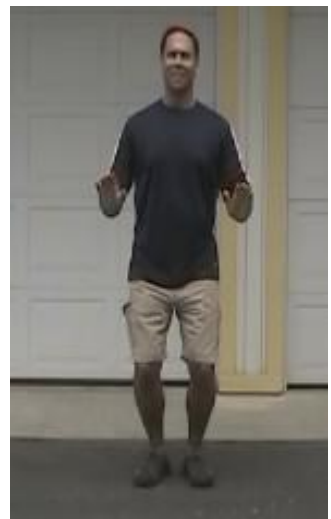


## Beginning

1. Inhale as you slowly raise arms (palms down) directly in front of you with wrists limp. At same time extend your legs, rising up, without locking knees. Elongate up as your arms reach shoulder height.
2. Draw arms back as if you're pulling arms over a huge ball, let your elbows sink as you draw hands toward chest. Exhale slowly.
3. As hands lower, sink in knees slightly. Allow your hands to fall along both sides of your waist, resting, palm down, as if on two columns.

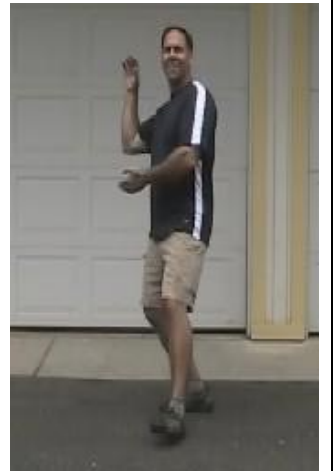


**Transition to – Ward off left**

- 4. Begin shifting weight onto L leg as you sweep R hand across the torso, upwards and stopping at the L shoulder.
- 5. Shift all weight onto L leg. Your right hand is at L clavicle, palm down, the L hand is scooped upwards at the waist.

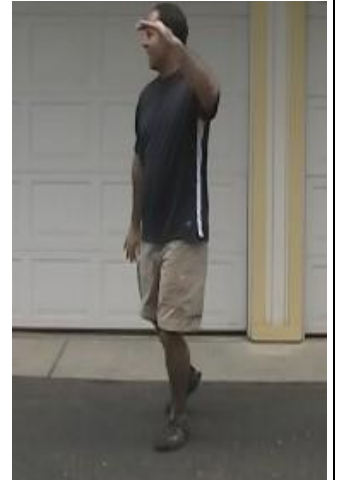
**Ward off left**

- 6. Pivot on R heel 90<sup>0</sup> to right with trunk facing 45<sup>0</sup> right. As you shift weight onto R foot, move ball from L side across body to just in front of R hip.
- 7. Continue to shift 100% of your weight onto your R leg as you turn torso to the left and face left.
- 8. Step out high to the front with your L foot 90<sup>0</sup> from R. Land heel first. As you shift your weight onto your L leg the L hand moves upwards to the shoulder level, palm facing chest, the R hand begins to move forward pushing towards L hand. Palm faces palm.
- 9. While weight shifts 50/50, your R foot turns 45<sup>0</sup> as your R hand strokes down the palm of the L hand to the R hip= stroke the roosters tail. Your R hand ends at R hip.



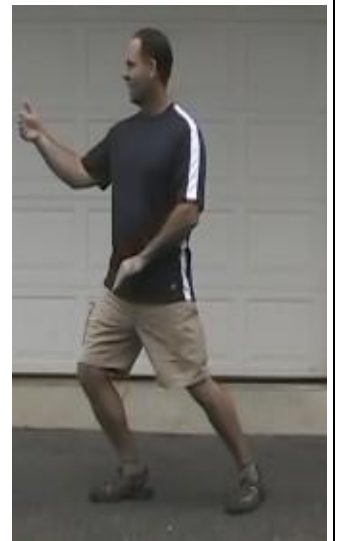
### Transition to Ward off Right

10. As all your weight moves over L leg, turn torso to R while rotating on ball of R foot. At same time, bring your L hand back towards L shoulder, palm down, with R hand moving across the waist to the L hip, palm up, holding the ball over L hip.



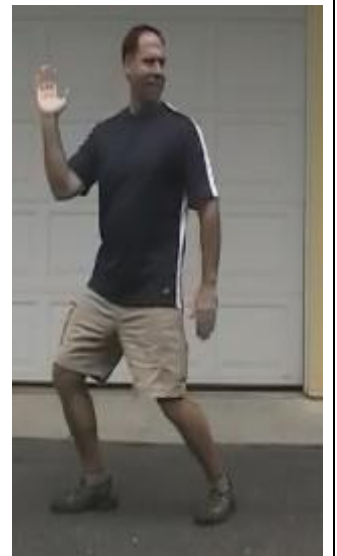
### Ward off Right

11. As you look towards right, place your R heel where your R toes were, 90° from front.



12. As you shift your weight onto R foot bring R hand up to chest level, palm facing heart as L hand moves toward R hand.

13. As weight on R foot reaches 70/30, bring L hand closer to push R (small ball-palms not touching).



### Stroke Roosters Tail

14. As weight shifts back 50/50, L hand comes down to L hip. “Stroke the roosters tail” as R hand begins to sweep across chest toward L shoulder shift.

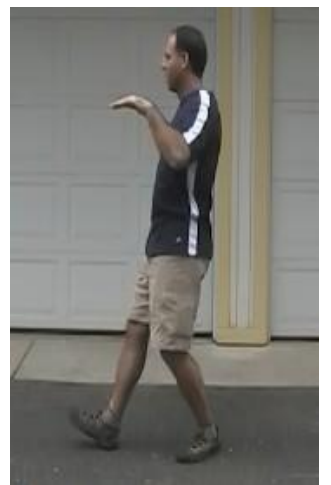
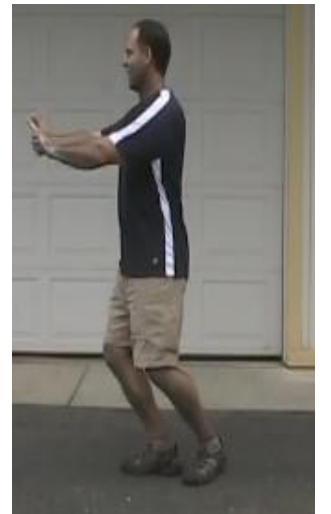
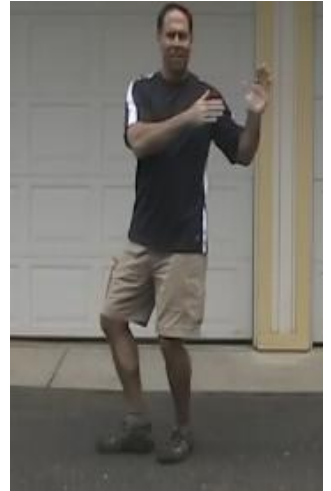
15.L hand reaches down back toward L, 70% weight on L leg, L hand comes up and over, palm facing R hand as weight is shifted back 50/50. L hand reaches R hand in front of L shoulder

16.As weight shifts R 70%, L hand pushes R hand to R.

17. Both hands push away from the body.

**Withdraw**

18.Hands separate, one foot apart, both palms down. As weight is shifted back onto L leg 70%, elbows dip and wrists are brought to chest.

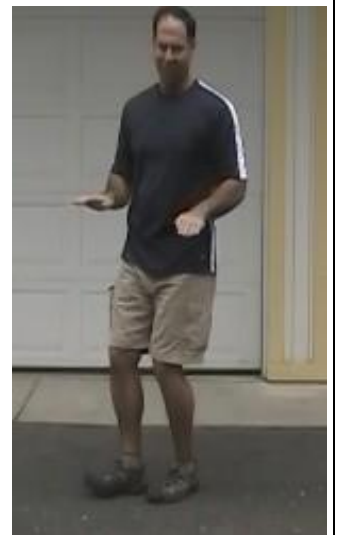
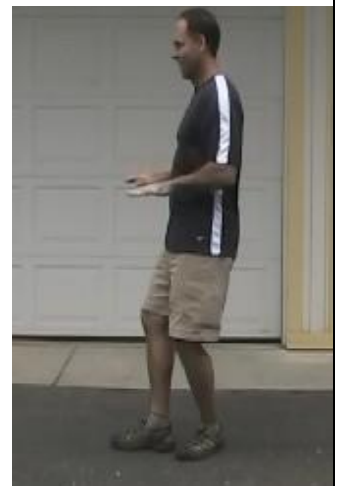


## Push

19. Now, shift back over R leg and push palms out one more time.

20. Withdraw, shifting weight 70% on L leg, allowing arms to lower so forearms are level to ground and elbows at sides.

21. Keep L foot facing 90<sup>0</sup> position. Pivot entire body to left on R heel, bringing toes together. Knees will come together. Forearms remain level to ground and elbows at sides.



22. As you reach full turn to L, L palm faces up at L hip; R hand is palm down over L hand.

**Draw a string**

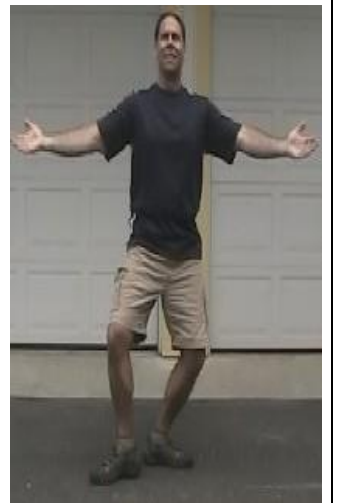
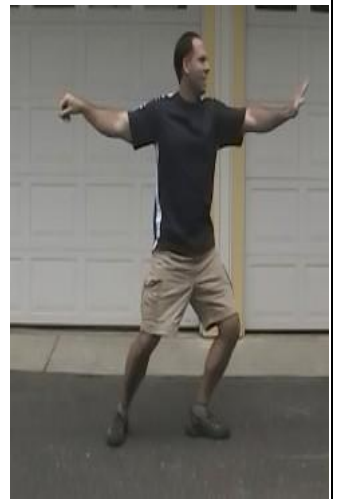
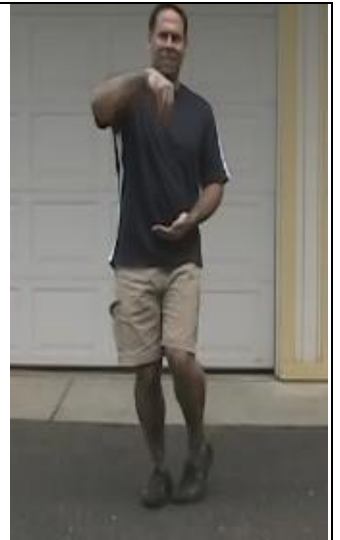
23. Left heel comes up off ground, shift weight to R, as R hand draws string up in front of face.

**Parry Left**

24. Weight is shifted to R leg as L leg steps to left and L arm lunges left.

**Position of Enjoyment**

25. Weight is shifted back to 50/50 as both hands open palms up to face the sky. R foot pivots on R toes, bringing heel forward.



On Guard

26. All weight on L foot as arms lower to waist level brought to midline directly in front of body. R foot and R arm draw across towards L foot and L arm. On guard position. R leg steps out forward—heel first.

27. As body pivots to L. L foot pivots on big toe so that L foot points 90° L. Weight shifts 50/50 as R hand reaches for L pocket, L hand remains to protect R elbow.

28. As weight continues to shift onto R foot 100%, R hand draws up and out as L leg steps out to L—heel first. R palm faces to left, L hand to left hip.

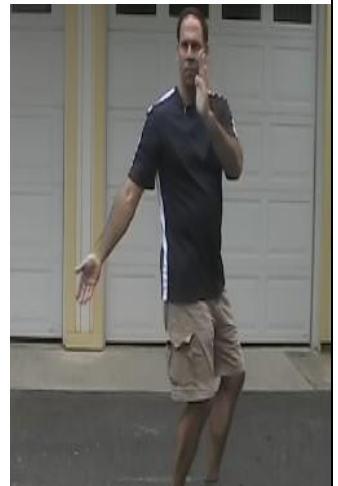


### Reach and Pull

29. R hand moves towards L, reaching forward while weight shifts L 70% and grabs.

30. Withdraw back over R foot 100% pulling R arm back and down as L foot draws towards R foot.

31. R hand continues to move to right and torso turns right-face right.



### Windmill

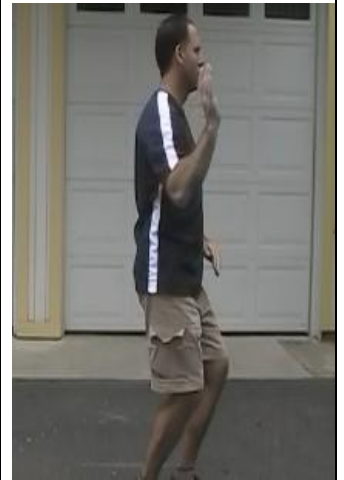
32. L hand sweeps, across shoulder, thumb up, and toward R shoulder as R hand reaches around and returns to L hand as it reaches R shoulder.

33. R hand pushes L hand to left. Weight shifts 50/50.

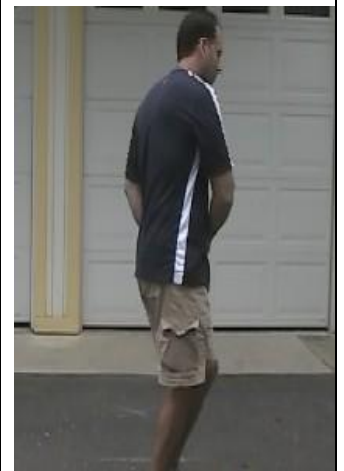




34. R hand reaches forward as R leg steps out and L hand moves down toward hip.

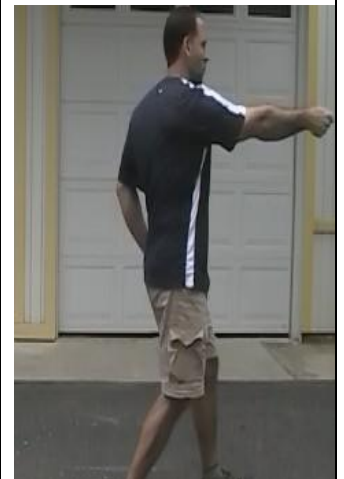


35. L foot moves up to meet R foot (at ankle) as R hand reaches to left pocket.



### Draw Sword

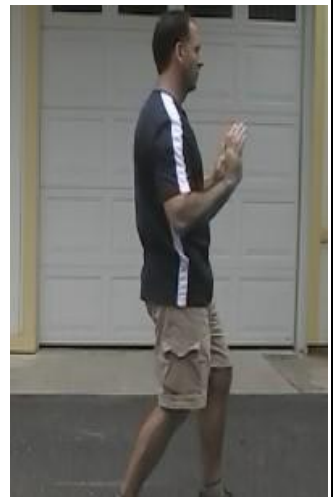
36. R hand draws the sword and thrusts forward as L leg steps out.



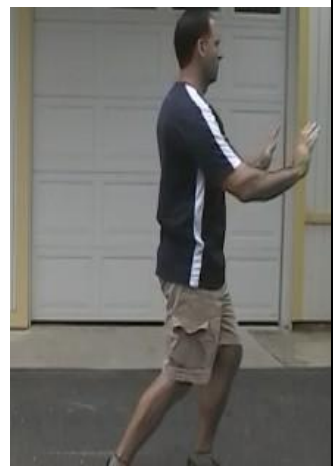
37. L hand moves below R arm and remains still while R arm and L leg withdraw back.



38. Withdraw back 70% on R foot as both elbows drop, allowing back of hands to come to chest.



39. Advance forward, moving weight forward 70% onto L foot as hands push out.

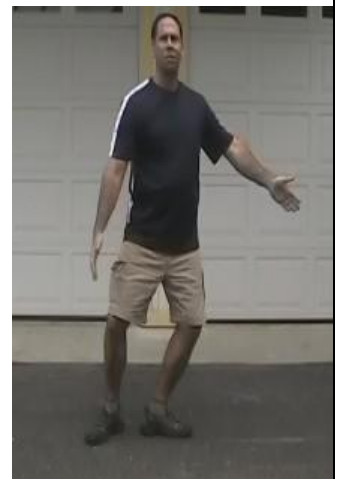


### Play Guitar

40. Withdraw back 50% on R foot as hands come to play guitar position. L hand slightly above and in front of R hand.



41. Withdraw back 100% on R foot, coming up on L toe. Turn body to right.



### Repeat Windmill

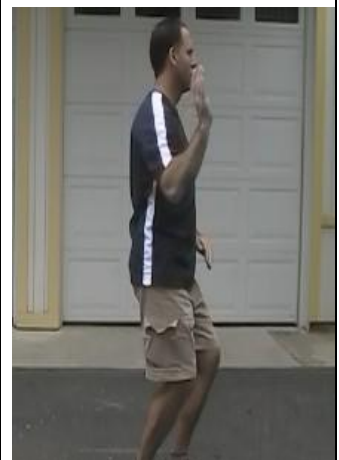
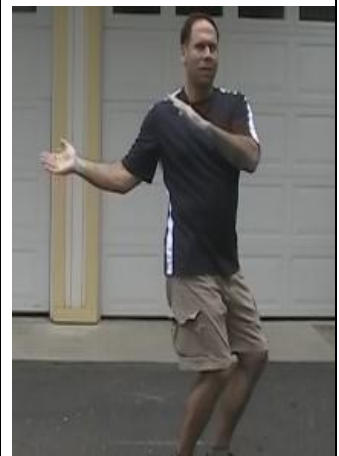
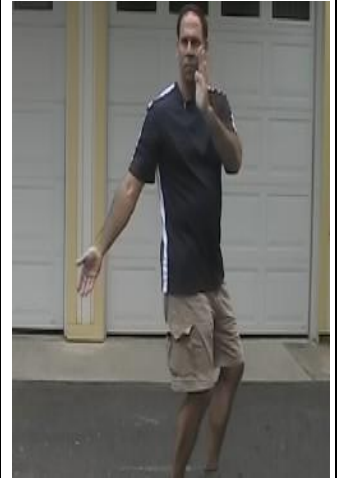
42. L foot is drawn to R foot as R hand moves down, back and around as L hand moves across chest to R shoulder into another windmill.



43. Withdraw back over R foot 100% pulling R arm back and down as L foot draws towards R foot.

44. R hand continues to move to right and torso turns right- face right. R hand pushes L hand to left. Weight shifts 50/50.

45. R hand reaches forward as L hand moves down toward hip.



46. R hand grabs and pulls down as body turns right.

**Prayer position**

1. As both hands cross over, they reach the waist and turn palm up. L foot is next to R foot as hands move towards the sky.
2. Hands reach top and come together as weight is shifted 50/50. Look to the sky.
3. Both elbows sink with hands in prayer position; bow.

**END**

