

Wudang Long Hand Form - Section 1

1) TAI CHI AT REST

- in parallel stance, arms relaxed at sides, bend your wrists softly upwards bringing fingers forwards with palms facing the floor – this is just a tiny fluid move with the wrists

2) READY STYLE

- softly straighten your wrists back to starting position with fingers pointing downwards

3) BEGINNING STYLE

- lift your arms upwards to the front, keeping them fairly straight and shoulder width apart
- then bend your knees as you lower your arms to hip height, keeping your fingers facing downwards – during this part of the move your arms should feel as though you are drawing a vertical circle in front of you

- step forwards lightly onto the left heel, keeping all of your weight on the right leg while you bring your arms out to the sides and forwards at chest height until the hands are almost touching, lined up with your centreline - during this part of the move your arms should feel as though you are making a horizontal circle

-keeping your hands lined up with your centreline, float them downwards and then bring them in and up, keeping your right hand closest to your body and at the same time turn your left toe inwards and keep your weight on the right leg - transfer your weight forwards to your left leg as you push both hands outwards from your centreline, ending the move with your palms facing each other, left palm horizontal and facing inwards - right palm vertical – during this part of the move your arms should feel as though you are making a vertical circle with your hands in line with your centreline

4) SEVEN STARS

- bend your right knee downwards as you lift the right heel of your foot and the heel of your right palm - keep the right palm facing outwards and just above the left hand - the left hand remains in position facing palm inwards

- keep your left knee in line with your left toes as you turn your waist to the back corner, keeping all of your weight on the left leg - there should be no weight on the right toes

5) GRASPING THE BIRD'S TAIL

- bring the hands into a position as though you are holding a ball with your right hand underneath, palm up and your left hand on top, palm down – at the same time turn your waist to the left

- step forwards lightly onto your right heel as you extend your right arm and then transfer your weight forwards onto the right leg into a bow stance – the left fingertips point towards the right wrist until the end of this move

- keeping your weight forwards, turn your waist to the right, keeping your right palm up

- transfer your weight back onto your left leg by bending your left knee and lifting your right toes keeping your right heel on the floor - at the same time move your hands in towards your body turning both hands over – then turn your waist slightly to the left as you turn your right toes inwards approx. 45 degrees towards the front corner - transfer your weight forwards as you strike with the right palm to the front corner, keeping your toes, knee, right palm and eyes all in line

Wudang Long Hand Form - Section 1 cont'd.

6) SINGLE WHIP

- turn your waist to the left as you turn your right toes inwards about 15 degrees and at the same time turn your right palm up and around in a circle into the bird's beak formation - transfer your weight back onto the right foot and step out lightly with your left foot into a horse stance - keep the left palm facing your face as you turn your waist to the left - then strike to the left corner with your left palm as you turn your waist back to the front and bend both knees so that your horse stance deepens with the strike – remember to follow the strike with your eyes

7) FLYING OBLIQUE

- keep both arms at shoulder height and turn palms down as you turn your waist to the left
 - turn your waist back to the front as you bend your elbows inwards so that the right forearm is on top, palm down and the left forearm is underneath, palm up
 - shift your weight to the left foot, as you softly drag the right toes in a little as you turn the waist to the right and stretch both arms out away from your body with the right palm down at shoulder height and the left palm up at head height

8) RAISE HANDS STEP UP

- step forward lightly onto your right foot as the waist turns left and your right hand scoops downwards in an arc towards your centreline with the palm facing your body – at the same time the left hand falls inwards in an arc towards your centreline with the palm facing away from you – as your waist turns right, both hands move in circles away from your centreline and the right hand turns palm outwards
 - as your waist turns left, step forwards with the left foot into a parallel stance – the hands repeat the same movements as before, but this time at the end of the circles, your right hand drills skyward and the left arm comes to rest at the left side, fingers pointing down, palm facing back

9) WHITE CRANE FLAPS ITS WINGS

- feet remain in a parallel stance and the right arm remains up as you turn your waist to the right - fold forwards at the hips with a flat back as your waist turns left
 - as the waist turns back to the right, slightly bend the knees as you bring your back into an upright position and both hands lift in an arc to face height

10) BRUSH KNEE TWIST STEP (right hand pushes)

- still in parallel stance, transfer your weight to the right leg and allow both arms to fall in a downwards then upwards arc as waist turns left
 - the upward arc of the arms to the left will send the left arm forwards – at the same time step diagonally forwards with the left foot so that you feel that the left arm and left foot are working together with the hips - at the top end of the arc the left palm will be at face height with the palm facing to the right
 - turn the waist to the right, keeping the left arm face height and bring the right hand to rest palm up near your right hip
 - lift the right wrist upwards by the right ear with the fingertips pointing forwards and at the same time sink your weight downwards
 - slowly transfer your weight to the front foot as you strike forwards with the right palm - at the same time move your left hand in a downwards and forwards arc as though to take an imaginary kick to the groin out of the way - when the weight is half off the back leg, pivot on the back heel into a bow stance, turning the back toes inwards

Wudang Long Hand Form - Section 1 cont'd.

11) SEVEN STARS STYLE (left)

- transfer weight to your right leg in a back stance as you turn your waist to the right and move the left arm upwards and forwards as your right palm moves through your centreline and downwards to a palm up position close to the right hip

12) BRUSH KNEE TWIST STEP (right hand pushes)

- still in a back stance, turn your waist left as right arm arcs up and forwards and your left arm arcs downwards to rest palm up near your left hip
 - turn your waist right as left arm arcs up and forwards and your right arm arcs downwards to rest palm up near your right hip
 - lift the right wrist upwards by the right ear with the fingertips pointing forwards and at the same time sink your weight downwards
 - slowly transfer your weight to the front foot as you strike forwards with the right palm - at the same time move your left hand in a downwards and forwards arc as though to take an imaginary kick to the groin out of the way - end in a bow stance

13) BRUSH KNEE TWIST STEP (left hand pushes)

- step forwards lightly onto the right heel and turn your waist to the right – at the same time float the left hand forwards and bring the right hand back to right hip, palm up
 - turn waist to left as right arm floats forwards and the left hand moves back to left hip, palm up
 - sink weight as you lift the left wrist to ear height and the right hand sinks to hip height
 - push your weight forwards by straightening the back leg and turn your waist back to centre as you push forwards with the left palm and divert an imaginary kick to the groin with the right hand

14) BRUSH KNEE TWIST STEP (right hand pushes)

- step forwards lightly onto the left heel and turn your waist to the left - at the same time float the right arm forwards and bring the left hand back to left hip, palm up
 - turn waist to the right as left arm floats forwards and right hand moves back to right hip, palm up
 - sink weight as right wrist lifts and left hand sinks
 - as waist turns left, right hand pushes forwards as left hand diverts an imaginary kick to the groin
 - when the weight is half off the back leg, pivot on the back heel into a bow stance

15) SEVEN STARS (LEFT)

- shift your weight back to the right leg – at the same time move your left hand to protect your centreline with the right fingers pointing towards the left wrist
 - turn waist to the left and ward off left

16) STROKE THE LUTE

- turn you waist right and keep the leading left hand palm down with right hand palm up with fingertips pointing towards left wrist
 - shift weight forwards into a bow stance and stretch out left arm and turn waist to left - the right hand continues to follow
 - when your hands reach the left leg, step forwards with the right foot to a parallel stance, circling the hands in a horizontal arc to a centreline position, left palm still down, right palm still up

Wudang Long Hand Form - Section 1 cont'd.

17) STEP UP PARRY & PUNCH

- bend both knees and step forwards lightly on the heel of the left foot as the arms arc forwards in line with the C/L, left palm down, right palm up, right fingertips still pointing to left wrist
- turn waist right as arms arc downwards on right side
- left arm arcs forward as though clearing a pathway down centreline – turn right hip forwards as you punch with the right fist
- shift weight back, bring left hand up to the left of your face to guard and bring the right fist to rest on the front of the right hip
- keeping all weight back, turn waist to right as the left hand parries
- keeping all weight back, turn waist to left and parry low with your left hand
- keeping all weight back, turn waist to right and as left arm parries horizontally, shift weight forwards into a bow stance as you punch straight ahead with the right fist
- at the end of the right punch, hover or rest your left palm lightly on top of right elbow joint

18) AS IF SHUTTING A DOOR

- softly slide left hand under the extended right arm just behind the elbow joint, palm down, and continue to move arms until they are crossed
- uncross arms as the weight shifts to a back stance, turning both palms to the back, head height
- circle both hands around to push forwards as you shift your weight forwards into a bow stance

19) EMBRACE THE TIGER, RETURN TO THE MOUNTAIN

- pivot on the left heel, moving the left toes inwards as both hands float downwards, palms down
- keep the weight on the left leg, turn the right hip/heel outwards as both palms turn to the front, fingertips pointing to the floor - sink into the left foot to get under your tiger – as you lift him up, stretch out both arms and shift your weight to the right foot, but keep the left hand lower so that you can feel a diagonal line running from the right fingertips down to the left fingertips

20) CROSS HANDS

- keeping all the weight on the right foot, step up lightly with the left foot to a shoulder-width stance - as the arms move towards each other, turn the right hip/toes inwards as your wrists cross on the centreline

21) BRUSH KNEE TWIST STEP OBLIQUE

- continue to pivot inwards on your right heel as you turn your waist left letting the left hand fall to rest at the left hip, palm up - step out lightly onto the left heel and at the same time float your left arm forwards then turn your waist to the right as the right hand falls to hip height, palm up
- sink your weight into the right leg and lift the right hand up to ear height as the left floats downwards - shift your weight forwards into a bow stance as you strike with the right palm and parry an imaginary kick out of the way with the left palm

Wudang Long Hand Form - Section 1 cont'd.

22) TURN BODY BRUSH KNEE TWIST STEP

- pivot the left heel inwards, as the left arm sweeps downwards then upwards in an arc to about chest height and at the same time allow the right palm to fall towards the right hip, palm up
- keep all the weight on the left leg and step lightly out onto the right heel as the right arm floats forwards and the waist turns left
- sink your weight into the left foot as the left palm lifts to ear height and the right palm floats downwards – shift your weight forwards into a bow stance as you strike with the left palm and at the same time parry an imaginary kick out of the way with the right palm

23) SEVEN STARS RIGHT

- shift your weight back onto the left leg as your right arm arcs forwards and wards off to the right as you turn your waist to the right

24) GRASPING THE BIRD'S TAIL

- turn your waist left as your right hand turns in an arc to a palm up position and the left hand turns to a palm down position, almost as though holding a ball
- still twisting your waist to the left, step forwards lightly onto the right heel and at the same time extend the right arm, left fingertips pointing towards the right wrist, as you transfer your weight forwards into a bow stance
- stay in the bow stance and turn your waist to the right, keeping the arms in the same relative position
- shift your weight back onto left leg into a back stance and at the same time turn both hands over (i.e. so that the right palm is down and the left palm is up) as you bring them down towards your body
- pivot on your right heel so that the toes turn inwards approx. 45 degrees as weight goes forwards into a toes-in bow stance - at same time striking with your right palm keeping the strike in line with your knee

25) SINGLE WHIP OBLIQUE

- turn right toes inwards approx. 15 degrees as you turn your right palm up and around in a circle into the bird's beak formation and replace your weight back onto the newly positioned right foot
- step out lightly with left foot into a horse stance - as your waist turns left, the left hand travels left in an arc, face height, palm towards face
- as you turn your waist back to the front, sink down into the horse stance as you strike in the direction of your left knee with your left palm – end with your horse stance positioned across the diagonal