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Wu (Jianquan) Style 45 Form Competition

45 movements · A4 reference sheet · free

The sequence in order, with the points to check on each movement. This is a sheet to keep beside you i
confirm what comes next, and to remind yourself what to watch for. It is a reference, not a lesson; the r
themselves need a teacher or a demonstration.

THE SEQUENCE

01 起势
02 右揽雀尾
03 左单鞭
04 提手上势
05 白鹤亮翅
06 左右搂膝拗步
07 手挥琵琶
08 进步搬拦捶
09 如封似闭
10 十字手
11 左揽雀尾
12 右单鞭
13 右下势
14 金鸡独立
15 左右倒卷肱
16 右海底针
17 左闪通背
18 撇身捶
19 肘底看捶
20 左右野马分鬃
21 玉女穿梭（二）
22 云手（向左）
23 右高探马
24 右分脚
25 左分脚
26 左右打虎
27 右蹬脚
28 双峰贯耳
29 斜飞势
30 右迎面掌
31 十字拍脚
32 搂膝左栽捶
33 左海底针
34 右闪通背
35 云手（向右）
36 左高探马
37 回身指裆捶
38 左下势
39 上步七星
40 退步跨虎
41 左迎面掌
42 转身摆莲
43 弯弓射虎
44 退步搬拦捶
45 收势

01 起势

Commencing Posture

Stand with the feet together facing due south; open the left foot sideways; ward both wrists forward to sho
the knees and press the palms beside the hips.
Crown suspended, chest hollowed and back lifted; the hands ward forward as if carrying something. The pre
bend agree, the waist loosens and the hips sink.

02 右揽雀尾

Grasp the Bird's Tail (Right)

Hold and ward in the empty stance; press in the bow stance to the left; close the foot and smear the palm; l
the empty stance again; press to the right; sit back and roll back; ward forward in the bow stance; sit back
palm; close the foot and push forward.
All four cardinal energies are present and this is the set\

03 左单鞭

Single Whip (Left)

Withdraw a step and form the hook; roll level in the horse stance.
The Wu hook is distinctive: the wrist hangs naturally and the fingers close loosely into a hook — never gripp
weight moves from right to left the posture stays upright and comfortable; guard against the hip jutting ou

04 提手上势

Raise Hands and Step Forward

Hold and ward in the empty stance; press in the bow stance; draw the foot in and support and press.
This expresses the lightness of "raising" and the wholeness of "closing", with empty and full distinct as the
and the hands press.

05 白鹤亮翅

White Crane Spreads Its Wings

Open the step and lift the arms; bend the knees and drop the elbows.
The right hand arcs above the head with the palm facing out and the left presses down to the abdomen; the
elbow and tucks the hip, the torso does not lean back, and the opening stays collected rather than scattere

06 左右搂膝拗步

Brush Knee and Twist Step (Left and Right)

Turn and lift and press; brush and push in the bow stance to the left; lift the foot and step up; brush and pu
and step up; brush and push to the left again. Three rounds alternating.
The three rounds run continuously with upper and lower following and the weight moving evenly; the brush
the knee and the front palm reaches its full length with a settled wrist, the arm arcing roundly.

07 手挥琵琶

Hold the Lute

Sit back and close forward; push forward in the bow stance; draw the foot in and raise.
The arms close as if holding a lute, upright within the oblique; the outward rotation of the arms carries the
so feel the spiral in three dimensions rather than a flat circle.

08 进步搬拦捶

Step Up, Parry, Block and Punch

Bend the knees, close and press; parry and smear in the bow stance; sit back and roll back; turn the waist a
palm; punch in the bow stance.
Parry, block and punch run together; the punch sinks the shoulders and reaches the face of the fist.

09 如封似闭

Apparent Close-Up

Sit back and draw the hands in; press and push in the bow stance.
The palms part in front of the chest as they draw back, the press reaches the heels of the hands, and the we
evenly.

10 十字手

Cross Hands

Open the palms in the bow stance; bend the knees and join the wrists.
The arms cross and round out with the weight centred; this movement carries the transition and gathers the
the dantian.

11 左揽雀尾

Grasp the Bird's Tail (Left)

Step up, lift and press; brush and push in the bow stance; sit back and roll back; ward forward in the bow s
support the palm; close the foot and press.
Same structure as movement 2, left then right, all four energies complete and evenly weighted.

12 右单鞭

Single Whip (Right)

Withdraw a step and form the hook; roll level in the horse stance.
As movement 3, mirrored.

13 右下势

Push Down (Right)

Brush and smear in the bow stance; thread the palm in the crouch stance.
The crouch stance spreads flat with the weight spiralling down; the knee points the same way as the toes ra
in. A beginner need not squat to the lowest position — a half crouch is fine to start with.

14 金鸡独立

Golden Rooster Stands on One Leg

Thread forward in the bow stance; lift the knee and support and press; split and thread in the bow stance; l
Once each side.
The standing leg bends slightly as if sitting on a high stool and the lifted foot hooks its toes; the knee lift a
come together with the torso upright.

15 左右倒卷肱

Step Back and Roll Arms (Left and Right)

Retreat and brush and push; sit back, lift and press; retreat again; sit back, lift and press; retreat once mor
Breathe in as the hand withdraws and the body turns, out as the step retreats and the palm pushes. Each re
oblique arc of about 30–45 degrees, the sole landing before the foot settles; the rear foot settles with the fi
on its heel to straighten. The waist leads the arm and the push reaches nose height.

16 右海底针

Needle at Sea Bottom (Right)

Sit back and lift the palm; thrust down in the T-step.
The torso inclines slightly and the fingers thrust down and forward; the waist relaxes and the hips tuck, and
firm.

17 左闪通背

Flash Through the Back (Left)

Step up and lift the palm; support and push in the horse stance.
The step, the lifting palm and the support and push in the horse stance happen together, the two arms brac
back.

18 撇身捶

Deflect Body and Throw Fist

Turn and throw the fist; push forward in the bow stance.
The waist leads the throw with the back of the fist supplying the force, in the same direction as the pushing

19 肘底看捶

Fist Under Elbow

Withdraw a step and press the palm; advance the fist in the empty stance.
The fist gathers under the elbow, and the advance in the empty stance stays contained with the shoulder su

20 左右野马分鬃

Part the Wild Horse's Mane (Left and Right)

Step up and join the palms; part and press on the corner step to the right; step up and join again; part and
corner step to the left.
The Wu version uses a corner step about half a pace wider than a bow or 川字 step; the hands part one up ar
the eyes following the rear hand, pulling apart.

21 玉女穿梭（二）

Fair Lady Works at Shuttles

Lift the foot and thread the hand; ward forward in the bow stance; sit back and rotate and support; support
bow stance; close the foot and embrace — the second round repeats. The left shuttle hand goes to the nortl
right to the south-east.
The body enters on the diagonal, one arm supporting while the other pushes, with the waist driving the ste
upright.

22 云手（向左）

Cloud Hands (to the Left)

Support and press in the bow stance; press and cloud in the bow stance; draw the foot in and cloud turning
and cloud turning; press and cloud; draw the foot in and cloud.
The waist does the turning and the hands follow it; the sideways grind-steps are light and the weight travel
stays level and follows the turn of the body rather than fixing on the hands.

23 右高探马

High Pat on Horse (Right)

Follow-step and support the palm; push forward in the empty stance.
The follow-step and support lead into the push in the empty stance, the reaching palm no higher than the e
torso not straining forward.

24 右分脚

Separate Right Foot

Thread and smear in the bow stance; close the arms and chop down; lift the knee and support upward; sepa
chop, the separation going to the south-east.
Stand firm before lifting the leg; the separation flicks out with the toes and both arms open rounded at onc

25 左分脚

Separate Left Foot

As movement 24, toward the north-east, mirrored.
As for the right separation.

26 左右打虎

Subdue the Tiger (Left and Right)

Withdraw a step and join the palms; lift the leg and press the palms; roll down in the bow stance; lift the kn
support; withdraw and join again; roll and press in the bow stance; lift the knee and hold and support. Onc
One fist sits outside the top of the brow and the other above the knee, the two fist eyes facing each other; t
the hold come together and the standing leg stays steady.

27 右蹬脚

Kick with Right Heel

Drop the foot and hold the palms; kick and chop with the palm, the right foot driving out on the diagonal.
The kick drives through the heel with the toes hooked back; dropping the foot and holding the palms gathe
the chop and the kick arrive together.

28 双峰贯耳

Twin Peaks Strike the Ears

Bend the knees and lower the hands; step up and part and lower; strike with both fists in the bow stance.
The fists drive diagonally up with the tiger mouths facing in a pincer, no higher than the head and no lower
the force at the tiger mouth.

29 斜飞势

Diagonal Flying

Cross the step and cover with the elbow; lift the leg and chop down; thread and press in the bow stance.
The hands join and then part up and down into the bow stance, the eyes on the rear hand — opening on the
scattering.

30 右迎面掌

Face-to-Face Palm (Right)

Lift the foot and press the palm; push and embrace in the bow stance.
The palm turns over and the step goes up with the weight on the right leg; the push goes forward in the bow
force at the heel of the palm.

31 十字拍脚

Cross-Shaped Slapping Foot

Turn and swing the palm; slap on the diagonal standing on one leg.
The weight does not change; the body turns left about 180 degrees, the left knee lifts with the foot flat and
forward while the right palm slaps the left instep, landing steadily.

32 搂膝左栽捶

Brush Knee and Plant Punch (Left)

Lower the step and lift and press; brush and push in the bow stance; step up, lift and press; plant the fist in
The left hand becomes a fist and plants down and forward at abdomen height with the fist eye angled up, th
resting on the inside of the left forearm, the torso inclining slightly with the eyes on the left fist.

33 左海底针

Needle at Sea Bottom (Left)

As movement 16, mirrored: the left hand lifts to waist height and then thrusts down with the right palm res
shoulder hollow.
As for the right needle.

34 右闪通背

Flash Through the Back (Right)

As movement 17, mirrored.
The same step up, lifting palm, and support and push in the horse stance.

35 云手（向右）

Cloud Hands (to the Right)

As movement 22, mirrored.
The general cloud-hands requirements apply.

36 左高探马

High Pat on Horse (Left)

As movement 23, mirrored.
Follow-step and support, then push in the empty stance.

37 回身指裆捶

Turn Body, Point-to-Groin Punch

Turn and lift and press; punch in the bow stance.
The waist leads the fist through the turn and the punch points toward the groin; the waist relaxes and the h
reaching the fist.

38 左下势

Push Down (Left)

Lift in the bow stance; turn and roll level; thread the palm in the crouch stance.
The turn and level roll lead into the crouch sinking and threading, with the knee not turning in and the des

39 上步七星

Step Up to Seven Stars

Thread forward in the bow stance; support the palms in the empty stance.
The two palms cross in front of the chest as the seven stars, and the empty stance holds firm.

40 退步跨虎

Step Back and Ride the Tiger

Withdraw a step and press both palms; turn and roll level; lift the knee and push the palm.
The withdrawal, the level roll and the knee lift with the push run continuously, and the standing leg holds s

41 左迎面掌

Face-to-Face Palm (Left)

Lower the foot and press the palm; embrace and push in the bow stance.
The mirror of movement 30: one palm pushes forward while the other embraces at the side of the elbow.

42 转身摆莲

Turn Body and Sweep Lotus

Close the foot and join the hands; swing the palm in the empty stance; sweep the leg and slap the foot.
After the turn the leg sweeps in a fan with both palms slapping the instep in turn, landing steadily.

43 弯弓射虎

Bend the Bow to Shoot the Tiger

Roll down in the bow stance; wring the waist and raise the fists; strike with both fists in the bow stance.
The two fists sit one forward and one back like a drawn bow; the waist wrings out the power and the eyes fo

44 退步搬拦捶

Step Back, Parry, Block and Punch

Sit back and smear the palm; retreat and roll down; sit back and block and support; punch in the bow stanc
Parry, block and punch are completed while retreating; the punch sinks the shoulders and reaches the face

45 收势

Closing Posture

Close the foot and open the arms; draw the foot in and join the hands; press the palms and rise; bring the f
stand quietly facing due south.
The arms descend slowly with the breath settling low. The closing deserves as much care as the opening —
few breaths before relaxing.