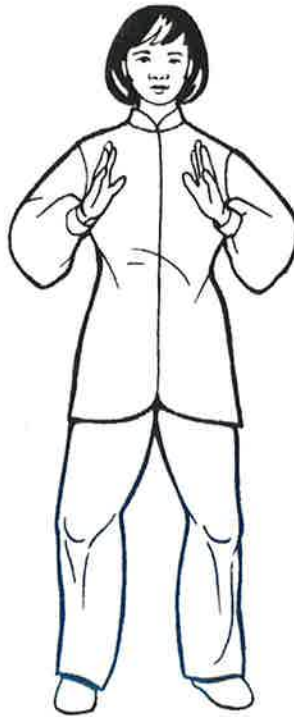


THE 6 ADVANCED MOVEMENTS

All positions represented as mirror image.

Follow-on Position

Follow on from Basic Movement 5, Opening and Closing Hands.



THE ADVANCED MOVEMENTS

All positions represented as mirror image.

6. Brush Knee



a. Watch the right hand stretch out, and bring the left hand towards the right elbow.



b. Stepping the left foot to the side, stretch up with the right hand, and push down with the left hand.



c. Shifting the weight on to the left foot, turn the body left, moving the left hand across the knee and the right hand towards the ear.

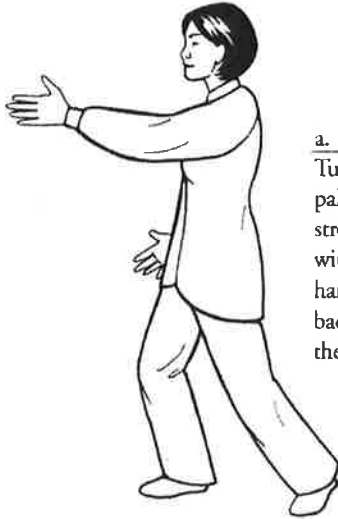


d. Pushing forward with the right hand, move the right foot in.

THE ADVANCED MOVEMENTS

All positions represented as mirror image.

7. Playing the Lute



a.
Turning both palms inwards, stretch forward with the right hand and step backwards with the right foot.



b.
With your weight on your right foot and drawing the left foot back, move the right hand back, and the left hand forward.

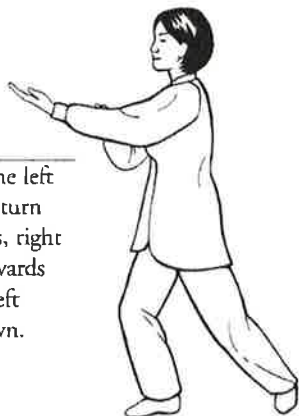
THE ADVANCED MOVEMENTS

All positions represented as mirror image.

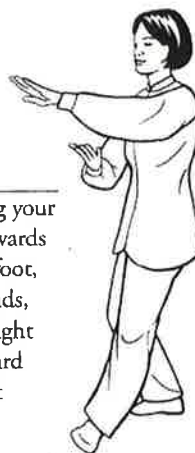
8. Parry and Punch



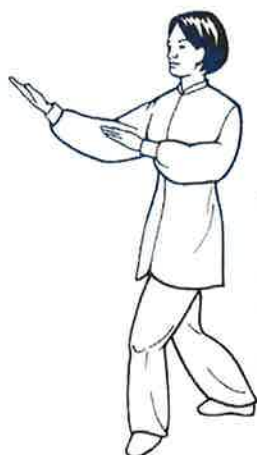
a. Placing the left foot out, turn the palms, right palm upwards and the left palm down.



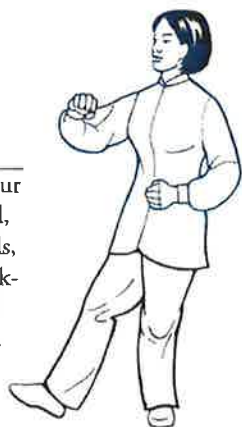
b. Transferring your weight forwards to the left foot, change hands, bring the right hand forward and the left hand back.



c. Stepping forward with the right foot, turn the palms over, right down, and left up.



d. Transferring your weight forward, move the hands, right hand backwards, and left hand forwards.



e. Stepping forward with the left foot, make a fist and bring the right hand toward the hip.



f. Bringing the right foot in slightly, punch forward with the right fist over the left wrist.

THE ADVANCED MOVEMENTS

All positions represented as mirror image.

9. Block and Close



a.
Stepping back
with the right
foot, stretch
both hands for-
ward.

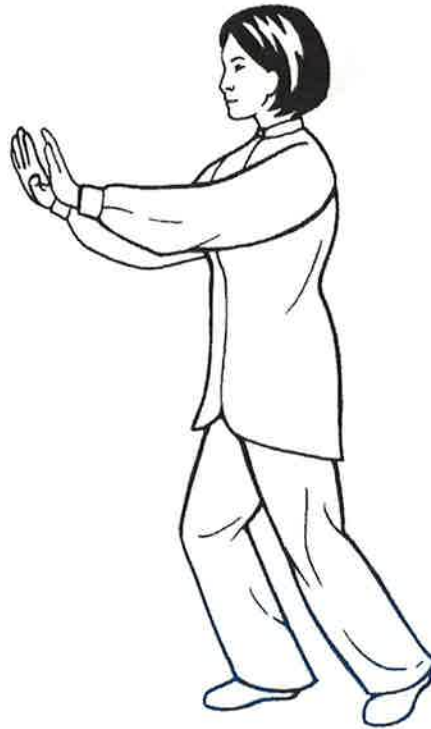


b.
Transferring
weight to the
back foot, draw
both hands
backward.

THE 6 ADVANCED MOVEMENTS

All positions represented as mirror image.

10. Pushing the Mountain



a.

Stepping forward on to the left foot, push both palms forward.

THE ADVANCED MOVEMENTS

All positions represented as mirror image.

11. Opening and Closing Hands



a.
Moving the right heel and ball of the left foot, turn to face the front. (hands should be about head width apart)



b.
Bring the hands to front of the chest. (hands should be about shoulders width apart)

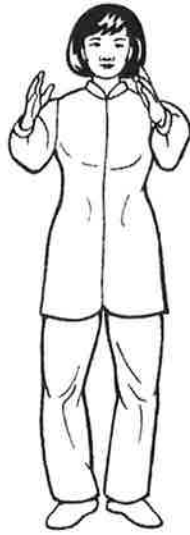


c.
Breathing in, open the hands. (hands should be about head width apart)

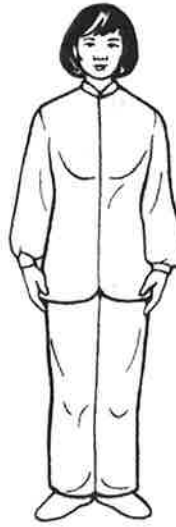
THE ADVANCED MOVEMENTS

All positions represented as mirror image.

12. Closing Movement



a.
Stretch both of the
hands forward.



b.
Straightening
the knees and
breathing out,
slowly lower the
arms.