

“Say Hello”

4 Breaths

1) “White Crane”.

Keep 95% of your weight on your left leg through this move.

Inhale. Circle (*bicycle peddle*) right foot into “**No”T” no “8”**. Touch the right foot toes on the floor with the right heel up. Use only 5% of your body weight on the right toes though this entire move. Have 95% of your weight on the left leg.

Exhale. Then lift up the right wrist up in front of the left ear making a wide ½ circle in the air (*for blocking punches*), all the way to top of your head.

When you reach the top of your head (*at dead center*), then begin to lift the left hand up towards the top of your head also making a wide ½ circle (*on the left side of the body*), while moving the right hand in a circle down to the right inner leg and the left hand is now above head. Both hands make one big circle.

Smoothly drop left hand straight down to under the left breast (*with the left hand vertical*), bring right palm to left palm and place them together. Place the right palm horizontally (*side to side*) in palm of the left hand (*vertical*).

Now push with your left palm and your right palm together, straight foreword (*towards and opponent's xyphoid middle upper stomach or lower rib cage*). Strike the opponent's xyphoid process with the back of the right hand using optimum Qi. (*Keeping all of your weight on your left leg. DO NOT lean into the thrust*).

Smoothly move into.

2) “Say Hello”

Inhale. Bring your right hand down to the crotch (*do not grab it, just let your hand protect the groin area by dangling it there*).

Bring your left hand fingers together with your thumb extended, towards your left ear, and then cup your left ear, thumb behind the ear lobe. **Exhale.**

At the same time, swing your right foot (*keep your right foot in a 90° angle until your heel hits the floor*) out in a ¼ circle to your right, landing with your heel first.

Shift your weight from the left leg to the right leg.

Slide your left foot to your right foot until your heels come together and are touching each other at a 90° angle. (*Charlie Chaplin*).

While sliding your feet together, take your left hand from your ear and “push” straight foreword until your left arm is extended (*Towards an opponent's face or neck*).

2) “TIGERS TAIL-Variation”

Inhale.

Take a step back with the left foot.

Simultaneously, open to tiger's tail.

“Opening to Tigers Tail”.

Right palm outstretched in front of body, arms length, palm facing up, left palm face down, left elbow up above the right hand, as though you are going to pull a rope on the left side of

your body *(This is your opponent's punch, the right hand grabs the punch just beyond the elbow, and your left hand grabs the punch beyond at the wrist and follow through)*. Pull the rope. **Exhale as you begin to pull** *(the rope/arm)*.
leave your right hand on your left hip *(still holding the "rope")*
and let go of the left hand. Bring the left hand around in a circle behind you coming up
towards your left shoulder and push your left palm heel straight foreword *(into your opponent's throat)*.

4) "Strum the Guitar"

Inhale.

Pick up your right foot and move it into "No "T" no "8".

At the same time take your left hand and put it under your chin palm down.

Take your right hand out in front of the crotch palm up.

Dip down *(by bending at your knee's)* and begin to **Exhale.**

At the lowest point of your "dip" start to come up *(by straightening your left knee)* and pass your hands together. Left hand downwards *(keeping the palm face down)* and the right hand upwards *(keeping the right palm facing upwards)*. then shift your weight onto your right foot.