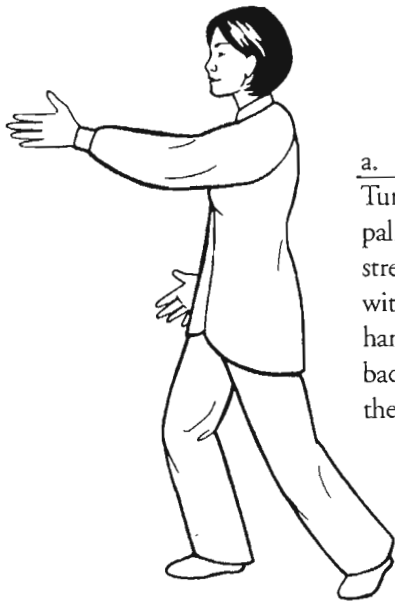


d. Pushing forward with the right hand, move the right foot in.

THE ADVANCED MOVEMENTS

All positions represented as mirror image.

7. Playing the Lute



a.
Turning both palms inwards, stretch forward with the right hand and step backwards with the right foot.



b.
With your weight on your right foot and drawing the left foot back, move the right hand back, and the left hand forward.

THE ADVANCED MOVEMENTS

All positions represented as mirror image.

9. Block and Close



a.
Stepping back
with the right
foot, stretch
both hands for-
ward.



b.
Transferring
weight to the
back foot, draw
both hands
backward.

THE 6 ADVANCED MOVEMENTS

All positions represented as mirror image.

10. Pushing the Mountain



- a. _____
Stepping for-
wards on to the
left foot, push
both palms for-
ward.

THE ADVANCED MOVEMENTS

All positions represented as mirror image.

11. Opening and Closing Hands



a.
Moving the right heel and ball of the left foot, turn to face the front. (hands should be about head width apart)



b.
Bring the hands to front of the chest. (hands should be about shoulders width apart)

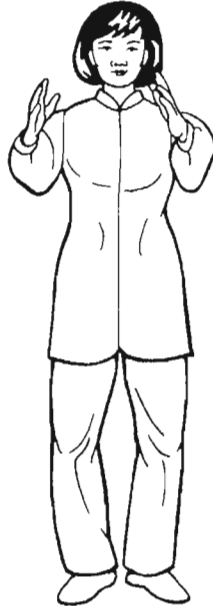


c.
Breathing in, open the hands. (hands should be about head width apart)

THE ADVANCED MOVEMENTS

All positions represented as mirror image.

12. Closing Movement



a.
Stretch both of the
hands forward.



b.
Straightening
the knees and
breathing out,
slowly lower the
arms.