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Wu (Yuxiang) Style Traditional 96 Form

86 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.

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01 起式

Commencing Posture

Stand with the feet together, body upright and mind quiet; shift the weight slightly, the arms hanging natu
the facing direction.
Crown lifted and crotch drawn up, chest contained and back raised; shoulders and hips sink, breath to the
the spirit gathered inward — 武式 begins with the inside already settled.

02 左懒扎衣

Left Lazily Tying the Robe

Shift onto the right leg and pivot on the right heel, turning the body left with the waist as both hands rise t
ward-off force, facing southeast; step the left foot out to the southeast, heel first, toe slightly raised, the w
right.
The right foot drives, the body moves forward, the waist sends the hands: both palms push out with the wri
hand no higher than the eyes, no lower than the mouth, no further than the front toe; the right foot then fo
behind the left heel, toe touching.

03 右懒扎衣

Right Lazily Tying the Robe

As movement 2 with the sides exchanged; together the two form the left and right of 揽扎衣.
懒扎衣 is the mother posture of 武式: opening gives 采挒肘靠, closing gives 掤捋按挤 — the eight methods insid
movement.

04 单鞭

Single Whip

Turn the body and form the right hook, step into a bow stance and push the opposite palm upright.
Hook hanging with no dead grip; each hand governs its own half of the body across the centre line; the han
the front toe.

05 提手上势

Raise Hands and Step Forward

Shift the weight back, then bring both hands up together into an empty stance.
The empty stance splits the weight three to seven and the arms hold a rounded arc; chest contained and ba
thrust nor collapsed.

06 白鹅亮翅

White Goose Spreads Its Wings

Gather the hands, then separate them — upper hand warding off above the forehead, lower hand pressing b
The hands pull up and down against each other, both arms on an arc; the torso stays upright and does not l
writes 白鹅, not 白鹤.

07 搂膝拗步

Brush Knee and Twist Step

Turn and draw the foot in with the hands gathered, then step and brush the knee and push — three in succe
original text marks it.
The brushing hand passes the knee on an arc and the push lands with the bow stance; the waist carries it, f
the palm, the hand never past the front toe. The three run on without losing the axis.

08 手挥琵琶式

Hold the Lute

Draw the foot in and gather the hands; from an empty stance the arms hold a rounded cradling shape.
The arms hold an arc with shoulders sunk and elbows dropped; the weight sits back into a half-sitting step
clear.

09 搂膝拗步
Brush Knee and Twist Step

As movement 7 — the original text marks this passage as two, where the first is three.
Same requirements: brush past the knee, push with the stance, hand within the toe line.

10 手挥琵琶式
Hold the Lute

As movement 8.
Rounded arms, shoulders sunk, weight in the back leg.

11 上步迎面掌
Step Up, Face-to-Face Palm

Lift the left foot and step forward left, heel landing, the left leg bending into a bow stance as the right knee
forearm rises with the elbow sunk, palm angled forward, striking toward the face before arcing down and in
the hip.
The right palm rotates outward to the right shoulder and, after the left has struck, pushes forward toward t
shoulder sunk and elbow dropped, palm forward and fingers up, the eyes level along the right fingers.

12 搬揽捶
Parry, Grasp and Punch

Parry with the fist, block with the palm, then punch from a bow stance.
The three actions run continuously; the punch sinks the shoulder and drops the elbow with force to the face
the hand does not pass the front toe.

13 六封四闭
Six Sealing and Four Closing

Draw both palms back and offset them, then press forward from a bow or following stance.
The palms separate before the chest on the way back and the press reaches the heels of them; the weight m
back without hurry. 武式 names it 六封四闭, the same posture others call 如封似闭.

14 抱虎推山
Embrace the Tiger and Push the Mountain

Gather the hands and draw the foot in, then step and push both palms forward as if pushing a mountain.
The push belongs to 武式 alone: both palms go out with the waist and legs, the hands about a face apart, an
oversized.

15 手挥琵琶式
Hold the Lute

As movement 8.
Rounded arms, weight back, shoulders sunk.

16 懒扎衣
Lazily Tying the Robe

As movement 2 — entered here as a single right-side pass.
Same requirements: waist-led, following step, hand within the toe line.

17 单鞭
Single Whip

As movement 4.
Hook hanging, each hand in its own half, hand within the toe line.

18 提手上势

Raise Hands and Step Forward

As movement 5.
Same requirements: rounded arms, three-seven empty stance.

19 高探马

High Pat on Horse

Following step and sit back, then probe forward with the palm from an empty stance.
The front foot touches lightly and the palm stays no higher than the eyes; the torso stays vertical and does

20 肘底捶

Fist Under Elbow

Draw the foot in and gather, then from an empty stance hold the fist beneath the elbow and probe forward.
The fist hides under the elbow, withheld rather than shown; the empty stance drops the shoulders and keep
settled.

21 倒撵猴

Step Back and Repulse the Monkey

Retreat step by step, rolling the arm back and pushing from an empty stance, once left and once right.
On every retreat the front foot withdraws with it; push and withdrawal move together, carried by the waist,
never leans back.

22 手挥琵琶式

Hold the Lute

As movement 8.
Rounded arms, weight back.

23 白鹅亮翅

White Goose Spreads Its Wings

As movement 6.
Opposing hands, torso upright, both arms on an arc.

24 搂膝拗步

Brush Knee and Twist Step

As movement 7, a single pass.
Same requirements: brush past the knee, push with the stance.

25 手挥琵琶式

Hold the Lute

As movement 8.
Rounded arms, shoulders sunk.

26 按式

Pressing Posture

Both palms press down from above and forward as the body settles and sinks.
A posture of 武式’s own: head, arms and palms settle in that order with the shoulders sunk and elbows dro
and 合 turns of 起、承、开、合 carried through one movement.

27 青龙出水

Green Dragon Emerges from the Water

Turn the waist and close the arms, then send the palm out from a bow stance.
The waist drives the send; the fingers are slightly braced and the force reaches through the arm. Weight cle
the movement compact.

28 三通臂

Pass Through the Back Three Times

Withdraw and fan the palms, press from an empty stance, step forward and brace, turn and brace.
The withdraw and fan are contained; on the forward and turning braces the two arms oppose each other, ca
waist. 三通臂, 三甬背 and 闪通背 name the same posture.

29 单鞭

Single Whip

As movement 4.
Hook hanging, each hand in its own half.

30 下势

Push Down

Close the foot and drop into the low stance, pressing down or threading the palm through.
The low stance lies flat with the weight sunk and the knee not turning inward; how low you go follows your
rather than a required depth.

31 云手

Cloud Hands

Both hands circle upright in turn while the feet step sideways.
The waist is the axis and the weight travels level; the 武式 circle is smaller than the other styles'. 纭手 is ar
name.

32 单鞭

Single Whip

As movement 4.
Hook hanging, hand within the toe line.

33 高探马

High Pat on Horse

As movement 19.
Light toe touch, palm below the eyes.

34 右起脚

Raise Right Foot

Gather the hands and draw the foot in, then kick the right foot forward and part the arms.
Stand firm before lifting the leg; the kick goes out from the toe, and the support leg stays slightly bent with
not tipping.

35 左起脚

Raise Left Foot

As movement 34, with the sides exchanged.
Same requirements: toe kick, support leg stable.

36 转身蹬脚

Turn Body and Kick

Turn and gather the arms, then kick and part the hands.
The turn is carried by the waist; the kick and the parting of the hands are simultaneous, the support leg sli
torso not leaning back.

37 践步栽捶

Advancing Step and Plant Punch

Enter on a rapid following step, then plant the fist down and forward from a bow stance.
The 践步 lands already solid; the planting fist keeps the waist loose and the hips tucked, force to the face o
within the toe line.

38 翻身二起脚

Turn Body, Double Jump Kick

Turn the body over, then leap and slap the foot in the air.
The turn and the take-off run together; land with bent knees to cushion. The largest rise and fall in the set
ankle.

39 跌步披身

Falling Step, Draping Body

Take the dropping step and let the body drape with it.
The step and the body land together and the draping never loses the axis; the weight change is clear.

40 伏虎式

Subdue the Tiger

One fist beside the temple, the other before the knee, opposed vertically like a tiger being subdued.
The waist releases and the eyes hold the front fist; the body drapes while the structure stays whole and the
The circulating 倒虎势 is a miswriting.

41 左踢脚

Left Kick

Raise the knee and kick the left foot forward.
Store at the knee and kick decisively; the support leg steady and the torso still.

42 转身蹬脚

Turn Body and Kick

As movement 36.
Same requirements: heel leads, turn carried by the waist.

43 搬揽捶

Parry, Grasp and Punch

As movement 12, second appearance.
Same requirements: three actions continuous, force to the fist.

44 六封四闭

Six Sealing and Four Closing

As movement 13, second appearance.
Same requirements: palms part, press to the heels.

45 抱虎推山

Embrace the Tiger and Push the Mountain

As movement 14, second appearance.
Same requirements: both palms push, waist and legs drive.

46 斜单鞭

Diagonal Single Whip

The single whip on the diagonal — the step goes out obliquely with the hook leading.
The torso stays unskewed and the bow stance faces the same way as the push.

47 提手上势

Raise Hands and Step Forward

As movement 5.
Same requirements: rounded arms, empty stance.

48 野马分鬃

Part the Wild Horse's Mane

Gather the hands and draw the foot in, then separate the palms up and down from a bow stance — upper ha
than the brow, lower hand pressing beside the hip.
Up and down pull against each other, the leading hand never past the front toe, the torso upright. The fines
this posture into 野马分鬃 one and two.

49 手挥琵琶式

Hold the Lute

As movement 8.
Rounded arms, weight back.

50 懒扎衣

Lazily Tying the Robe

As movement 2.
Same requirements: waist-led, following step.

51 单鞭

Single Whip

As movement 4.
Hook hanging, hand within the toe line.

52 玉女穿梭

Fair Lady Works at the Shuttles

Turn continuously and, at the four diagonal corners, ward off with one arm and push with the other.
The step enters on the diagonal with one ward and one push; the waist carries the turn and the torso stays

53 手挥琵琶式

Hold the Lute

As movement 8.
Rounded arms, shoulders sunk.

54 懒扎衣

Lazily Tying the Robe

As movement 2.
Same requirements: waist-led, hand within the toe line.

55 单鞭

Single Whip

As movement 4.
Hook hanging, each hand in its own half.

56 下势

Push Down

As movement 30, second appearance.
Same requirements: flat low stance, knee not turning in.

57 云手

Cloud Hands

As movement 31, second appearance.
Waist as axis, weight level, small circles.

58 单鞭下势

Single Whip, Push Down

The single whip runs on into a sink and press — the push-down.
The weight sinks with the division clear; depth follows your flexibility.

59 更鸡独立

Golden Rooster Stands on One Leg

Raise the knee and lift the palm, once on each side.
Knee and palm rise together; the support leg stays slightly bent, the torso vertical without leaning back. 武 writes 更鸡独立.

60 倒撵猴

Step Back and Repulse the Monkey

As movement 21, second appearance.
Same requirements: retreat withdraws the front foot, waist-led.

61 手挥琵琶式

Hold the Lute

As movement 8.
Rounded arms, weight back.

62 白鹅亮翅

White Goose Spreads Its Wings

As movement 6.
Opposing hands, torso upright.

63 搂膝拗步

Brush Knee and Twist Step

As movement 7, a single pass.
Same requirements: brush past the knee, push with the stance.

64 手挥琵琶式

Hold the Lute

As movement 8.
Rounded arms, shoulders sunk.

65 按式

Pressing Posture

As movement 26, second appearance.
Same requirements: head, arms and palms settle in order, body sinking.

66 青龙出水

Green Dragon Emerges from the Water

As movement 27, second appearance.
Same requirements: waist drives the send, force through the arm.

67 三通臂

Pass Through the Back Three Times

As movement 28, second appearance.
Same requirements: fan and press, then brace front and back.

68 单鞭

Single Whip

As movement 4.
Hook hanging, hand within the toe line.

69 云手

Cloud Hands

As movement 31, third appearance.
Waist as axis, weight level.

70 单鞭

Single Whip

As movement 4.
Hook hanging, each hand in its own half.

71 提手上势

Raise Hands and Step Forward

As movement 5.
Same requirements: rounded arms, empty stance.

72 高探马

High Pat on Horse

As movement 19, second appearance.
Light toe touch, palm below the eyes.

73 对心掌

Palm to the Heart

Step up, then push the palm upright straight ahead from a bow stance — the palm driving at the centre of t
A palm method of 武式’s own: force to the heel of the palm, torso upright, the hand not past the front toe.

74 十字摆莲

Cross Sweeping Lotus Kick

Cross both palms before the chest, then balance on one leg and sweep outward, both palms slapping the in
Turn and sweep are coordinated and the landing is even; protect knee and ankle.

75 指裆捶

Point-to-Groin Punch

Step forward and punch, the fist driving down toward the groin.
Waist loose and hips tucked, force to the face of the fist, the punch on the centre line. The circulating 指挡捶

76 懒扎衣

Lazily Tying the Robe

As movement 2.
Same requirements: waist-led, following step.

77 单鞭
Single Whip

As movement 4.
Hook hanging, hand within the toe line.

78 下势
Push Down

As movement 30.
Same requirements: flat low stance, knee not turning in.

79 上步七星
Step Up to the Seven Stars

Step up and cross both fists before the chest to form the “seven stars”.
The empty stance is steady with the weight on the back leg, and the crossed guard is rounded.

80 退步跨虎
Step Back and Ride the Tiger

Step back and brace the two palms diagonally, one above the other.
The retreat and the parting of the hands are simultaneous, the empty stance sinking with the palms opposi
diagonal. The circulating 退步挎虎 is a miswriting.

81 转脚摆莲
Spinning Lotus Kick

Turn through a full circle and sweep the leg outward in a fan, both palms slapping the instep in turn.
Turn and sweep are coordinated; land evenly and keep the torso upright.

82 海底捞月
Scoop the Moon from the Sea Bottom

Bend forward and reach down, both palms scooping up from below.
The waist loosens into the reach and leads the hands; on rising the breath settles to the abdomen. Some tra
from here back to the opening form.

83 弯弓射虎
Bend the Bow to Shoot the Tiger

Bend the leg and draw both fists, one forward and one back, like a bow being drawn.
The two fists pull against each other front and back; the waist releases and the eyes hold the front fist.

84 懒扎衣
Lazily Tying the Robe

As movement 2.
Same requirements: waist-led, hand within the toe line.

85 双抱捶
Double Embraced Fists

Draw the foot and the fists in, then drive both fists forward together.
Both fists strike as one short whole force to the face of the fists; shoulders sunk, elbows dropped, body cen

86 收势
Closing Posture

Draw both palms in, close the feet and return to standing.
Close slowly with long breaths, the breath settling to the abdomen; once standing, hold the posture rather