Di Jung Hai Wu Shu Guan ( )

Fundamentals

Forms

1. San Zhan (X 3)

   將軍掛印 (a general hangs the stamp) jiang1 jun1 gua4 yin4，
   兩手分白鶴爪身邊下落 (two hands separate, the claws of the white flamingo go down from the sides of the body) liang3 shou3 fin1 bai2 he4 zhua3 shen1 bian1 xia4 luo4
   雙手仙人戽水 (both hands of the fairy hold the water up) shuang1 shou3 xian1 ren2 hu4 shui3，
   雙龍搶珠 (two dragons snatch a pearl) shuang1 long2 quiang3 zhu1，
   後束回 (then contract back) hou4 shu4 hui2，
   飛鳳展翅 feng4 zhan3 chi4 (a flying phoenix spreads her wings) fei1 feng4 zhan3 chi4，
   加刀剪芙蓉 (add a knife to cut the lotus flowers) jia1 dao1 jian3 fu2 rong2，
   霸王開弓 (a swaggering king stretches open a bow) ba4 want2 kai1 going1，
   左弓右弓 (left bow, right bow) zhou3 gong1，
   左箭右箭 (left arrow, right arrow) zhou3 jian4，
   獅子開口 (a lion opens the mouth) shi1 zhi3 kai1 kou3，
   請拳 (kindly offer the fist) quing3 quan2，
   兩星墮地 (two stars drop towards the ground) liang3 xing1 duo4 di4。

   Plus claw and fist variations.

2. Bai He Jie (X 3)

   進右足 蝴蝶雙飛 (pair of butterflies fly)， hu2 die2 shuang1 fei1
   扒水游魚 (to gather up/ to rake up - water- swim – fishes ⇒ the swimming fishes gather up the water)， ba1 shui3 you2 yu2

3. Warmup set (X 3)

Jian Dans both sides

1 Outward parry / straight push (X 100)
2 Inward block / backfist (X 100)
3 Hammerfist / punch (X 100
4 青龍捲水 (a green dragon rolls up the water)， qing1 long2 juan3 shui3 (X 50 with walking , 3 on each side, 10 steps back, 10 steps forwards.

Arm conditioning set

Stick Fundamentals

- 6 Step switch
- Heng Gong grab punch
- Claw strengthening
- Punches

5 strike hand conditioning

Punch bag drill

4 parts hands (shr fen shou)

Push Hands (what we would like to practice)

Base Cycle

- **Base push / Long Quan Zhu** base cycle
- **Simple change (with footwork)**
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Pushes

- **Stepping in / Stepping back / Jin Bu / Tui Bu** one step in , the other steps back
- **Step / Cross push / - Liang Hu Die Fei / knee / kick as defence**
- **Hu Die Fei to take catch the Dan Tien -> Hu Tze Kai Kou**
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Tests

- **Arm Trap (testing the bridge) / Ba Wang Kai Gong as trap** Check your partner is maintaining the correct position
- **Arm Trap (testing the opposite bridge) / Fei Feng Zhan Chi as trap**
- **Off side push / opening**
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Punches / Strikes

- **Simple with straght punch / Yao Zhang**
- **Inward elbow / Bai He Shan Jia - to rolling**

Chinese Characters (what we should practice!)

Eternal Spring White Crane Fist (Yong Chun Bai He Chuan)

永 春 白 鶴 拳

Through MartialArts Meeting Friends (Yi Wu Huai You)

以 武 會 友