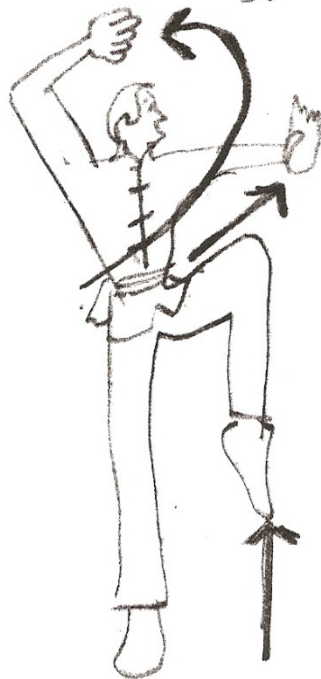


Stances (cont.)

7. Golden Rooster Stance - Jin Ji Du Li
(Stands on One leg)

Start from natural stance.

金雞獨立



8. Tricky Stance or False Stance -

玄機幾步 墟步

Xuan Ji Bu or Xu Bu
start from natural stance.

All weight on rear leg

Switch hands as you turn.

Back foot turns first.



9. Swallow Stance - Tun Bu
吞步

Start from natural stance
90% of weight on rear leg



Hands circle down, in,
and up as they
change places.

10. Unicorn Stance - Qi Lin Bu
麒麟步

Start from natural stance



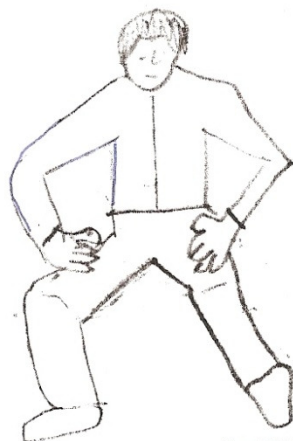
Switch directions by
twisting.

Shoot hand (fingers out)
out from waist to eye level

II. Squat Stance - Zuo Dun 坐足尊

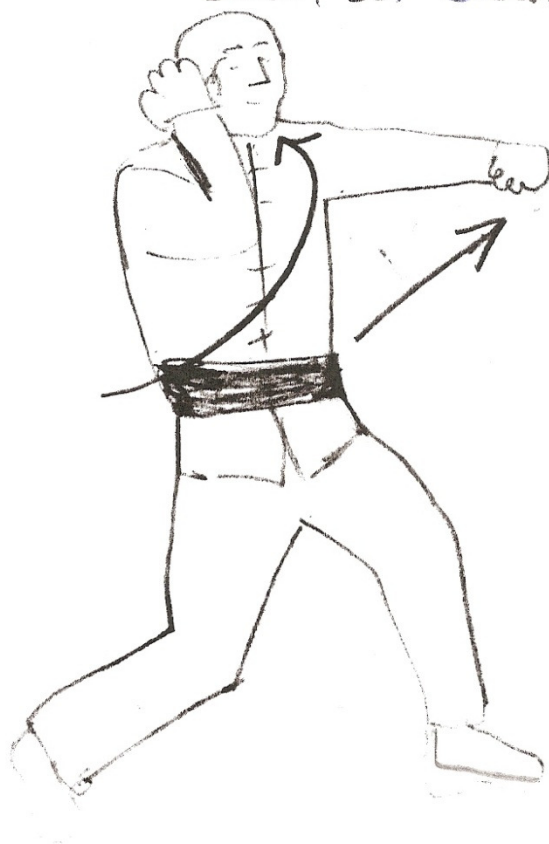
Stances (cont)

thighs parallel to ground
back straight

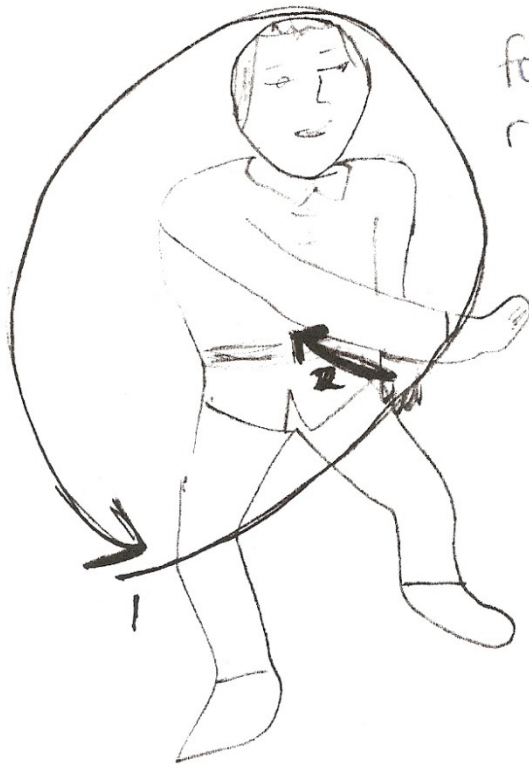


Exercises (from Lian Bu Chan Sequence)

- Exercise One - lunge punch into low front stance while
- bringing other elbow up and front to block at ear
 - after punch - bring front foot up, go half-way back, set down at 45° angle.

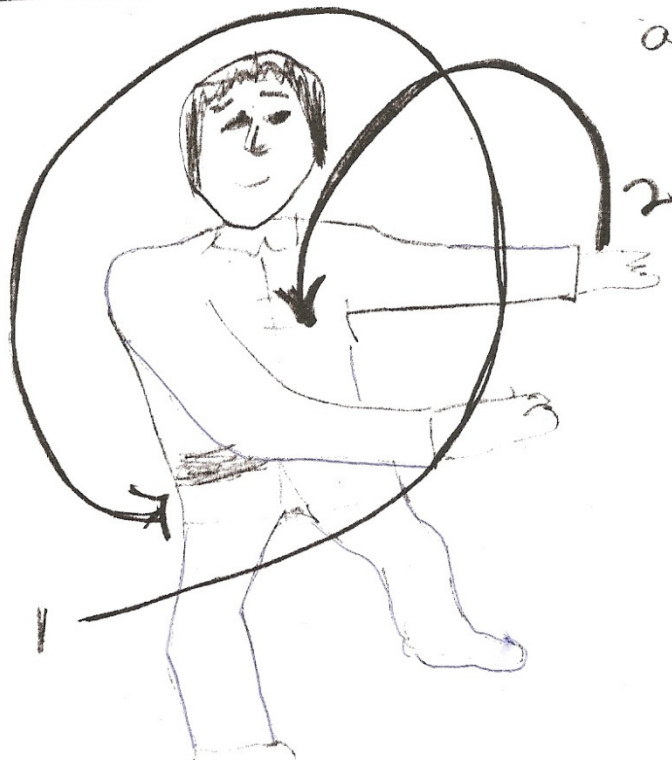


Exercise Two



Step with right foot while sweeping right hand across the body and up in a circle to cup under other hand, which punches from the hip, and turns upward. Foot work is the same as exercise one.

Exercise Three



Same as above, only the punching hand comes behind you, up, and in front. Footwork the same.

Exercises (cont.)

Exercise Four - Right foot steps forward, foot angled out (Turning to face right) left foot in step kicks up. Palms open, raise up with kick.

Left foot steps down into horse stance, while palms face down, come together in front. Turn front foot out to left. Repeat facing left.

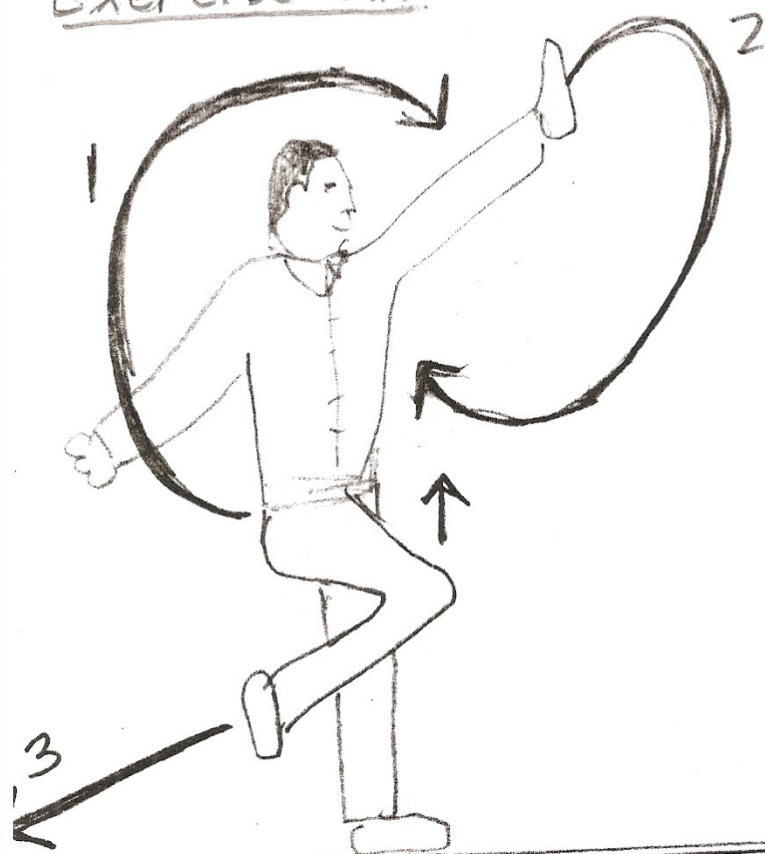


2

Exercise five - Left foot steps forward, left hand does inside circle sweep (across body low, up, out, around). Right knee swings up on left. Right knife hand does horizontal sweep to left side, then reverses directions to chop high front. Repeat other side.



Exercise Six



The body moves
backwards by front
knee coming up, then
step backward (deep).
Hands are like exercise 2

Lian Bu Quan (the 1st sequence)

Notes:

All forms must be rooted.
The waist leads the hands. (when you punch or block, the waist moves first.)
Sense of enemy. (Imagine you are fighting some one when you practice.)

From slow to fast.

Form - a posture used for blocking and/or attacking
sometimes simultaneously

Technique - 1-4 forms, used to avoid or block
an opponent's attack, and counter-attack

Sequence - > 10 techniques for repeated practice.