FORMS LIBRARY

Wu (Yuxiang) Style 46 Form Competition

46 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

00 预备势
01 起势
02 左右揽扎衣
03 左单鞭
04 提手上势
05 白鹤亮翅
06 左右搂膝拗步
07 进步左搬拦捶
08 如封似闭
09 白鹤亮翅
10 抱虎推山
11 左右野马分鬃
12 手挥琵琶
13 对心掌
14 右单鞭
15 右云手
16 玉女穿梭
17 高探马
18 左右分脚
19 转身右蹬脚
20 按势
21 青龙出水
22 闪通背
23 左单鞭
24 左云手
25 左下势
26 左金鸡独立
27 右下势
28 右金鸡独立
29 践步打捶
30 翻身二起脚
31 左右披身伏虎
32 肘底捶
33 左右倒卷肱
34 青龙出水
35 左拍脚
36 转身十字摆莲
37 跳步指裆捶
38 左下势
39 上步七星
40 退步跨虎
41 转身摆莲
42 弯弓射虎
43 进步右搬拦捶
44 如封似闭
45 双撞捶
46 收势

00 预备势

Preparation Posture

Stand with the feet together facing due south, arms hanging naturally at the sides, looking straight ahead.
Crown lifting and crotch rounded (提顶吊裆), chest hollowed and back lifted, shoulders relaxed and elbows h
whole body loose and quiet.

01 起势

Commencing Posture

Lift the knee; hold the ball; open the step; lower the hands.
The step and the lowering hands finish together with the weight settling level; each hand governs its own h
cross the centre line; stand centred, neither leaning nor biased.

02 左右揽扎衣

Lazy Tying the Robe, Left and Right

Turn the body; part the hands; close the hands; press the palm. Once each side.
Four actions are the frame of the Wu (Yuxiang) version. The hand does not pass the toes, the full leg turns a
buckle-and-grind step carries the change; shoulders sink and elbows hang, the force reaching palm and fore

03 左单鞭

Single Whip (Left)

Turn the body, raise the hand into the hook, step up and stand the palm upright in the bow stance.
The hook wrist hangs relaxed and is never gripped tight; the bow stance and the standing palm arrive toget
weight changes through the buckle-and-grind step.

04 提手上势

Raise Hands and Step Forward

Draw the foot in; bring both hands together and raise them into the empty stance.
The empty stance divides the weight thirty-seventy; the arms close on a rounded arc with chest hollowed an
neither puffed out nor collapsed.

05 白鹤亮翅

White Crane Spreads Its Wings

Hold the hands; part them into the empty stance and lift the palm.
The upper hand wards above the brow and the lower plucks and presses by the hip, pulling apart; the body
the trunk vertical.

06 左右搂膝拗步

Brush Knee and Twist Step, Left and Right

Turn and swing the hand, step up, brush the knee and push, once to each side.
The brushing hand passes the knee and the push arrives at the chest, completing with the bow stance; the p
braces and the force reaches palm and forearm rather than being shown in the shape.

07 进步左搬拦捶

Step Up, Parry, Block and Punch (Left)

Parry with the fist; block with the palm; punch in the bow stance.
Parry, block and punch run continuously; the punch sinks the shoulders with the force at the face of the fis
does not pass the toes.

08 如封似闭

Apparent Close-Up

Draw back and part the palms; press forward 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
so empty and full are distinct.

09 白鹤亮翅

White Crane Spreads Its Wings

As movement 5: pull apart into the empty stance and lift the palm.
As movement 5 — and because this is the second crane in the set, the opening and closing must still be com
hurried.

10 抱虎推山

Embrace the Tiger and Push the Mountain

Hold the hands and draw the foot in; step up; push both palms forward in the bow stance.
The distinctive Wu (Yuxiang) "pushing the mountain": both palms push forward as if moving a mountain, th
braced and the force in palm and forearm, driven by waist and legs rather than local strength.

11 左右野马分鬃

Part the Wild Horse's Mane, Left and Right

Hold the hands, step up and part the palms up and down in the bow stance, once to each side.
The upper hand stays below the brow and the lower presses by the hip, pulling apart, with each hand gover
and not crossing over.

12 手挥琵琶

Hold the Lute

Follow-step; close the hands into the empty stance.
The arms close as if holding a lute, shoulders sunk and elbows heavy, the weight settling back into a half-si

13 对心掌

Palm to the Heart

Step up; stand the palm and push straight forward in the bow stance.
A Wu (Yuxiang) palm method: the palm pushes straight ahead to the centre of the chest, the force reaching
hand, the torso upright and the hand not passing the toes.

14 右单鞭

Single Whip (Right)

Turn into the hook, step up and stand the palm in the bow stance, on the opposite side to movement 3.
As the left single whip: the change runs through the buckle-and-grind step and the body stays upright.

15 右云手

Cloud Hands (Right)

Turn the waist and cloud the hands, stepping sideways and alternating.
The waist is the axis and the arms circle vertically; the footwork is compact, the sideways travel changing t
buckle-and-grind steps with the weight moving level.

16 玉女穿梭

Fair Lady Works at the Shuttles

Hold the hands and draw the foot in; step up on the diagonal and support and push in the bow stance, once
The body enters on the diagonal, one arm supporting while the other pushes with the waist leading the arm
not pass the toes and the torso stays upright.

17 高探马

High Pat on Horse

Follow-step and sit back; reach forward in the empty stance.
The front foot rests on its toes with the reaching palm no higher than the eyes, the torso staying vertical ra
forward.

18 左右分脚

Separate Feet, Left and Right

Hold the hands and draw the foot in; separate the foot and open the arms rounded, right then left.
Stand firm before lifting the leg; the separation flicks out with the toes, the standing leg bends slightly, an
upright instead of tipping sideways.

19 转身右蹬脚

Turn Body, Kick with Right Heel

Turn and close the arms; kick and open the arms.
The waist leads the turn; the kick drives through the heel with the toes hooked back.

20 按势

Pressing Posture

Both hands press down and the body settles into a steady seated posture.
A distinct Wu (Yuxiang) settled posture: head, arms and palms lower in sequence with shoulders relaxed an
expressing the closing half of 起承开合 within a single movement.

21 青龙出水

Green Dragon Emerges from the Water

Turn the waist and close the arms; thread forward (or stand the palm and extend) in the bow stance.
The waist drives the thread, the fingers slightly brace and the force reaches palm and forearm, with empty
and the movement compact.

22 闪通背

Flash Through the Back

Step up; push and brace in the bow stance.
The front push and the rear brace open at the same moment so the arms press against each other, and the b
the direction of the push.

23 左单鞭

Single Whip (Left)

Same structure as the left single whip, closing the section.
The general single-whip requirements apply; the section closes without the energy scattering.

24 左云手

Cloud Hands (Left)

As cloud hands, to the left.
The sideways travel changes through buckle-and-grind steps with the weight steady.

25 左下势

Push Down (Left)

Close the foot; thread the palm in the crouch stance, the palm passing from the waist along the leg.
The crouch spreads flat with the weight sinking and the palm threading close to the leg in a straight line; th
same way as the toes. A beginner need not reach the lowest position — a half crouch will do.

26 左金鸡独立

Golden Rooster Stands on One Leg (Left)

Rise; lift the knee and raise the palm.
The knee lift and the lifting palm come together with the standing leg slightly bent; crown lifting and crotc
torso upright and not leaning back.

27 右下势

Push Down (Right)

As the left push down, mirrored.
As the left push down.

28 右金鸡独立

Golden Rooster Stands on One Leg (Right)

As the left golden rooster, mirrored.
As the left golden rooster.

29 践步打捶

Advancing Step, Punching Fist

Advance with a fast following step into the body; punch in the bow stance.
The 践步 is a Wu (Yuxiang) stepping method: the step goes up fast and settles solid on landing. The punch re
the fist with shoulders sunk and elbows heavy.

30 翻身二起脚

Turn Body, Double Jump Kick

Turn over; jump and slap the foot in the air.
The turn and the take-off join smoothly, and the landing bends the knees to cushion. The whole movement
long way, so protect knee and ankle.

31 左右披身伏虎

Draping Body, Subdue the Tiger, Left and Right

Drape the body and roll and press; withdraw or retreat a step; the two fists sit one above the other in the ti
each side.
One fist sits beside the brow and the other above the knee with the fist eyes facing up and down; the body
posture stays whole, the waist delivering the force with the eyes on the front fist.

32 肘底捶

Fist Under Elbow

Draw the foot in and hold; split forward in the empty stance with the fist tucked under the elbow.
The fist hides under the elbow and the empty stance sinks the shoulder, held back rather than displayed —
preference for presence over showy form.

33 左右倒卷肱

Step Back and Roll Arms, Left and Right

Retreat rolling the arms and push in the empty stance, alternating sides.
The sole lands before the foot settles; the push and the withdrawal are simultaneous, the waist leading the
footwork kept compact.

34 青龙出水

Green Dragon Emerges from the Water

As movement 21 — this is its second appearance in the set.
As movement 21: even on the repeat, the full opening and closing runs complete.

35 左拍脚

Slap Left Foot

Lift the knee; kick up and forward and slap the instep.
The palm slaps the instep without forcing the leg high; the landing is steady on a firm supporting leg.

36 转身十字摆莲

Turn Body, Cross-Shaped Sweep Lotus

Turn carrying the hands; sweep the leg in a fan with both palms slapping the instep in turn.
The turn and the sweep agree, the leg travelling in a fan; land with the knees cushioning and the torso upri

37 跳步指裆捶

Jumping Step, Point-to-Groin Punch

Advance with a jump step; punch in the bow stance, the fist angling down toward the groin.
Land steady from the jump; the fist drives down on the diagonal with the waist relaxed and the hips tucked reaching the fist.

38 左下势

Push Down (Left)

As movement 25 — this is its second appearance in the set.
As movement 25: the knee does not turn in and the descent spirals.

39 上步七星

Step Up to the Seven Stars

Step up; cross the fists (or palms) in front of the chest in the empty stance.
The cross forms the seven stars, and the empty stance holds with the weight on the rear leg.

40 退步跨虎

Step Back and Ride the Tiger

Retreat and part the hands; settle into the empty stance with the palms bracing up and down on the diagon
The withdrawal and the parting happen together, the empty stance sinks, and the palms brace against each diagonal.

41 转身摆莲

Turn Body and Sweep Lotus

Turn; sweep the leg and slap the instep with both palms in turn.
One full turn with the leg sweeping in a fan, landing steadily.

42 弯弓射虎

Bend the Bow to Shoot the Tiger

Bow the leg; the two fists sit one forward and one back like a drawn bow.
The fists pull against each other like drawing a bow; the waist delivers the force and the eyes follow the fro

43 进步右搬拦捶

Step Up, Parry, Block and Punch (Right)

Parry with the fist; block with the palm; punch in the bow stance.
As movement 7, mirrored, with parry, block and punch in one flow.

44 如封似闭

Apparent Close-Up

As movement 8 — this is its second appearance in the set.
As movement 8.

45 双撞捶

Double Striking Fists

Both fists (or palms) open out from the chest to the sides and then strike forward together.
A distinctive Wu (Yuxiang) closing movement: the twin strike is short and whole, the force at the faces of th sunk and the body upright.

46 收势

Closing Posture

Draw the hands in and embrace; lower both hands; bring the feet together to return.
The hands descend slowly with the breath settling low; at the finish keep the crown lifting and the crotch r
than slumping.