

The Form

“Tigers Tail”

Qi Gong Inhale indicated.

Qi Gong Exhale indicated.

Breaths indicated with blue.

Helpful weighting and detailed movement tips indicated in *Italics and ()*.

3 Breaths.

1) “White Crane”.

Keep 95% of your weight on your left leg through this entire 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. Your toes should not be in of you right knee and no farther out. 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 continually moving the right hand in a circular motion down to the right inner leg and the left hand is now above head. Completing a 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*).

Push left palm and the right palm together straight foreword towards and opponent’s xiphoid process. Strike the opponent’s xiphoid 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) “TIGERS TAIL”

Inhale.

Drop right heel to the floor with toes up in the air.

Simultaneously, open to tigers 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 arm just beyond the elbow, and your left hand grabs the wrist and follow through*). Pull the rope. **Exhale as you begin to pull.** Drop your right heel to the floor and temporarily shift your weight from the left leg to the right leg (*95% weight*). As you slide your left instep (*5% weight*) into right heel creating a “T” with your feet.

As you slide your feet together, leave your right hand on your right 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 the left shoulder and push your left palm heel straight foreword (*into your opponent’s throat*). Now shift your weight back onto the left leg (*95%*).

3) “X-Men”

Keep the right hand on the left hip, lower your left hand to your right hip making an “X” with your arms. **Inhale**. Circle your right foot into “*No-“T”-no 8*”. **Now start to exhale**. At the same time bring up the “X” in your arms up directly in front of your face and over your head. Open both arms making 2-1/2 circles away from your body until both hands are under both breasts/chest, and push both hands foreword. Keeping 95% of your weight on your left leg. At the end of this move shift your weight onto our right foot.

4) “Pirouette to the left”

Inhale on the first ¼ while raising our hands above your head, Exhale as you turn 180° to the left. Now you are facing 180o from our original position. Lower your hands and continue to exhale keeping 95% of your weight on right foot.

Do this move in all four directions. South, North, East, and West.

6 moves

1-foot movement