

**Mandarin Form
Detailed Description
Revision-h, Final**

*Right Side
Reduced Repetitions for Limited Space*

Gray Miller

Revision- h

2-18-2015

Forward

Eight years ago I walked into Kevin Weaver's class at the Tehama Family Fitness Center in Red Bluff, California. I was looking for an activity to promote good balance. Twelve years of fighting Parkinson's Disease had taken its toll on my physical skills and I could foresee a future of increasing challenges. But, I was unprepared for Kevin's introduction to an activity that would immeasurably alter my life. I watched him go through a set of movements that were a unique combination of physical skill, mental concentration and grace. His movements were fluid, graceful and, quite simply, beautiful. I recall staring in awe as he performed the Mandarin Form of tai chi. I don't impress easily, especially with physical skills. Years of teaching swimming and my skiing had made me a seasoned critic of teaching physical skills. Kevin had it all! He could communicate the complex movements of The Form and reduce it to a fundamental set of skills that could be mastered. Most importantly, he made it fun.

I began the daunting task of learning The Form. I was still living in the Eastern U.S., only coming to Red Bluff every three months. I floundered. I had small successes. I had major misunderstandings and embarrassing lapses of concentration. While in the East I would use a video tape to guide my steps. While in the West I would extract every ounce of skill I could learn from Kevin. He graciously provided his time and guidance as I struggled. Slowly, I began to learn. The Form became a common daily experience that I practiced everywhere I traveled: Baltimore, Cleveland, Philadelphia, Washington D.C., Sydney, Melbourne, Salt Lake City, I transcribed Kevin's video tape into these notes. This work is my eighth version (Rev-h). With over a hundred moves transcribed, with difficulty, to the written word, I'm sure there are still errors. Nevertheless, it is the start of a learning tool for the newer students and a reference for the more experienced.

I am committed to an illustrated book which is in progress. It will be far more polished than this work. Kevin, once again, has selflessly provided his time allowing me to photograph each move. In the process we have produced a DVD to substitute for my worn out video tape. But, until our book emerges, it is my wish that these notes may be of assistance.

Oh yes, with the help of tai chi, wonderful family and friends I'm successfully battling Parkinson's Disease. It is the challenge of my lifetime. Each day is a gift.

Please enjoy this work and bring me your suggestions for improvement. It will never be complete!

Gray

Revision History

Rev	Date	Changes
f	4-29-11	- changed title from “ <u>Complete Form</u> ” - included total page count on each page - added Revision History
g	01/27/13	- changed rep counts to reflect limited space - major rewrite of entire document - added Title page, Foreword - moved Revision History to page 4
g2	01/29/13	- minor reformatting for clarity at First Kicks and Hop Kick
h	9-11-14	- rewrote descriptions of Waterlili Kick and Lotus Kick - changed paragraph numbering to “Series-Step”
	01/31/15	- added Appendix for Waving Hands
	01/31/15	- added Appendix for Long / Short Form repetitions
	02/18/15	- added Introduction

Introduction

For the convenience of learning The Form, it may be broken into five series. Each series is a collection of movements. Movements are usually grouped and assigned a name. Quite often the movement names are borrowed from scenes in nature involving graceful animal movements (Grasp the Bird's Tail, Repulse the Monkey,) or warrior combat (Single Whip, Waving Hands Like the Clouds, ...). Although described separately, each movement flows seamlessly into the next. Similarly the end of one series flows seamlessly into the start of the next series.

All series (except the first) begin with the movement *Diagonal Single Whip*. All series (except the last) end with the movement *Waving Hands*. We can uniquely identify a movement by knowing its name and series number. Series are numbered 1 through 5. Many movements are repeated throughout The Form.

In this document, the first time a movement is presented it will be described in detail. If the movement is repeated, successive occurrences will be described only by its name with a reference to the step where it was first described.

The Form can be done on either the *Right Side* or the *Left Side*. This document only describes The Form on the Right Side.

Depending on the physical location, the number of repetitions within a movement can be varied. If space is limited a *Short Form* can be used. Alternately, if space permits, the Long Form can be used. This Document only describes the *Short Form*. Appendix B lists the adjustments necessary for the *Long Form*.

Mandarin Form

Right Side, Reduced Repetitions

1 Series One

1.1 Striking to Ask

- feet together, weight evenly distributed, relaxed arms are at the sides, head up and rear is *tucked under*
- weight shifts to the left foot, the right foot turns out 45° then the weight is evenly distributed once again
- 3 deep breaths, inhale as body moves up, exhale as body moves down
- as the body prepares to move down for the third breath finger tips and thumbs are together (*beaked*), hands at sides, right foot at 45°, weight evenly distributed on both feet
- shift weight to right foot, start body downward
- as the body begins to rise the left knee bends with the lower leg and foot relaxed and pointing down
- heel strike left foot, toes up
- weight shifts forward onto the left leg as the left knee straightens, arms begin to rise, weight quickly shifts back to the right leg as the body leans back and away from the straightened left knee
- when arms are at shoulder level release the fingers, sit back on right leg and *float* the arms forward
- as hands come to shoulder width, **Shoulder Shift** (left shoulder forward) right fingers point into left wrist, continue moving arms together until right fingers contact the left wrist, weight remains on back foot
- drop left and right arms down, the fingers of both hands point to left foot, as the arms begin to drop start the body moving upward

1.2 T-Stance left foot, hands to mid waist, palms face each other, right palm on top

1.3 Step left, torso twists to left, hands remain at mid waist, *align* right foot with the left foot

1.4 Torso slowly unwinds to the right, hands remain at mid waist

1.5 As body turns and faces forward the hands separate (right hand ahead of left)

as arms reach 45°, arms extend to the right

1.6 Grasp Bird's Tail

- arms extend to right and *grasp* as body begins to turn back to the left
- *pull it to the left*, right foot pulls back to a T-Stance
- eyes follow hands as hands sweep in front of the face, right palm facing you, left palm facing away
- body turns to the right

1.7 Heel strike right foot 45°

1.8 Diagonal Single Whip

- turn to right 45°, press hands
- *limp* the right wrist as left heel lifts
- *T-Stance* left foot, right hand fingers and thumb together (beaked), fingers point down
- turn to left while right hand remains *fixed in space*, left palm turns toward you
- *Heel Strike* left foot 45°, foot flat, left palm turns outward
- *press* left hand, begin to weight the left foot
- *push* left hand, shift weight to the left foot

1.9 Weight shifts back to right foot, left toes come up

1.10 Left hand drops to the thigh, left palm faces down

1.11 Weight shift to left foot

1.12 Right foot to Cat-Stance, while releasing right hand, right hand blocks under chin and wipes down the left arm to rest on top of left hand, palm facing down

1.13 L-Step Right Foot, L-Step Left Foot

1.14 Step Back (two times)

- left hand lifts left leg, step back left (left foot moves alongside Right Foot)
- right hand lifts right leg, step back right

1.15 Parry, Block and Punch

- left arm rises, elbow bends as left arm moves in front of chest (*Parry*), left palm faces away, left knee rises (*Block*) with relaxed left ankle and left toes pointed down
- *Heel Strike* left foot, foot flat
- form soft fist with right hand, *Punch* forward at waist level with right hand as body turns toward the left leg and weight shifts forward onto left foot
- *little dip down* with body as right hand finishes its punch and wrist turns counter clockwise

1.16 Weight shifts back to right foot bringing left toes up

1.17 Left hand wipes off right arm

Fingers of both hands come together as palms face your chest

1.18 Bring elbows together as hands move upward with little fingers together

1.19 Wrists come together underneath chin then reach forward and up (*High Pat the Horses Head*) as you step through with right leg, weight shifts to the right leg, turn the left heel inward 90°, Shift weight back to the left foot dropping hands toward the right knee

1.20 Pivot to left 180°, weight starts on left foot then transitions to the right foot during the pivot

[Note: now facing back of room]

1.21 Starting with left Leg, *Walk Forward Holding The Ball* 4 times, hands come up on the left then underneath the chin and down on the right)

1.22 Parry, Block and Punch (step 1.15)

1.23 Right Arm Comes Under left, left hand wipes off the right arm

1.24 *Slap Right:*

- The right hand comes out from underneath the left arm with the palm facing down.
The right elbow bends as the right hand withdraws and moves toward the left shoulder.
The right hand slaps forward with the back of the right hand as the right elbow begins to straighten.
- As the right elbow straightens, the right hand travels forward, across the body and down to the right. The right hand begins its travel forward with the palm facing downward. As the upper right arm gently rotates, the right hand travels in an arc from left to right in front of the body. The right palm begins facing down then concludes facing up at the end of the arc.
- The right hand finishes with the back of the hand touching the right thigh and the palm facing outward.

1.25 *Repulse the Monkey (setup):* Left hand under chin, extend left arm forward, left wrist bends, left fingers up, left palm faces outward, left foot is forward, left toes are up, weight is on back (right) foot

1.26 *Repulse the Monkey (3 steps back)*

- First Step:** The left hand drops to the left thigh with the palm facing outward. The right hand moves up under chin then the right arm begins to extend forward. The right hand *freezes in space* but allows

the right elbow to continue to straighten causing the body to continue to move backward. Relax the palm of the left hand allowing the palm to turn inward. As the body moves backward the weight begins on the right foot then is transferred to the left foot *after* it steps back, to the side and is securely anchored. The toes of the right foot are brought up.

- **Second Step:** The right hand drops to the right thigh with the palm facing outward. The left hand moves up and under the chin then the left arm begins to extend forward. The left hand *freezes in space* but allows the left elbow to continue to straighten causing the body to continue to move backward. Relax the palm of the right hand allowing the palm to turn inward. As the body moves backward the weight begins on the left foot then is transferred to the right foot *after* it steps back, to the side and is securely anchored. The toes of the left foot are brought up.

- **Third Step:** The left hand drops to the left thigh with the palm facing outward. The right hand moves up and under chin then the right arm begins to extend forward. The right hand *freezes in space* but allows the right elbow to continue to straighten causing the body to continue to move backward. Relax the palm of the left hand allowing the palm to turn inward. As the body moves backward the weight begins on the right foot, then is transferred to the left foot *after* it steps back, to the side and is securely anchored. The toes of the right foot are brought up.

1.27 Pivot Left 90°, Fan Hands, Hug Yourself (left arm over right arm), Slap Right, Pivot Right 90°

[Note: now facing back of room]

1.28 Dragon Rolls Over

- Heel Strike left foot, left arm over left leg, right Elbow bends, fingers extended on the left hand, fingers of right hand point into left wrist (*Play Guitar*), weight remains on back foot
- withdraw left leg, raise left knee while balancing on right leg, hands in front of chest with fingers together (*Cock Stands on One Leg*)
- Heel Strike left foot, sink, T-Stance right Foot
- rise, slap back of right hand inside the left palm, right hand continues to rise until over right shoulder, left hand continues to drop (*Stork Cools*)

Its Wing)

- start right hand on a downward arc slapping inside the palm of left hand, step back onto right Foot but keep your weight forward
- transfer weight onto right Foot, *Pivot Right 180°*, *Pierce Left*

[**Note: now facing front of room**]

- fingers of right hand extended, fingers of left hand point into right wrist (*Play Guitar*)
- withdraw right foot, raise right knee while balancing on the left leg, hands in front of chest with fingers together (*Cock Stands on One Leg*)
- heel strike right foot, sink
- rise, pull left Foot forward to a T-Stance, slap back of left hand inside the right palm, left hand continues to rise until over left shoulder, right hand remains at waist (*Stork Cools Its Wings*)
- step back left foot, start left hand on a downward arc meeting the right hand at the waist, palms together, right palm up, left palm down

1.29 Sink, Hands Turnover

- heel strike right foot
- hands extend forward, palms facing, left palm faces down, left hand on top of right hand
- body drops down
- hands roll-over (right hand now on top, palms remain facing each other)
- body rises, withdraw right foot to a T-Stance

1.30 High Block, High Pierce

- **High Block:** heel strike right foot, foot flat, right hand blocks in front of face, right palm faces away
- left hand pierces up between the right arm and the chest (**High Pierce**), left palm toward you
- step through with left leg
- weight transfer to left leg, sink down as both palms face outward pushing up and away

1.31 Toe-tap the right foot

1.32 Grasp Bird's Tail: Step Right, reach to the right 45 °with both hands, palms face each other, right palm on top, pull it left, T-Stance right foot, *bring it around*, right palm faces you, left palm faces away

1.33 Single Whip

1.34 Block The Groin

- withdraw left leg, left foot to a T-Stance
- hands crossed in front of the groin, palms face you, left hand in front of the right hand

1.35 Hands extend to the right (set-up Waving Hands)

1.36 4 Waving Hands

2 Series Two

- 2.1 ***Diagonal Single Whip*** (step 1.8)
- 2.2 **Weight shifts back to right foot, lift left Knee Up**
- 2.3 **Step forward left foot, *Scissor Block Left, Kick Right*, kick Forward right foot, right toes up, slap the inside of right foot with right hand, right foot lands on the right heel weight shifts to right foot, right foot is flat, left hand to left shoulder**
- 2.4 ***Scissor Block Right, Kick Left, Landing Is Behind*, Kick Forward left foot (but keep all of the weight on the back foot), left toes up, slap the inside of the left foot with left hand, right hand to right shoulder, remain balanced entirely on the right leg, left leg is nearly horizontal with the left toes up**
- 2.5 **Step back left foot, *Pivot Left 180°*, weight shifts from the right heel during the pivot, to the left heel when landing, left toes up, left foot flat**

[Note: now facing back of room]

- 2.6 **Drop right Hand**

2.7 Same Side Walking: 4 steps, begin with left foot

same hand same leg, hands sweep down,
“Chest Block, Shoulder Block, Knee Block”

2.8 Parry, Block and Punch (step 1.15)

2.9 Rise, left hand wipes off right wrist (both palms facing downwards), rotate both forearms so that both palms face inwards (left palm in front of the right palm), with the fingers of both hands facing down

***Block the Groin*, rotate both palms so that the fingers of both palms face upward (left palm in front of right palm)**

Block the Chest*, rotate left wrist around the right hand so that palms are facing each other (right palm now in front of the left palm), *Press to the Right* and *Pivot Right 180°

[Note: now facing the *front* of the room, right hand and right foot are forward, weight is entirely on the back (left) foot]

- 2.10 ***Hop Kick:*** step onto front foot and hop from front foot to the left foot while kicking to waist level with right foot, right hand slaps inside of right foot at the top of the kick
- 2.11 **Maintain Weight on left foot, *Scissors Block Left*** (left hand in front of right hand), kick right toes up, ***Slap inside of Right Foot with the right hand, Step Onto*** right foot
- 2.12 ***Scissors Block Right*** (right hand in front of left hand), ***Slap inside of Left Foot*** with the left hand, ***Step Onto*** left foot
- 2.13 ***Reel It In*** (two arm cycles: left hand pulls up left toes, right hand pulls up right toes), ***Pivot Right 180°***

[Note: now facing back of room]

- 2.14 ***Parry, Block and Punch*** (step 1.15), sink low
- 2.15 **Rise**, left hand wipes off right wrist (both palms facing downwards), rotate both forearms so that both palms face inwards (left palm in front of the right palm), with the fingers of both hands facing down

Block the Groin, rotate both palms so that the fingers of both palms face upward (left palm in front of right palm)

Block the Chest, rotate left wrist around the right hand so that palms are facing each other (right palm now in front of the left palm), ***Press to the Right and Pivot Right 180°***

[Note: now facing front of room]

2.16 Press to the Right

2.17 Pull to the left

2.18 Push to the right

2.19 Single Whip

2.20 Scattering Seeds (first time)

- Left hand moves behind the Back
- Weight shifts to left foot, right foot to T-Stance
- Right knee up
- Right arm rises in front of the body at waist level, palm up, right elbow bends 90°
- As if the right hand and right foot are attached with a rope, the right hand pulls the right foot across the left leg (***Scooping Seeds***) then changes direction and sweeps from left to right with the right foot following as the right elbow straightens and palm turns downward (***Releasing Seeds***)
- Heel Strike right foot, align the right foot forward, foot flat, weight is transferred to the right foot, left foot to a T-Stance
- Left hand is released from the back and returns to the side, palm facing inward

2.21 Scatter Seeds and Walk Forward (4 more times)

Even Steps

- weight is on the right foot
- Left knee up
- Left arm rises in front of the body at waist level, palm up, left elbow bends 90°
- As if the left hand and left foot are attached with a rope, the left hand pulls the left foot across the right leg (*Scooping Seeds*) then changes direction and sweeps from right to left with the left foot following as the left elbow straightens and palm turns downward (*Releasing Seeds*)
- Heel Strike left foot, align the left foot forward, foot flat, weight is transferred to the left foot, right foot to a T-Stance

Odd Steps

- Weight is on the left foot
 - Right knee up
 - Right arm rises in front of the body at waist level, palm up, right elbow bends 90°
 - As if the right hand and right foot are attached with a rope, the right hand first pulls the right foot across the left leg (*Scooping Seeds*) then changes direction and sweeps from left to right with the right foot following as the right elbow straightens and palm turns downward (*Releasing Seeds*)
 - Heel Strike right foot, align the right foot forward, foot flat, weight is transferred to the right foot, left foot to a T-Stance
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2.22 Single Whip

2.23 *Fair Maiden Works at Shuttle (setup): Right hand into left armpit, Left Hand Drops Like Silk Handkerchief*

2.24 Fair Maiden Works at Shuttle

- **Heel Strike right foot**, right arm blocks with palm facing out
- Pierce with left hand, chest block, shoulder block, Press Upward
- Left hand to right armpit, Right Hand Drops Like a Silk Handkerchief

- **Heel Strike left foot**, left arm blocks with palm facing out
- Pierce with right hand, chest block, shoulder block, Press upward
- Pivot Left 180°

[Note: now facing back of room]

- Finish pressing upward
- Right arm to left armpit, **Left Hand Drops Like a Silk Handkerchief**

- **Heel Strike right foot**, right arm blocks with palm facing out
- Pierce with left hand, chest block, shoulder block, Press Upward
- left hand to right armpit, **Right Hand Drops Like a Silk Handkerchief**

- **Heel Strike left foot**, left arm blocks with palm facing out
- Pierce with right hand, convert it to a Low Punch (**Punch Down**)
- T-Stance right foot
- Heel Strike 45° right Foot
- Hands block groin then chest (left hand in front of right)

2.25 Grab Opponent's Head, Right

- Reach upward and to the right, hands together, little fingers together
- **High Pat the Horses Head**: weight shifts momentarily onto right foot as arms reach full extension then the weight returns to the left foot
- Pull it down as hands drop, little fingers together
- Unweighted right knee rises slightly as the hands touch the top of the right knee
- Hands sweep to the left
- T-stance right foot, hands come up on the left then sweep to the right, right palm faces toward you, left palm faces away

2.26 Single Whip

2.27 *Block the Groin* (left hand in front of right hand), Hands Extend to right (set up Waving Hands)

2.28 *Waving Hands* (3 times)

3 Series Three

3.1 Diagonal Single Whip

3.2 *Curtsy*

- Continue with left foot forward, twist body to the left by winding at the waist, Left arm extends forward with the fingers *extended*, Right arm extends backward with the fingers *beaked*
- Left hand fingers *grasp* an opponent by closing thumb against index finger, right hand fingers remain *beaked*
- Rotate the shoulders to the left so that the left hand extends back and the right arm crosses the body and touches the left shoulder.
- The upper torso winds to accommodate the shoulders.
- Unwind the torso by rotating the shoulders back to the right. The shoulders then rotate past center and wind the upper torso to the right. The left arm crosses the body and touches the right shoulder; left hand continues to grasp an opponent. The right arm extends back and upward with with fingers *beaked* as if striking an opponent. Weight is balanced.
- Rotate the shoulders back to a neutral position (square to the front); weight shifts to the left foot.

3.3 *Leg Extensions*

- Extend right Leg forward (kick), touch with right Arm, Step right.
- Extend left Leg, touch with left Arm, Step left.

(Do each step above 1 more time for 4 total Leg Extensions)

3.4 *Press, Push: Grasp Opponent with left Hand and Pull Them Toward You*

3.5 *Slap Right then right hand drops to defend the waist, right Palm faces outward, *Repulse the Monkey (setup): Left hand under chin, extend left arm forward,**

**left wrist bends, left palm faces outward,
left foot is forward, left toes are up, weight
is on back (right) foot**

3.6 Repulse the Monkey (step 1.26)

**3.7 Pivot Left 90°, Fan Hands, Hug Yourself
(left hand in front of right hand), Slap
right, Pivot right 90°**

[Note: now facing back of room]

3.8 Dragon Rolls Over (step 1.28)

[Note: now facing front of room]

**3.9 Heel Strike right foot, foot flat, sink, Hands
Roll Over, withdraw right foot to a T-
Stance**

3.10 *Bow Through the Arms:*

- Weight is on left foot, right foot at a T-Stance
- ***Block*** with the right hand at the right ear, right palm turns outward, step onto the right foot
- ***Step Through*** with left leg, extend left shoulder and arm forward with the left palm turned up
- Swing right arm to the left, left and right hands press opponent away down and to the left, right foot steps in front of the left foot so that the left toes point into the arch of the right foot

- Half Steps with right leg, left leg follows
- ***Push Hands, Blow to the Ears, Sky Canon Punch*** (Block Left & Punch Upward With Right Arm)
- Push Hands, Blow to the Ears, Sky Canon Punch*** (Block Left & Punch Upward With Right Arm)

3.11 Single Whip

3.12 Block the Groin

3.13 *Waving Hands* (4 times)

4 Series Four

- 4.1 *Diagonal Single Whip*, Press left, Push left, withdraw left leg**
- 4.2 Heel Strike Left Foot, Foot Flat**
- 4.3 *Water Lilly Kick*: Right leg crosses over the left leg, hips follow the right leg and turn to the left, upper body winds to the right with both arms extended to the right, both palms face outward, weight entirely on left leg**

Unwind at the waist swinging the right leg to the right and the arms to the left, touch the outside of the right foot with the palms of both hands (alternately, touch the outside of the right leg with the palms of both hands), the right foot should be below the waist when contact is made by the hands

- 4.4 *Heel Strike* right foot 45°**
- 4.5 Sink, *Punch Down* with right fist, block chest with left arm**
- 4.6 Reach with both hands above and to the right, grab opponent's head, pull to contact the right knee, withdraw right foot to a T-Stance**
- 4.7 Arms sweep left then back to the right, left palm facing you, right palm facing away**

4.8 Single Whip

4.9 Block the Groin (step 1.34)

4.10 Waving Hands (3 times)

5 Series Five

- 5.1 ***Diagonal Single Whip***, press left, push left
- 5.2 ***Curtsy*** (step 3.2)

- 5.3 Step forward right foot, right hand Extends, ***Shake Hands***
- 5.4 Right hand drops, toes up right foot, Pivot on Right Heel 90°, step forward left foot, left elbow bends 90°, left hand in front of left shoulder, left hand ***chops*** downward, right hand extends, ***Shake Hands***, allow the momentum of the right arm to initiate and sustain the pivot.

[Note: now facing right side of room]

- 5.5 Right hand drops, toes up right foot, Pivot on Right Heel 90°, step forward left foot, left elbow bends 90°, left hand in front of left shoulder, left hand chops downward, right hand extends, ***Shake Hands***, allow the momentum of the right arm to initiate and sustain the pivot.

[Note: now facing back of room]

- 5.6 Right hand drops, toes up right foot, Pivot on Right Heel 180° back to the

starting position, step forward left foot, left elbow bends 90°, left hand in front of left shoulder, left hand *chops* downward, right hand extends, *Shake Hands*, allow the momentum of the right arm to initiate and sustain the pivot.

[Note: now facing front of room]

- 5.7 T-Stance left foot
- 5.8 *Lotus Kick*: Heel strike left foot, foot flat, right leg crosses over left leg, hips follow the right leg and turn to the left, upper body winds to the right, both arms extend to the right with the palms facing outward, unwind the lower body by swinging the right foot to the right, at the same time unwind the upper body and arms to the left, contact the outside of the right foot with both palms when the foot is above the waist (alternately, contact the outside of the right leg with both palms), right foot lands to the right.
- 5.9 *Reel It In*, T-Stance right foot.
- 5.10 Heel Strike Right Foot, foot Flat, Push Hands Right, Pull Back with palms up and right toes up, Push Hands Right again, pull back with right toes up, recover the right foot to a T-Stance.
- 5.11 Step Back 45° right foot, transfer weight

to the right foot then rotate left foot to align with the right foot.

5.12 Arms, with extended elbows and palms upward, sweep from right knee to in front of the left shoulder.

5.13 Withdraw both arms, square the hips to the front, both arms at the sides, fingers beaked, left leg to T-Stance

5.14 Release T-Stance, Fingers remain beaked.

5.15 3 Deep Breaths, inhaling up, exhaling down Relax fingers, both palms touch the sides

Appendix A

Waving Hands

Right Side

(Note: **Waving Hands** is *always* preceded by a **Single Whip**.)

Single Whip

- sw-1:** left and right arms **Press Up and To The Right**, hands are together, thumbs are touching, palms face out, elbows are bent and below the hands, weight is on the right leg
- sw-2:** as elbows near full extension the right fingers are beaked, left palm turns to face backward, weight remains on the right leg
- sw-3:** left elbow bends as the left hand begins to retract to the left at shoulder level, left palm remains facing backward, weight remains on right leg
- sw-4: Step Left**, left hand moves across the chest from the right shoulder to the left shoulder, left palm continues to face backward
- sw-5:** extend left arm while turning left palm to face to the left, **Press Left, Push Left** transfer weight to the left leg, right arm remains fully extended, right fingers remain beaked

Waving Hands

- wh-1:** weight is transferred to the right leg, left foot withdraws and is placed alongside the right foot, both hands **Block the Groin**, left hand in front of the right hand, both palms face backward
- wh-2:** left elbow bends, left hand comes to the right shoulder, left palm, faces backward, right arm extends to the right at shoulder level, right palm faces backward, right hand is above the left hand
- wh-3:** left palm turns upward, left hand rises above the right hand
- wh-4 Step Left:** left and right palms turn outward, thumb of both hands extend, weight remains on the right leg
- wh-5 Center-Tuck:** both arms sweep to the left, left hand is above the right hand, thumbs remain extended, weight transfers from right leg to both legs while *tucking* the hips, body drops slightly as the hips tuck, as the hands pass in front of the chest the thumbs close and the palms rotate from *pressing out* to *pressing in* for the

second half of the sweep, weight is transferred to the left leg as the arms continue their sweep to the left

wh-6: hands finish their sweep to the left, both palms face backward, left hand is above the right hand, left elbow fully extends, right elbow bent, right hand at left shoulder, weight remains on the left leg

wh-7: right palm turns upward, right foot steps next to the left foot, right hand rises above the left hand, thumbs of both hands extend and palms rotate outward, weight remains on the left leg

wh-8 Center-Tuck: both arms now sweep back to the right, weight is transferred from the *left leg*, to *both legs*, then to the *right leg* as the hands pass in front of the right shoulder

wh-9 Step Left: step left with the left leg, weight remains on the right leg

wh-10: right arm fully extends to the right, right palm faces backward, elbow of left arm is bent with the left hand at the right shoulder, left palm is facing backward, thumbs are closed, right hand is above the left hand

wh-11: left palm turns upward and the left hand rises above the right hand

wh-12: thumb extends on both hands, palms of both hands rotate outwards

(repeat from **wh-5 Center-Tuck**)

Appendix B

Repetitions for Long and Short Form

Series	Movement	Reps Long Form	Reps Short Form
1	<i>Step Back before Parry, Block & Punch (Cooling Wings)</i>	2	2
	<i>Walk Holding the Ball</i>	8	4
	<i>Repulse the Monkey</i>	8	4
	<i>Waving Hands</i>	8	4
2	<i>Same Side Walking</i>	8	4
	<i>Scattering Seeds (Mare Flings Her Mane)</i>	9	5
	<i>Fair Maiden Works at Shuttle</i>	4	4
	<i>Waving Hands</i>	3	3
3	<i>Leg Extensions</i>	6	4
	<i>Repulse the Monkey</i>	8	4
	<i>Push to the Chest, Blow to the Ears, Sky Cannon Punch</i>	3	2
	<i>Waving Hands</i>	8	4
4	<i>Waving Hands</i>	3	3
5	---	---	---