

Analysis of Postures in Wudangshan Yibailingba Taijiquan Form

Frequency Analysis

	Posture Name	Frequency by Section						Total
		1	2	3	4	5	6	
1.	Apparent Close	1		1			1	3
2.	Beat Tiger, Left			1				1
3.	Beat Tiger, Right			1				1
4.	Bend Bow to Shoot Tiger						1	1
5.	Cloud Hands, Left		3		3	3		9
6.	Cloud Hands, Right		2		2	2		6
7.	Crescent Kick						1	1
8.	Cross Hands	1		1			1	3
9.	Crossing Palms						1	1
10.	Deflect, Parry, and Punch	1	1	2		1	1	6
11.	Diagonal Flying		1			1		2
12.	Dragon Walk, Left			2			2	4
13.	Dragon Walk, Right			1			1	2
14.	Embrace Tiger, Return to Mountain		1		1			2
15.	Fan Goes Through Back		1			1		2
16.	Fist Under Elbow		1					1
17.	Golden Pheasant Stands on One Leg, Left					1		1
18.	Golden Pheasant Stands on One Leg, Right					1		1
19.	Grasp Sparrow's Tail: Press	1	2		3	1	1	8
20.	Grasp Sparrow's Tail: Push	1	2		3	1	1	8
21.	Grasp Sparrow's Tail: Rollback	1	2		3	1	1	8
22.	Grasp Sparrow's Tail: Ward-off, Left	1			2			3
23.	Grasp Sparrow's Tail: Ward-off, Right	1	2		3	1	1	8
24.	Hands Hold Pipa	2						2
25.	High Pat on Horse			2			1	3
26.	Hug Knee, Left	4	1	1		1	1	8
27.	Hug Knee, Right	1		1			1	3
28.	Jade Lady Works Shuttles, Left				2			2
29.	Jade Lady Works Shuttles, Right				2			2
30.	Lifting Hands	1	1			1		3
31.	Modified Single Whip		1		1	1		3
32.	Needle at Sea Bottom		1			1		2
33.	Part Wild Horse's Mane, Left				1			1
34.	Part Wild Horse's Mane, Right				2			2
35.	Punch to Groin			1			1	2
36.	Repulse Monkey, Left		1			1		2
37.	Repulse Monkey, Right		2			2		4

38.	Retreat to Ride Tiger						1	1
39.	Separate Kick, Left			2				2
40.	Separate Kick, Right			2				2
41.	Seven Stars						1	1
42.	Single Whip	1	2		3	1	1	8
43.	Snake Creeps Down					1	1	2
44.	Snap Kick, Right			1				1
45.	Sweep Lotus						1	1
46.	Three Pushes / Three Gates	1	1			1		3
47.	Turn and Chop with Fist		1			1		2
48.	Turn Around, Kick with Left Sole			1				1
49.	Turn Around, Kick with Right Sole			1				1
50.	Two Peaks Through Ears			1				1
51.	White Crane Spreads Wings	1	1			1		3
52.	White Snake Turns, Flicks Tongue			1				1
	Totals	19	30	23	31	26	22	151

Number of New Postures in Each Section

Section 1	Section 2	Section 3	Section 4	Section 5	Section 6
15	11	13	4	3	6

Frequency of Stances

(Xubu includes gaoxubu, zuoxubu, and bingbu/pinbu. Dulibu includes any posture that ends with a kick. Some complicated postures, such as Cloud Hands and Three Pushes, have more than one stance. Some postures, such as Dragon Walks, have multiple occurrences of a stance.)

Stance	Frequency
Gongbu	79
Xubu	44
Dulibu	14
Wujibu	9
Mabu	6
Pubu	5
Xiebu	0
Total	157