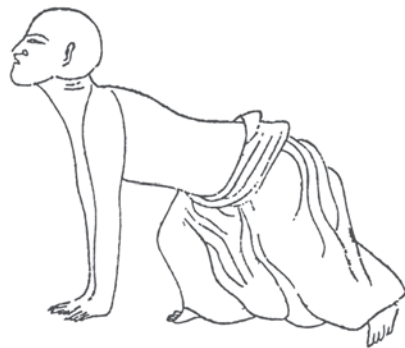


Chapter IV

Step-by-Step Descriptions of the Routines



Section 1

Hand and Foot Forms

16

Basic Hand Forms

Holding up

The thumb touches the root of the ring finger, and the other fingers are bent [Fig. 1] .



⌘ Fig. 1 ⌘

Lotus leaf palm

Completely straighten and spread the fingers [Fig. 2] .



⌘ Fig. 2 ⌘

Willow leaf palm

Straighten the fingers, and press them together [Fig. 3] .



⌘ Fig. 3 ⌘

Dragon's paw

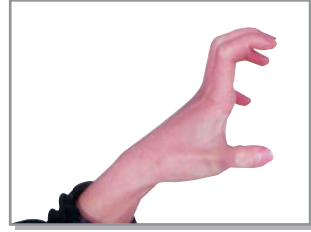
Straighten the fingers, and keep them apart, with the thumb, forefinger, ring finger and little finger appropriately withdrawn [Fig. 4] .



⌘ Fig. 4 ⌘

Tiger's paw

Keep the fingers apart, with the thumb and forefinger fully apart and the first and second knuckles bent [Fig. 5] .



⌘ Fig. 5 ⌘

Basic Stances

Bow stance

Keep the legs one big step apart, with a suitable width. Bend the knee of the front leg, keeping it directly above the toes, which should be turned slightly inward. The rear leg should be straight, with the heel and ball of the foot on the floor, and the toes turned slightly inward [Fig. 6] .



⌘ Fig. 6 ⌘

T-stance

With the feet 10-20 cm apart, bend the knees to adopt a shallow squatting posture. Raise the heel of the front foot, keeping the toes touching the floor close to the middle of the rear foot, and stand firmly on the rear foot 【Fig. 7】 .



【 Fig. 7 】

Horse stance

With the feet two to three times their length apart, bend the knees to adopt a half-squatting position, with the thighs slightly raised 【Fig. 8】 .



【 Fig. 8 】