

## Grasp Sparrow's Tail Ward Off Left (gōngbù left, NE)

1. Shift weight 100% to left leg.
2. Do a weighted pivot on the left foot to the right about 25 degrees. Scoop left hand down until palm points E and fingertips point towards ground. The right hand rotates from the elbow circles up to chest height palm faces body, fingers point north, palm back of hand facing E.
3. With hand roughly in the same place, turn the body E. Step empty with right foot and reach with right hand. Rotate in your left hip, weight 100% on left leg.
4. Shift into 50/50, right hand pushing slightly down, left hand raising slightly up.
5. Shift weight forward to hǔ gōngbù, right leg. Hands roll, right hand moving forward and down, left hand up.
6. Square hips/torso E by pivoting into the right hip. Hands complete 2<sup>nd</sup> roll, with left hand moving up and forward to strike at opponent's chest.
7. Shift weight back to left leg, (lóng gōngbù) and roll the hands, right hand on top to hold the Tàijí ball.
8. Pivot right heel so that right foot and torso point to the SE, hands remain in position.
9. Shift weight to the right foot, hands remain still holding ball tàijí ball.
10. Step up so that feet are together. Weight remains on Rt. leg.
11. Turning on right hip, step with empty left foot towards the NE.
12. Shift weight to 50/50 moving left arm up into ward off position, palm facing body, as right hand sweeps down, palm down to hip level. Torso should be angled towards E. (This is "péng" application position.)
13. Shift weight forward to 60/40 (hǔ gōngbù).
14. Pivot in left hip, right foot pivots on right heel from SE to E. Left hand rotates upward from elbow, palm up (as if to strike with forearm or back of hand), and thrust forward slightly.

## Ward off right

1. Shift weight back into lóng gōngbù.
2. Turn to the right in the hip (bamboo) as left arm deflects downward in a counterclockwise arch. Right hand, at hip, rotates palm up.
3. Square torso/hips to NE. Hands hold tàijí ball with right hand on top.
4. Shift weight forward (hǔ gōngbù) and strike with outside edge of right hand.
5. Shift weight back and complete the roll ending with holding tàijí ball left hand on top.
6. With weight on back leg, rotate hips/torso and left foot N. Hands hold tàijí ball.
7. Shift weight to left foot.

8. Step up so that feet are together. Weight remains on left leg.
9. Pivot hips/torso towards E stepping empty.
10. Shift weight to 50/50. Right arm moves into ward-off position and left hand is palm down, middle finger of left hand should touch the pulse on the right wrist. Torso should be angled slightly towards the NE.
11. Shift weight forward 60/40.
12. Pivot hips/torso to NE, left foot rotates on left heel from N to NE as right hand rotates from elbow upward and thrusts forward slightly. The left middle finger maintains contact with the pulse of right hand

#### Roll Back (lóng gōngbù, E)

1. Turn orchid (right) to flip hands over and return to square E. Now right hand presses, palm down on opponent's elbow and left palm presses, palm up, on opponent's wrist.
2. Shift weight back to lóng gōngbù.
3. Turn bamboo in the left hip. Arms sweep down and left as if pulling an opponent's arm.

#### Press (gēnbù, E)

1. Shift weight forward to hǔ gōngbù. Relax hands and let outside edge of left hand rest against right wrist. Right arm is in ward-off like position. Hips and torso remain angled to NE.
2. Drag then lift left leg by rising slightly in right leg to stand on one leg as hip/torso square E. Sweep arms (still connected at edge of palm and wrist) upward until they are chest height.
3. Drop left foot to floor (don't apply force, just let the weight of the leg pull it down) and press hands forward, E. Weight should be 100% on right foot. Left foot falls at a 45 degree angle (NE) slightly behind right foot.

#### Push (gōngbù, E)

1. Shift weight 100% to left leg. Separate hands laterally, fingers pointing up and palms facing towards body, elbows dropped.
2. Rotate palms to face down, as if you are laying your hand on top of your opponent's arms.
3. Sink in the legs. Push hands downward.
4. Rotate slightly into left hip and bring the heels of the hands together. Rotate so that hips/torso are squared E. Step empty to into lóng gōngbù. (Imagine you are locking someone's elbows).
5. Shift weight forward to right foot into hǔ gōngbù. Separate the hands and turn palms forward, fingers up to complete push. Hands should be chest height.
6. Rotate in the right hip (orchid) and rotate back to face E. Palms rotate to face down, broken at wrist (to be used for a striking point).
7. Shift weight back to left leg (lóng gōngbù).

8. Turn in hips very slightly towards the left (bamboo). Back of wrists rise slightly, palms down, to deflect opponents push towards chest.

9. Square hips E letting palms turn to face each other, fingers pointing forward.

10. Shift weight forward to hǔ gōngbù E, palms rotate forward, fingertips up, to push chest height, palms E.

#### Single Whip (gōngbù, W)

1. Shift weight back to left leg (lóng gōngbù). Turn right hand turns palm up and left hand turns down. Right hand is in front of left. Edge of right hand locks opponent's elbow and the palm of left hand locks opponent's wrist.

2. Pivot hips to NW, right foot points N. Weight remains on left leg, arms remain in position.

3. Torso returns to N, weight shifts to 50/50. Left hand sweeps down, fingers pointing to ground to protect groin, right hand draws back, palm up, to middle of chest. At 50/50 hands should be on center line, left foot will be turned slightly inward with toes facing NE.

4. Shift weight 100% to right leg, left foot steps to close, feet together. [*Weight will remain 100% on right leg until count 11*].

5. Turn in right hip so that torso turns left to NW. Right hand curls under armpit, then flattens, palm up, to strike opponent's rib cage behind you. Left hand rotates simultaneously, palm facing NE, fingertips up to protect ribcage area on right side of body.

6. Turn in right hip so that torso rotates toward right (E) rotating right arm upwards. Right hand closes into birds beak and strikes head level with the back of the wrist. (Back of wrist should be flat to the N). Left hand remains in guard position. Turn in right hip so that torso turns westward. Hands sweep westward at chest height with the torso. Left palm faces up and the right hand's beak grasps something for left palm.

7. Turn in the right hip to bring torso eastward. Hands follow body towards E, ending at right hip in same position.

8. Turning slightly in right hip, jab upward with the back of the right wrist. Right elbow and shoulder should be dropped. Left hand guards right ribcage area.

9. Pivot hips/torso to step empty W into left gōngbù. Left arm should move with left leg into a ward off position, palm facing body. Right hand remains raised in bird's beak position towards N.

10. Shift weight to hǔ gōngbù.

11. Turn in left hip to face W. Right foot pivots on heel from N to NW. Left hand rotates to strike west with heel of hand W. Right arm remains poised.

12. Sink back into lóng gōngbù.

13. Turn chrysanthemum towards SW. Left hand follows torso rotation to deflect southward.

14. Square torso to W in lóng gōngbù.

15. Shift weight to hǔ gōngbù as left hand rotates to strike with heel of palm W.

## Cross Hands (wújìbù, N)

1. With weight on the left leg, turn body to NE. Right foot pivots on heel so that toes point NE. Right hand relaxes out of bird's beak. Right arms should follow with the turn of the body to the NE. Right palm faces down. Left hand remains to W, palm faces down
2. Shift weight to right foot.
3. Turn in right hip, pivot left foot on left heel so that toes point N. Body bends forward at hips. Right arm drops down towards floor as if beginning to scoop up the opponent's leg. Right palm faces to the side. Left arm sweeps down to side of body, palm towards torso.
4. Shift weight 100% to left foot. Right arm moves downward to meet left arm. Arms should cross at wrists with right wrist on the bottom, palms up.
5. Turning in left hip, slide right foot to wújìbù, toes pointing north. Torso rises to upright position, arms rise to chest height, palms facing body. Right arm should be in front of left, still connected at wrists (trap position) and should be on the center line of body.
6. Shift weight to 50/50 wújìbù stance, press N at wrists.