

# Long form instructions

## 1 Beginning

- Stand facing north with your feet shoulder width apart and parallel. Your arms are at your sides and your palms facing back. Lift your arms in front, with your fingers extending out, until you reach shoulder height. Your arms will be extended to the front, and shoulder width. Drop your elbows to your side so as to move your hands close to your chest, but still at shoulder level. Then allow your hands drop, palm down, to your waist as you bend your knees.

## 2 Ward off left

- Shift your weight left and pivot the right foot 45°, to point northeast. Shift your weight right and lift your right hand to chest level, palm down. Lift the left hand waist high and place it palm up' underneath the right hand (like holding a ball). Step straightforward with the left foot. Begin shifting your weight to the left foot. At the same time, you will slide the right hand down to your right side, and lifting your left arm to the front, turn the ball against your body with the left arm. The Left palm will face inward.

## 3 Ward off right

- Turn your left hand over (palm down) and move your right hand under the left hand (palm up) to hold a ball on the left side. Shift your weight all the way to the left foot and step to the east with your right foot. The right foot should point east. Maintain a shoulder width stance for facing east. As you shift your weight forward, shift your weight to the right leg while turning your hip so as to square to the east. Allow your left foot to pivot on the heel and point it 45° to the left (northeast). You will also bring your hand together half of an arm's length in front of you and along the centerline. Allow the fingers of the left hand to rest on the wrist of your right hand. The left hand is palm down and the right hand is palm up. Your hands will point upwards at a 45° angle, with the left hand pointing southeast and the right hand pointing northeast.

## 4 Rollback

- Turn your hands counter clockwise, with the left-hand palm up and the right hand palm down. Sit back onto your left leg and drop both hands to the left side while turning your waist left. The hips will remain facing east.

## **5 Press**

- Continue to move your arms in an arc on your left side until you reach shoulder height with both hands pointing behind (west). Drop your left elbow next your side until your left hand touches your right wrist. Turn your waist so as to have your upper body face to the east again, and shift your weight forward. Keep your hands at half an arm's length from your chest with the right arm parallel to the floor, facing inward, and your left palm touching your right wrist.

## **6 Push**

- Extend both arms out in front of you maintaining shoulder width and facing palms downward. Remain facing east, and while sitting into your left leg, drop your elbows to bring both hands back, near your chest. Your hands will drop slightly as you sink in, and then you will shift your weight into a forward stance with, right leg leading, as you extend your arms out to full length. The palms will face downward.

## **7 Singlewhip**

- Shift your weight to the left while turning the upper torso left. Your extended arms will rotate with the waist so as to have the arms pointing northwest, and in alignment with the left shoulder. At the same time, you will turn your right foot in to point northeast. Sit into the right leg and drop your left hand in a downward sweep to make a counterclockwise circle parallel with your body, while moving your right hand in a counterclockwise circle parallel to the ground and folding your arm at the elbow. When your right hand nears your chest, bring your thumb and fingers together with all of the digits pointing to the ground. At the end of the weight shift, you will have your right arm pointing out to the northeast and your left arm folded in front, elbow dropped, with the left hand facing your right collarbone. Step back placing your left foot to the southwest of your right foot. With your weight still on the right foot, you will turn your left foot on the heel to have it point to the west. While shifting the weight to the left foot, turn your hips to align west and allow the right foot to pivot on its heel, and point northwest. At the same time, you will continue the circle of the left arm, until it aligns with the left shoulder. Turn the left palm outward, letting the hand move halfway forward from the left shoulder and allow the elbow remain in the dropped position. The right arm will remain pointing to the northeast with the fingers together and pointing toward the ground.

## **8 Lift Hands Advance**

- With your weight on the left leg turn the hips and pivot the left foot on the heel to point the hips and the left foot north, while dropping the right elbow and turning both hands palm up. Let the hands become twice shoulder width from each other and continue to turn the hips to point

northeast while sitting deep into the left leg. The left foot remains pointing north. Let the elbows draw circles, clockwise for the left and counterclockwise for the right, while the palms rotate to point forward. Lift the right foot and set it down on the heel to point northeast while the hands press outward and slightly downward, with the left hand dropping slightly lower than the right. The completed position will have the left hand point to the base of the right hand and the elbows out from the side of the body.

## **9 Shoulder Strike**

- Place your right foot to point northwest and shift your weight to the right side while dropping your right hand in front of the groin. Turn your hips to point west and sit fully onto the right leg with left foot lightly balanced on the toes (cat stance). Your left arm will cross over the right arm at the elbow with the left palm down, and the right arm will point diagonally downward along the shoulder line with the right palm up.

## **10 White Crane Spreads Wings**

- While still facing west, maintain the cat stance and bring the right arm above the head in a sweeping motion toward the northwest and turning the palm to point diagonally down toward the south west. At the same time, you will pull the left hand down to rest next to your left hip. Then you will bring your right elbow inline with the shoulder and turn the right palm up. With both arms extended to full length, drop the right arm to the right side with palm out, and lift the left arm to shoulder level with palm down.

## **11 Brush Knee , twist step left**

- Facing west, keep the left arm parallel with the floor and, folding the arm at the elbow, bring your left hand to the right shoulder. At the same time twist to the right and bring the right arm up behind you, extending it in an easterly direction up to shoulder level. Turn the right palm upward and drop the elbow to bring the right hand to the right shoulder. Step forward (west) into a shoulder width stance with the left foot. Shift the weight forward while sweeping the left hand diagonally down, across the front of the body, to rest palm down next to the left hip. Simultaneously, project the right hand; palm forward, from the shoulder line to one half an arm's length. You will be facing west.

## 12 Play Lute

- Still facing west, reach forward with the right hand while turning the palm inward (south), and bring your back leg up one half step. Sit onto your right leg while dropping your right elbow, and reach forward with your left hand, turning the palm inward (north). Lift your left foot and place it on the heel in front of the right foot, while dropping your left elbow. You will finish with the right elbow at your right side and the left elbow halfway extended forward on your left side. The right palm will be facing the left elbow; both hands will align with your centerline.

## 13 Brush Knee, Twist Step Left

- Rotate your arms clockwise one-quarter turn, while extending your left arm forward, and keeping your right palm in line with your left elbow. The left palm will face down and right palm up. Drop your right arm as you extend it fully. Keep the left arm parallel with the floor and, folding the arm at the elbow, bring your left hand to the right shoulder. At the same time twist to the right and bring the right arm up behind you, extending it in an easterly direction up to shoulder level. Turn the right palm upward and drop the elbow to bring the right hand to the right shoulder. Step forward (west) into a shoulder width stance with the left foot. Shift the weight forward while sweeping the left hand diagonally down, across the front of the body, to rest palm down next to the left hip. Simultaneously, project the right hand to the front; palm forward, from the shoulder line to one half an arm's length. You will be facing west.

## 14 Brush Knee, Twist Step Right

- (This is a mirror movement *Brush Knee, Twist Step Left*) Extend right arm forward, turning it palm down. Keep the right arm parallel with the floor and, folding the arm at the elbow, bring right hand to the left shoulder. At the same time twist to the left, turning the left foot 45° left, and bring the left arm up behind you, extending it in a easterly direction as you bring it to your shoulder level. Turn the left palm upward and drop the elbow to bring the left hand to the left shoulder. Step forward (west) into a shoulder width stance with the right foot. Shift the weight forward while sweeping the right hand diagonally down, across the front of the body, to rest palm down next to the right hip. Simultaneously, project the left hand to the front; palm forward, from the shoulder line to one half an arm's length. You will be facing west.

## **15 Brush Knee Twist Step Left**

- Extend the left arm forward, turning palm down. Keep the left arm parallel with the floor and, folding the arm at the elbow, bring left hand to the right shoulder. At the same time twist to the right, turning the right foot 45° right, and bring the right arm up behind you, extending it in an easterly direction as you bring it to your shoulder level. Turn the right palm upward and drop the elbow to bring the right hand to the right shoulder. Step forward (west) into a shoulder width stance with the left foot. Shift the weight forward while sweeping the left hand diagonally down, across the front of the body, to rest palm down next to the left hip. Simultaneously, project the right hand to the front; palm forward, from the shoulder line to one half an arm's length. You will be facing west.  
STOP

## **16 Play Lute**

- Still facing west, reach forward with the right hand turning palm inward (south), and bring back leg up one half step. Sit onto right leg while dropping right elbow and reaching forward with left hand, turning palm inward (north). Lift left foot and place on the heel it, in front of the right foot, while dropping left elbow. Finish with the right elbow at your right side and the right palm facing the left elbow, both hands align with your centerline.

## **17a Side Deflection**

- Keeping your right hand at the left elbow you will extend the left arm fully and rotate both arms clockwise 90°. Twist left to point southeast with arms. Fold the left arm and drop the elbow to bring the left hand to the left shoulder, while shifting your weight fully to the left leg. Close the right hand and swing the bent arm northwest to your right side, while pushing the left hand across your chest to face palm northwest in front of your right ribs. Simultaneously you will also place your right foot forward, on the heel, facing northwest.

## **17b Parry**

- Shift the weight forward onto the right leg, while turning the left palm toward your body. Open the left arm to the left shoulder line and step forward (west) with the left foot. Weight remains on the right leg.

## **17c Punch**

- As you shift the weight forward, move the left hand to your center line, palm facing north and elbow bent, and extend your fight arm fully along the center line with the closed hand and arm touching the left palm as they pass by it. The left hand will rest at the right elbow when finished.

## **18 Apparent Closure**

- Turn the left palm down and slide under the right arm. Open the right hand, and rotate both hands to face palms. Move the left hand to the right side and the right hand to the left side, crossing near the elbows. Sit back on the right leg, withdrawing the arms while touching each other until they uncross at the hands. As the hands separate, rotate the palms out. Continue to withdraw until the elbows are at your side and the hands face out along their own shoulder lines. Shift the weight forward again and extend the arms out along the shoulder lines with the palms down.

## **19 Cross Hands**

- Shift weight from the left leg to the right leg while pivoting both feet to the right 45 deg. You will face to the north with your right foot facing north and your left foot facing NW. Your arms will remain stretched out in front of you along the shoulder lines with palms down. Shift your weight onto your left foot as you circle your arms outwards and down, crossing your arms as you bring them in front of your hips. Bending your elbows, bring your hands up in front of your chest with your palms facing inward.