



South Austin Shaolin-Do Kung Fu and Tai Chi

The path to transformation is easy...

... just bow and begin.

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Welcome to South Austin Kung Fu and Tai Chi

I hope you find this manual helpful! Please look it over carefully before your first week of classes ends.

Contact Information & Helpful Student Info:

Here is the school website address: www.AustinKungFu.com

Email Master Jason: Jason@SouthAustinKungFu.com **Best Method of Contact**

Email North Austin School: AustinShaolin@gmail.com

Facebook Page: South Austin Kung Fu

Facebook Group: South Austin Kung Fu Community **!!Ask to join the group!!**

North Austin Group: Shaolin Do of Austin

South Austin 512- 505-8248

North Austin 512-339-8972

Student Email/Newsletter List:

We will sign you up for the student email list when you enroll. If you are not receiving emails from the school, ask at the counter or email Master Jason.

If you Have a Question or Problem:

Email Master Jason directly with any questions or concerns you have. To withdraw you **MUST** email by the 20th for the cancellation to go into effect on the 1st of the following month.

Beginners Schedules

Adult Kung Fu (All classes are included in the tuition)

Mon/Wed 6:30 pm

Tue/Thu 12:00 noon

Sat 2:00 pm

Tai Chi (All classes are included in the tuition)

Mon/Wed 12:00 noon

Tue/Thu 6:30 pm

Sat 3:00 pm

Testing

Rank Advancement Testing

Time to demonstrate that you have learned your material and some of the basic foundations of being a Shaolin-Do student! You will be told by your teacher when you are ready to test, but if you have had all the material needed for a belt level for more than 6 weeks and can demonstrate it all well, it is ok to respectfully ask about testing.

Testing Schedule

Lower belts (white – green belts) will test in front of Master Jason in class when your instructors are satisfied that you are ready. Upon reaching brown belt level, you will test at the North Austin School in front of Grandmaster Sin during his visits in February and August.

Feel free to invite friends and family to watch your testing and take pictures and video!

A Good Test

The primary goal of the test is to demonstrate that you know the material and can move through it easily.

If you are a very new student, we look for correctness of your form and deep stances. As you get a little higher up in rank, we hope to see clarity of form, deep stances, powerful attacks, speed and spirit.



Testing Protocol

(Remember to lay your weapons nearby prior to the test)

1. Wear a clean uniform in good repair and follow the rules for jewelry and nails as usual. If you have a patched gi – please wear that one, particularly if testing for Grandmaster Sin. You can buy patches anytime at the counter – it’s often a nice treat for yourself after a test! By the time you are a black belt, we do expect you to have at least one patched uniform.
2. You will first bow to the instructor upon rising when your name is called.
3. After you have bowed to complete the form, bow to the instructor as you await further directions.
4. Should you begin to run out of room, stop and bow, turn (or back up if necessary) and continue. It is important to indicate that you understand the amount of room needed for a form and the direction that it moves to demonstrate your knowledge of the material.

5. Should you make a mistake, bow to the instructor and repeat the form if it is a short kata or sparring technique. If it is a long form, you can bow and then take up where you left off.

6. Never show any emotion during a test, especially frustration or anger with yourself, and never swear. It is poor sportsmanship and will put a negative gloom over your test causing you to make more mistakes. Think positively!

7. Be prepared to be tested over everything you know up to your level. If you are testing for black belt, be prepared to perform all material from white to black! Sparring is also a component of your test starting at black belt. You should demonstrate your ability to defend and to attack WITH CONTROL. Don't get crazy during the sparring portion.

Nerves

It's very normal to be nervous for a test – that's part of the test ☺ And whatever doesn't kill us, makes us stronger eh? Remember, everyone in the room supports you and has been there so just take a deep breath, pretend it's just class and do your very best. Good luck to you!

Test Fees

Tigers:

Tigers only pay a test fee of \$25 for major belts. Check the material cards on the wall in the training room for more information.

Dragons:

Dragons pay a test fee of \$25 for each test up to Black with a brown stripe. Starting with the test into 1st Black they are on the adult testing fee schedule.

Adults (Belt or Sash):

To Yellow: \$45

To Blue: \$50

To Green: \$55

To 3rd Brown: \$60

To 2nd Brown: \$65

To 3rd Brown: \$70

Black Belt Test Fees:

To 1st Black: \$100

To 2nd Black: \$115

To 3rd Black: \$165

To 4th Black: \$215

To 5th Black: \$265

Test fees do not include the cost of any new weapons or uniforms. These fees go to support Grandmaster Sin Kwang The'.

Rules of the Kwoon

Basic School Rules

1. Wear a complete uniform to all classes
2. Keep fingernails trimmed, remove large jewelry for safety
3. No unsupervised sparring, don't ask higher belts to spar
4. While sparring, your partner's safety is the most important
5. Don't handle weapons above your rank
6. Address your teacher by the correct title
7. Don't share forms with non-students or students who have not learned it yet from the instructor unless asked to help by the instructor
8. Be respectful of the school, no swearing or rude behavior
9. Don't ask to test (unless it has been longer than 4 months for white thru green belts, with regular attendance – or longer than 8 months for brown belts)
10. No shoes on the training floors

Sparring Rules

Your Primary Guideline: Your partner's safety should be more important to you than your own.

- Sparring equipment must be worn by all students (shin/instep guards, hand gear, groin cup (men) and headgear (optional))
- No **Contact** is allowed to the head, neck, throat, or groin (except light contact to protective gear)
- No joint attacks (elbows or knees) are ever permitted
- Students under black belt level may not spar without black belt supervision.
- Light "TAG" contact is only allowed to legal areas if both students are wearing sparring equipment
- No weapons sparring outside of class exercises
- Never spar at a higher intensity level than your opponent is comfortable with. By the same token, be careful in sparring because you will always "reap what you sow".
- When sparring, make your opponent's safety more important than scoring points
- These rules are reasonable and without need of explanation. We fully expect all students to follow these rules and upper belts (upper brown and black belts) to set the example. To ensure the continued high quality of our school and the good name of Shaolin-Do, upper belts must also help to gently remind the lower belts when they drift from these guidelines (like an older sibling might). As a lower ranked student, you should appreciate their advice because they are helping you to remain a good student in the school. If being a good student, martial artist and person are not your goals, then you are at odds with the 2000 year old traditions and principles of Shaolin-Do.

What to Call Your Teachers

Head Instructor Over All Texas Schools: Senior Master Joseph Schaefer
5th degree and above, “Master”

Anyone below 5th, who is a head instructor of a class or program, “Sifu”

Tournaments

All tournament events are optional, but highly recommended- especially if you are hesitant to do it! You can compete in sparring or forms for Kung Fu, and Tai Chi forms for the Tai Chi program. Our Big Annual tournament is the last Saturday of February each year, but there are smaller in-house tournaments throughout the year as well. Remember that we have competition of all levels including white belt/sash.

Absences

Should you have to take an absence of weeks or more from your training, please email Master Jason about the best way to return that will lessen your frustration and improve your chances of a successful comeback. We have seen it many times and know the best formula!

Referrals

We hope that you will enjoy your experience so much, that you will pay it forward and invite other friends, family and co-workers to try out a class with you in the future. We have schedules and business cards on the counter that you are welcome to pass along to others.

We can also teach self-defense classes, tai chi & mediation classes or offer a demonstration for local businesses, schools, churches and apartment complexes – so if you have a connection, please discuss setting something up with Master Jason. You can reach him at Jason@SouthAustinKungFu.com.

This keeps the school strong, the prices low and the facility well-maintained. You can also support the school by purchasing your weapons and equipment through us (if you see it online, one of our vendors probably sells it as well and we can get it for you cheaper) and by attending as many of the special events we have throughout the year as well.

Teaching

If you ever think you want to teach or help teach, we always welcome volunteers from brown belt and up to help teach the kids classes and beginning adult classes. There is no better way to solidify your material than to teach it and you will find that teaching makes you look at the material in new, thoughtful ways in both how to teach it and how to use it. It's very rewarding and fun. When you reach brown belt,

let us know if you are interested in teaching and we will give you the information you need.

You are about to enjoy an incredible transformational experience as a student of Shaolin-Do. Thank you for choosing our school and our Shaolin family for this, and we will endeavor to go over-the-top to deliver!

Equipment

Required Equipment, Seminars & Private Lessons

All students are required to have **sparring safety equipment** in the kung fu program by the time you reach yellow belt. As you reach the levels for weapon training, it is suggested that you get that equipment.

All students will have opportunities to take **special training seminars** with Grandmaster Sin and other local Masters and teachers. These happen throughout the year and are a great chance to learn upper level material!

You can also take **private lessons** with Master Jason to learn special forms, sparring skills or other basic abilities like higher level kicking. To set up a private lesson, email Master Jason to arrange it.

When it's Time for a Weapon

We have weapons available for use in class, but you may choose to buy your own for home practice or just to have a good quality weapon for yourself. If you would like to purchase a weapon, just let Master Jason know in class or through email.

Payment & Pick Up: I can charge your account if we have the updated info on file or give you a call to take CC info for the purchase. If it's an item we have in stock, I will charge it to you, put your name on it and leave it at the counter for you to pick up.



Shaolin-Do Weapons for Kung Fu and Tai Chi

Prices are estimates and depend on availability.

White Belt
Uniform \$50, Sparring Gear \$50-75

White Sash (no sash)
Uniform \$50

Yellow Belt
Guan/Staff \$25-30

Yellow Sash
Jian/2- Edge Sword \$30-135

Blue Belt
Ar-Chie-Gun/Nunchacku \$25

Blue Sash
no new weapon

Green Belt
Pang/Short Stick \$5

Green Sash
no new weapon

Brown Belt
Tieh Cha/Sai \$80
Dao/Broadsword \$25-150

Brown Sash
Tieh San/Tai Chi Fan \$50
Pi Show/Dagger \$25/pair

Kwandao \$150

1st Black Belt

Black Gi (optional) \$50-120 and patches \$30

Chiang/Spear \$55-85

Suang Dao/Double broadsword

Hu Tou Kuo/Tiger Head Hookswords

2nd Black Belt

Jian/2-edge sword \$25-165

3rd Black Belt

Suang Tie Dao/Butterfly Swords \$60-125

4th Black Belt

Suang Fu/Li Kwai Axes

Twin 2 edge swords \$120

Dagger \$25/pair

1st Black Sash

Tai Chi Dao/

Tai Chi Broadsword \$85

2nd Black Sash

Chiang/Spear \$55-85

3rd Black Sash

Wu Tze Kun/

Sun Moon Fork \$100

4th Black Sash

Mulan Fans/Double Fans

Pa Kua Dao/

Pa Kua Broadsword

(Guan) Hsing Yi Staff

(Suang Dao) Chen 2X Broadswords

Training Tips

“He who is not satisfied with himself will grow; he who is not sure of his own correctness will learn many things.” Chinese Proverb

“Front and Back”

Learn to use the terms back and front rather than left and right. For instance, as you learn your very first sparring technique, your right foot will be positioned slightly in front of the other foot. That leading right foot is your “front” foot and the hand that consequently is now also leading (your right hand) is your front hand. The foot and hand that are slightly behind are the “back foot” and “back hand”. This is very useful in learning all your forms and in always knowing which hand or foot does what – even if we have you switch and do everything from the other side – which we do as you begin to advance in levels!

Practice on Both Sides

Whenever possible, practice material on both sides. If you usually start your sparring techniques with the right foot leading, practice them all with the left foot leading and match the movements accordingly. It’s harder than you think!

Change Your Orientation

If you always practice your forms facing the mirror – you could be a mess on test night if you are asked to face the front door! Once you know the form pretty well, start the form facing a different direction so that you don’t rely on room cues when doing them. This way you will learn the forms even better.

Use Your Head

Practicing forms in your head when you can’t physically perform them will definitely help you to memorize them – so a moment at your desk at work, or at night before you drift off to sleep are good opportunities for a little brain training.

Practice with a Buddy

It is always easier to practice with a friend. Between the two of you, you can recall the form. You may remember things differently, and then you can get a clarification in class. However, don’t rely on them too heavily – be sure you can do it solo too.

Motivation – When Do You Need it Most?

The First Two Weeks

You need a little something to get you out the door the first few times you go to class because **a.** the habit isn't established yet, coupled with **b.** you don't feel comfortable yet with the school and the new people. IT'S WORTH IT! GO!! And it gets easier every time you do, so make an effort the first two weeks to go to class often so that you get to know the teachers, your classmates, and the facility and you establish a habit.

When You've Been Absent

When you've missed some classes due to illness, travel, family, etc... you go back to the 'out-of-the habit' stage and the 'uncomfortable at the school' stage. You also might feel behind. Repeat the steps of your first two weeks – go often. Attend the class rank below your current belt to regain your confidence and begin your review.

When the Luster Dulls

The excitement of starting something new is like an addiction to some and when that feeling turns to something more comfortable or routine, it can be misconstrued as boredom or slowing of your training. The desire to seek out that "new" experience might pull you away before you've reached your goals. This is where you develop that self-discipline that you desired to cultivate when you signed up in the first place. It is part of the training to ask yourself questions about things you've learned. "Is it correct? How do I use it? Could it be better? How would I teach it?" and these things will re-invigorate you and deepen your training. We like to say that "Masters are just white belts who stuck around long enough!"

When It's Time to Test

Testing has a funny effect on people. Many are terrified of the idea and it can lead to them avoiding class and dropping altogether! Fears of this nature only get worse as we age and must be met head on. Feeling prepared is more than half the battle. And testing should be viewed as a celebration of a milestone. We've all been there & we support you fully!

Kung Fu Material

White to Yellow Stripe

- Sparring Techniques 1-10
- Self-defense 1-5

Yellow Stripe to Yellow

- Short Kata 1-10
- Sparring Techniques 1-10
- Self-defense 1-10

Yellow to Blue

- Short Kata 1-15
- Sparring Techniques 1-10
- Ippong 1-9
- Staff Swings 1-4
- Self-defense 1-15
- Se Men Tao Lien “Four Doorways Connected”
- Fei Hu Chu Tung “Flying Tiger comes Out of the Cave”

Blue to Green

- Short Kata 1-22
- Sparring Techniques 1-15
- Street Techniques 1-10
- Nunchaku 1-8
- Self-defense 1-20
- T'ai Peng Sin Kun “Giant Bird Spreads its Wings”
- Chu Chi Gun Se, first level staff form

Green to 3rd Brown

- Short Kata 1-30
- Sparring Techniques 1-20
- Nunchaku 1-16
- Self-defense 1-30
- Bei Huang Ch'I Kai Pang “Northern Beggar’s Stick”
- Luo Han Ch’uan “Fist of the LuoHan”

Short Katas

1. Block punch, block down.
2. Block punch, block down, block punch, hit kick.
3. Block thrust, punch, hit kick.
4. Circle block, grab and break, sweep.
5. Double kick.
6. Block punch, double back fist, big block, double back fist, hit kick.
7. Circle block, grab and break, sweep, black sweep, kick.
8. Front kick, side kick, turn, two side kicks.
9. Front kick, front kick, side kick, other foot side kicks.
10. Horse stance, block (inside), punch, block (outside), punch.
11. 3 hit-kicks.
12. Elbow and punch, turn, back fist, stomp, kick.
13. Block while stepping back 45 degrees to reverse bow, back foot inside crescent, front kick, thrust.
14. Block while stepping back 45 degrees to reverse bow, front foot outside crescent, sidekick.
15. Step out and block, grab and break, sweep, jump trap-kick.
16. Punch (horse), Punch (bow), kata #1.
17. Punch (bow), step up and punch, step out to bow, punch.
18. Punch (bow), twist attack, chop, sweep, front kick.
19. Punch (horse), rake off, front foot hit-kick, back foot hit-kick.
20. Punch (bow), front hand back fist, backhand back fist, block down, front kick.
21. Jump back to horse, block, slide to cat, upper-cut.
22. Jump forward to horse, block, shift to bow, upper-cut.
23. Block punch (b.s.), 6 back fists, block down, front kick.
24. Block punch (b.s.), Back fist, move-back fist (opposite), back fist, move-back fist (same side).
25. Block punch (b.s.), twist attack, chop, front then back sweep while punching (horiz.), block the groin then front kick with sweeping leg.
26. Block punch (b.s.), grab with front hand, break elbow with back hand (finger tips point down) round house kick.
27. Slam down both arms to block in a monkey stance, punch to b.s. (both arms), block to h.s. with both forearms, reverse hand punches while front hand blocks, (b.s.), two hit-kicks.
28. Slam down both arms to block in a monkey stance, punch to b.s. (both arms), block to c.s. with front hand by front knee, and back hand blocking temple, reverse hand punches while front hand blocks (b.s.), two hit-kicks.
29. Step back with right foot, elbow down and then punch (palm-up), shift stance to front b.s., punch to front with palm up, slide back to cat, front arm blocks up while reverse hand punches under it palm down, block punch to b.s. (with front hand), then step and block punch with other arm.
30. Step back with right foot, elbow down then punch (palm-up), step to sparring stance, tornado kick, kata #18, block-punch >>>>2nd side no punch at end<<<<<<.

Sparring Techniques

1. Face hit.
2. Two hand and front foot attack.
3. Jump side kick, front kick, punch.
4. Jump, front sweep, side kick, punch.
5. Double back fist, jump round house kick.
6. Jump, back sweep, front kick, punch.
7. (cross step) hook kick.
8. Jump, front sweep, grab, punch.
9. Jump, side kick, block down.
10. (high) grab, jump chop/knee.
11. Block, back hand punch.
12. #11, drop down and punch again.
13. Front hand block, 3 punches, block down and kick.
14. Cat stance, side kick, front kick, block, 3 punches.
15. Inside crescent, spin, side kick, #13
16. Jump front sweep, spin hook-kick, back fist, roundhouse kick.
17. Back foot knee trap then roundhouse, punch, step-up grab, punch.
18. Jump hook the knee, spin hook-kick, back fist, roundhouse kick.
19. #9, #9, #10.
20. Jump hook the knee then back fist, roundhouse, punch (like #1).

Ippong (one-steps):

(weak side=outside, strong side =inside)

1. Weak side-punch .
2. Strong side-punch.
3. Weak side-side hand, punch.
4. Strong side-side hand, punch.
5. Weak side-side kick.
6. Strong side-front kick.
7. Elbow break, elbow strike.
8. Weak side-front kick.
9. Strong side-double kick.

Staff Swings

1. Reverse figure "8"
2. Forward figure "8"
3. Center spin
4. Two hand swing

Street Techniques

1. Block outside, twist, kick head.
2. Inside block, back sweep, punch.
3. Outside block, turn and block, kick groin.
4. Outside block, turn and block, grab wrist, elbow, dead hand, hit head, and back sweep, kick head.
5. Outside block, side kick knee, 2 chops.
6. (boxer attack) "X" block both hands, chop throat.
7. (roundhouse punch attack) double forearm block, back fist temple.
8. (shirt grab attack) cross-hand hook wrist, twist, bend hand, side hand head.
9. (knife low) a. right on top, block and pull in. b. left on top, block and throw down.
10. (knife high) block with outside hand, pull knife into stomach.

Al-Chie Kun (nunchaku)

- 1) Horizontal
- 2) Vertical
- 3) Forward figure "8"
- 4) Reverse figure "8"
- 5) Under arm snap
- 6) Diagonal strike
- 7) Catch under opposite arm
- 8) Double 8
- 9) #3 plus #8
- 10) Ten combinations
- 11) Between the legs
- 12) Under knee catch
- 13) Wheel attack
- 14) Behind back under arm catch then #5
- 15) Catch around back (under arm)
- 16) Around waist catch

Self-Defense (Chin Na)

White 1-10, Yellow 1-15, Blue 1-20, Green 1-30

1-Pull on the wrist

Elbow to the solar plexus

2-Push on the chest

Step back-chop-knee

3-Grab from behind

Bend forward-stomp-step around-stand up-hammer-throw

4-Wrist twist

Step in with opposite foot to outside the body, straighten arm-pull hairchop

5-Pick up from behind

“mid-air boogie”

6-Full nelson

1. Pull the head up-stomp-step around-hammer-elbow

7-Choke from front

Chin down-step back-back fist-chop up-down and knee

8-Hair from the front

Hold the hand-bend down-stand up and kick

9-Hair from behind

Grab the hand-twist under-kick

Grab the hand-kick backwards

10-Headlock

Bite, elbow-hammer-chop

11-Grab the uniform

(One hand) blow to face, slam down-back fist

12-Elbow lock

Bend arm-elbow-punch and knee

13-Hammer lock

(Free shoulder) step out and back kick

(trapped shoulder) step out spin punch-wrap-punch and knee

14-Choke from behind

Chin down-step forward-knock hands down and punch

15-Hand Shake (crush)

Make a “V”-break thumb-back sweep and elbow

16 Finger Break (Low-Middle-High)

Low- Pull both hands and knee to groin

Middle-Kick one leg over an arm and kick the groin

High-Step back, roll the top arm to elbow-up position and squat to horse, forcing them down. Punch or elbow them.

17. Arm Bar Choke

Pull arm down, turn chin into crock of arm, stomp foot, step around like #3 to the side the choke is coming from. Lay the person back with top arm and hit groin with

other.

18. Locked Wrist push from behind

Wait until the foot forward matches the locked arm, then spin while wrapping arm up behind your back like a hammerlock. Backfist with the other arm as they pass by.

19. Arm bar come-along (palm up)

Hit wrist upwards while sweeping their closest leg. Try to drive you fingers in their eyes. Then punch their temple with the free hand.

20. Double wrist grab

Step back with one foot to horse stance facing 90 degrees from the attacker. Pull the lead hand away from the grab and then back fist them with it.

21. Single wrist grab (cross grab)

Other hand presses their grab, then chop through their wrist with the grabbed hand. (Same side grab) Hold grab with free hand. Raise hand straight up to grab the attacking arm. Spin them over and lock their elbow with your elbow.

22. Wrist lock toward you (fingers pointing towards chest)

Roll elbow up to their chin, knee to the groin. Use the free hand to grab the available arm, slam you elbow down inside their arm and back fist.

23. Arm bar (palm down)

Slam wrist downward while back sweeping them. Punch with free hand to their head.

24. Hammer lock from one side and headlock from the other.

Just like #17

25. Finger break

Pull hand upward and out of hold into bird beak, then poke eyes.

26. Cradle Lock (not severe yet)

Slam wrist over you shoulder while front or back sweeping them.

27. Cradle Lock (too late)

Block by thrusting free hand through lock and laying out the attack.

28. Two Hand Pull to the wrist.

Step with same side to horse stance (shorten the distance). Then use free hand to punch and knee to groin.

29. Low Head Lock

Reach up to grab face with back hand, front hand grabs their knee. Flip them and slam the groin.

30. Two hand Shirt Grab

Cross step and cross the same arm through both of their arms, spin and backfist them.

SE MEN DAO LIAN

Four Doors Way Connected

(Reversibly facing four doors)

General Considerations: This form moves in a rectangle where each turn will be a left turn and you will always have left foot in front after the turn. The entire form should take 12 seconds from start to finish. Remember, deep, strong stances, powerful strikes, intense concentration, and overwhelming spirit during the yells. Concentrate everything on your current move, don't move physically or mentally to the next move until the current one is completely finished.

1. Bow
2. Step forward to Right Bo Stance (RBS), both hands block down (fingertips pointing in, right hand in front)
3. Both hands chop forward (palms down, right hand on top) nose and throat level
4. Both hands chop left (left on top) nose and throat level, both hands chop right (right on top) nose and throat level
5. Right hand pulls to chest palm facing west, left hand remains extended and forms bird beak
6. Right hand side-hand thrusts forward (vertical hand), left hand strikes back (all the way behind you)
7. Turn west and pull left foot up to Left Cat Stance (LCS), hold arms horizontally in front of chest palm down, left on top with finger tips over the right elbow
8. Step out to LBS, chop to both sides with hands palm down
9. Pull hands back to horizontal position and repeat chop to both sides
10. Left arm circle blocks and right arm pulls in as your body turns to the south in Right Monkey Stance (RMS), face still looks west
11. Lunge out to a RBS facing west, and palm strike with both hands straight forward, yell "TAY"
12. Pull left foot up to LMS, pull right hand to waist in a fist palm up, leave left palm in front facing west
13. Step to south into a LBS, pull left fist to waist, punch right fist forward
14. Punch left, right, left, yell "TAY"
15. Bring right foot together with left still facing South
16. Turn east in a Left Cat Stance (LCS), hold arms horizontally in front of chest, palm down, left on top with finger tips over the right elbow
17. Step out to LBS, chop to both sides with hands palm down
18. Pull hands back to horizontal position and repeat chop to both sides
19. Left arm circle blocks and right arm pulls in as your body turns to the north in Right Monkey Stance (RMS), face still looks east
20. Lunge out to a RBS facing east, and palm strike with both hands straight forward, yell "TAY"
21. Pull left foot up to LMS, pull right hand to waist palm up with left hand still in front
22. Turn north into a LBS, pull left hand to waist, right hand side-hand thrusts forward
23. Side hand thrust left, right, left, yell "TAY"
24. Stand up and bow

FEI HU CHU TUNG - Flying Tiger Comes Out of the Cave

General Considerations: "Tiger Position" refers to having the body angled slightly to one side, whichever leg is in front, that hand should be the upper (and outer) hand, the upper hand should be about shoulder height directly in front of the body, the lower hand should be in a straight line from the upper hand to the belt, the hands should be angled as if on a plane (45 degrees) that extends from the belt through the upper hand, fingertips should be curled in as if claws.

1. Bow
2. Raise right leg, lift hands to shoulder level in front, and step back into Left Bow Stance (LBS) Tiger Position
3. Turn elbows out and draw hands out to the sides as if dragging them along a wall, palms face north
4. Draw hands back in along the same plane, right hand on top
5. Draw hands back out to the sides right on top
6. Circle block with the left hand and grab the opponent's arm directly in front of the body, palm down
7. Step through with the right leg to Right Bow Stance (RBS) and with the right hand come up from underneath to break the opponent's arm, palm up
8. Pulling the opponent's arm, trap kick (instep of foot) with the left leg in front of the right leg, then step onto left leg and roundhouse kick with the right leg towards the north
9. Lower right leg into RBS Tiger Position facing north
10. Circle the left hand over the right, sweep left leg in a semi-circle and step through into Left Cat Stance (LCS) Tiger Position facing north
11. Jump straight up (using both legs) and front kick with the left leg, land in LCS Tiger Position
12. Step through into RBS, left arm protects the temple, circle block with the right arm (clockwise) and palm strike with the right hand towards the north.
13. Turn to face west without moving the feet, both elbows strike up and out to the sides (still bow stance)
14. Double back fist out to the sides (RBS)
15. Pull left foot to Left Monkey Stance (LMS), pull both hands down in front of the body as if resting on a table
16. Drag left foot back into RBS Tiger Position
17. Trap kick the left leg behind the right, step onto the left leg and side kick with the right toward the west
18. Swing the right leg through and turn counterclockwise to face east, without putting the right leg down, double front kick right, left
19. Land in LBS Tiger Position facing east
20. Turn elbows out and draw hands out to the sides as if dragging them along a wall
21. Draw hands back in along the same plane, right hand on top
22. Draw hands back out to the sides, right on top.
23. Step right leg through into RBS, left hand blocks chest, right hand strikes the right side of the opponent's neck, flips palm up and scratches his throat, then claws his eyes
24. The right hand grabs the opponent's head and slams it down onto the raised left knee, while pivoting on the right foot to face south
25. Extend the left leg behind into RBS facing south, right hand comes to the waist in a fist, left hand pushes the opponent to the ground (palm hand)

26. Swivel into a LBS facing north, left hand protects the temple, right hand punches the opponent on the ground, yell "TAY"
27. Stand by drawing the right leg to the left leg and bow facing north

T'AI PENG SIN KUN - Giant Bird Spreads its Wings

General Considerations: "Hold the ball" refers to holding the arms in front of the body as if holding a big round ball, one hand on top of the ball and one hand underneath. The hands should be slightly curved and held several inches away from the body with the top hand at chest level and the bottom hand in front of your navel. You should try to move and land lightly with a playful feeling. However, each strike should jab out like lightening. You should attempt to make each attack be "instantaneous". Jumps are supposed to cover distance and you should land in the lowest position possible.

1. With legs spread slightly apart and hands in fists at waist, bow
2. Draw right leg to left leg, "hold the ball" right over left
3. Turn left foot to point west, look west
4. Step towards the west, crossing right leg in front of left, body should still face north, still "holding the ball"
5. Jump towards the west into very low Reverse Right Bow Stance (RRBS), right hand chops down above right knee, palm facing north, left hand blocks the temple, body faces north, face looks at right hand
6. Pivot feet and raise up slightly into a Left Bow Stance (LBS) facing the west, break the opponent's right hand punching arm, left hand in front, fingertips pointing up, palms facing inward
7. Side-hand thrust forward with the right hand and chop backward with the left (ends up next to left hip)
8. Step left foot backward into a Right Bow Stance (RBS), leave hands in the same position
9. Shift weight and pull right foot to left while turning to face south, "hold the ball" right over left
10. Turn left foot to point east and step towards the east, crossing right in front of left, body should still face south, still "holding the ball"
11. Jump towards the east into very low RRBS, right hand chops down over right knee, palm faces south, left hand blocks the temple, body faces south, face looks at right hand
12. Sweep right leg around and up into knee-raised position facing east, hands pull into a palm up position at the waist
13. Jab out to the sides with both hands, thumbs tucked down, fingertips slightly spread (Giant bird spreads its wings)
14. Still in knee-raised position, "hold the ball" right over left
15. Step towards the north, crossing right in front of left, body should still face east, still "holding the ball"
16. Jump towards the north into very low RRBS, right hand chops down over right knee, palm faces east, left hand blocks the temple, body faces east, face looks at right hand
17. Without moving feet, shift weight into a very low Reverse Left Bow Stance (RLBS), left hand chops down over left knee, palm faces east, right hand blocks the temple, body faces east, face looks at left hand
18. Pivot on right foot clockwise to face west, end in a kneeling position, right leg up, left leg on the ground behind you, as you begin to turn, right arm chops straight out to the side, palm down, and swings with the body through the turn, left arm remains straight and swings around with the body palm down (strike with ridge hand), end with both arms straight out to the sides shoulder height, palm down

19. Pull both arms into an X in front of the chest, right in front, then scoop down and up to both sides until both arms are straight out with the palms facing east fingertips pointed upwards, body leans forward slightly
20. Remain kneeling, straighten the upper body and "hold the ball" right over left
21. From kneeling position, jump to the south into a very low RRBS, right hand chops down over right knee, palm faces west, left hand blocks the temple, body faces west, face looks at right hand
22. Raise right wrist to head height with the fingers and thumb pointing down
23. Circle block the right arm clockwise until palm up
24. Thrust ("spear hand") straight north, palm up
25. Raise up and turn counterclockwise to face south, stepping through with the right leg into RBS, double spear -hand to the south, hands angled towards each other palms down in an upside down V
26. Step back with the right leg and swivel clockwise to face north in a RBS, as you turn, the left hand blocks the head and the right hand chops toward the north palm down
27. Draw the left leg up to the right and "hold the ball" right over left
28. Step out with the right leg, draw the hands in fists to the waist and bow

CHU CHI GUN SE (or 1st Level Staff Form) A.K.A., Se Pa Pang

1. Holding staff upright in right hand, thumb down, bow
2. With right foot kick bottom of staff up into left hand so that staff points eastwest,
3. Cross step right over left moving west, step left into Left Bow Stance(LBS)
4. Horizontal block down and thrust west with the end of the staff
5. Facing west, turn the staff to point north-south, horizontal block high, horizontal block low
6. Step through with the right leg into Right Bow Stance (RBS), vertical block right side, vertical block left side
7. Pull left leg to right leg and stand up straight, bring hands together at center of staff
8. Do Spin Three clockwise 3 times
9. Step into RBS, do Spin Three clockwise 3 times
10. Step through into LBS, do Spin Three clockwise 3 times
11. Step through into RBS, transition to right-hand Spin One, do Spin One 3 times (reverse figure "8")
12. Step through into LBS, do Spin One 3 times
13. Step through into RBS, do Spin One 3 times
14. When the staff is spinning on the left side, catch it with the left hand palm down
15. Step through into LBS, swinging staff over to north side of body, pointing eastwest
16. Horizontal block down and thrust west
17. Turn clockwise and step through with the left leg into LBS facing east, swinging staff over to south side of body, pointing east-west
18. Horizontal block down and thrust east
19. Pull right leg to left leg and stand up straight, bring hands together at center of staff
20. Do Spin Three clockwise 3 times
21. Step into RBS, do Spin Three clockwise 3 times
22. Step through into LBS, do Spin Three clockwise 3 times
23. Step through into RBS, transition to right-hand Spin Two(under armpit swing), do Spin Two 3 times
24. Step through into LBS, do Spin Two 3 times
25. Step through into RBS, do Spin Two 3 times
26. When the staff is spinning on the left side, catch it with the left hand palm down
27. Step through into LBS, swinging staff over to south side of body, pointing eastwest
28. Horizontal block down and thrust east
29. Turn clockwise and step through with the left leg into LBS facing west, swinging staff over to north side of body, pointing east-west
30. Horizontal block down and thrust west
31. Step through into RBS, do Spin Four 3 times
32. Step through into LBS, do Spin Four 3 times
33. Step through into RBS, do Spin Four 3 times
34. Step through into LBS, do Spin Four 3 times
35. Step through into RBS, do Spin Four 3 times
36. Step through into LBS, swinging staff over to north side of body, pointing eastwest
37. Horizontal block down and thrust west
38. Turn clockwise and step through with the left leg into LBS facing east, swinging staff over to south side of body, pointing east-west
39. Horizontal block down and thrust east

40. Step through into RBS, strike down with the end of the staff
41. Step through into LBS, strike down with the end of the staff
42. Step through into RBS, strike down with the end of the staff
43. Step through into LBS, strike down with the end of the staff
44. Step backwards with left foot into RBS, strike up with the end of the staff
45. Step backwards with right foot into LBS, strike up with the end of the staff
46. Step backwards with left foot into RBS, strike up with the end of the staff
47. Turn, drawing right foot to left foot and stand up straight facing north, drop left end of staff to the ground so that staff is upright in right hand and bow.

LUO HAN CHUAN - Fist of Luo Han

1. Bow
2. With hands in fists, breath in while pulling hands to chest high, palm up (in fists)
3. Breath out while extending hands toward the north, palm down (in fists)
4. Open hands and turn palm up, breath in while pulling hands back to chest
5. Turn hands palm down and breath out while pushing hands down towards ground
6. Raise left knee, raise left arm vertically in front of body, palm east, right hand forms fist at waist, palm up
7. Turn on right foot while four corner blocking with left arm and leg, when knee reaches northeast, lunge west to Left Bow Stance(LBS), left hand blocks the temple, right hand chops horizontally to the west palm up (neck level)
8. Shift to Reverse Left Bow Stance(RLBS), left arm brushes off right arm, left hand blocks in front of left knee, right hand blocks temple, both palms face north (parallel to each other and the floor)
9. Front kick towards the west with left leg, behind the left hand
10. Step out with the left leg into deep LBS, body facing north, chest rests on left thigh, punch with both hands towards the west, left hand crotch level, right hand chest level, palms facing each other (in fists)
11. Straighten upper body still facing north, left arm blocks the temple, right arm blocks the groin, hips remain the same level as the previous move
12. Pull left leg into Left Monkey Stance(LMS), left arm blocks down to the left palm faces north), right arm blocks the temple (palm faces north), hips again stay at same level
13. Step left leg in front of right, arms come to waist high palms up (open hand), bring left foot down while dropping hands, jump off left foot, circle hands behind you
14. Jump towards the east landing in deep LMS still facing north, circle arms over and down ending bird's beaks striking by feet
15. Look west, left arm raises straight out parallel to the floor with palm up (holding plate), circles to block left temple
16. Lunge toward the west into LBS, left hand pulls back to block the temple, right hand spear hands to the west, palm faces south
17. Shift to Reverse Left Bow Stance(RLBS), left arm brushes off right arm, left hand blocks in front of left knee, right hand blocks temple, both palms face north (parallel to each other and the floor)
18. Front kick towards the west with left leg behind left hand
19. Without putting left foot down, double crescent kick, left, right
20. Without putting right foot down, double crescent kick right, left, end in "Hero Pose" left knee raised toward the west, body facing northwest, face looking west, left arm horizontal in front of stomach, left hand in fist, right fist directly above left fist but head high as if holding a staff vertically in both hands, hold position for a moment
21. Lunge west into LBS, left hand back fists toward the west (descends at angle), right fist comes to waist
22. Step through into RBS, left fist comes to waist, right hand punches to the west (palm down)
23. Pull left foot into horse stance, still facing west, right arm circle blocks and ends blocking temple, left hand punches west
24. Swivel to the south, raise left toe leaving heel on the floor ("barely tap"), left fist pulls to left waist, while right arm vertical blocks in front of chest (like arm break)

25. Look west, shift weight onto left foot, right front kick toward the west
26. Lunge to the west into RBS, left arm blocks the temple, right arm punches west
27. Left arm comes in to twist attack, right hand chops high to the north, left hand chops low to the south (like kata #18)
28. Sweep left leg through into raised knee position facing northwest, open hands scoop down then up to waist high, palms up
29. Pivot to face west and jab hands out to both sides eye level, thumbs tucked down, fingers slightly spread, palms facing west, kick left leg straight forward from the knee toward the west
30. Jump to left leg facing southwest, raise right knee, arms with elbows bent and fingers spread remain pointed to both sides
31. Jab out to both sides eye level, palms facing southwest, kick right leg straight forward from the knee
32. Lunge to the west into RBS, right hand chops to the west, fingers together, palm down, left arm is held horizontally in front of stomach, fingers together, palm up
33. Swivel to the east counterclockwise, pull right arm in horizontally in front of stomach, palm up, left arm raises to chest high palm down, continue to turn counterclockwise, stepping around with the left leg, pivoting on the right leg to face west in LBS, left arm chops to the west palm down, right arm remains horizontally in front of stomach palm up
34. Pivot on left leg to face north, pull right leg in to left and stand up straight, swing both arms straight toward the north shoulder height, palms down
35. Breath in and pull hands in to chest, closing into fists and turning palm up
36. Breath out and push hands toward the ground, turning hands palm down and opening hand & Bow

BEI HUANG CH'I KAI PANG (or Northern Beggar's Stick)

1. Holding stick between your right palm and the ground, bow
2. Raise left knee and hold left arm vertically in front of body, palm facing east
3. Lunge forward into Left Bow Stance (LBS) and side hand thrust forward with left hand
4. Draw right leg up to left, pull left hand to chest, palm facing east, grasp top of stick with right hand and flip it up into the crook of your right arm
5. Raise left knee and hold left arm vertically in front of body, palm facing east
6. Turn west and lunge into LBS, left arm blocks the temple, strike downward to the west with the stick
7. Pivot clockwise on left foot to face east, raise right knee, left hand comes to chest, right arm brings the stick over the head and circle blocks right of the knee then left of the knee
8. Lunge forward into RBS facing east, left arm extends toward the west, strike downward to the east with the stick
9. Swivel counterclockwise to the west into LBS, pull left hand to chest, draw stick over shoulder without it touching shoulder
10. Basic Swings
11. Circle stick to block left side, right side, then left side as you step with right foot, cross step behind with left foot as you circle on left side again and strike down from left side. Pivot CCW strike stick upward to someone's groin behind you as you pivot. You rotate to a left foot forward stance, Circle stick straight down(right side), cross the body (left side), then right side again, cross step behind with right foot and circle stick on right side to a hit from right side. Pivot CW to a right foot stance and circle stick to a final hit from left side. (Note: hand is at chest when swinging the stick and by the head when striking [total of 3 strikes per basic swing set])
12. Shuffle step backward by weighting left leg first, left hand blocks temple, circle stick in front of your CW to block and strike.
13. Shuffle step forward by weighting right leg first, left hand blocks temple, circle stick in front of your CW to block and strike
14. Swivel around counterclockwise(3/4 turn) to face west in LBS, do **basic swings**
15. Swivel around counterclockwise to the west into Left Cat Stance (LCS), swing stick down and thrust west, left palm hand pushes the stick "feed the chicken the rice"
16. Flip the end of the stick in right hand upwards and catch the opposite end in right hand
17. Step forward into LBS, swing the stick parallel with the ground to a high
18. Pivot to the face south, stand up on left leg and raise right knee, keep stick at head high, look west
19. Lunge toward the west into RBS, left hand blocks temple, strike rightwards to the west head high
20. Shuffle to the west by weighting right foot first, land in RBS and strike chest level from south direction
21. Shuffle backwards by weighting left foot first, land in a RBS and reverse the stick direction to strike the head from the north
22. Sit down low on the right leg in a reverse stance, grab the other end of the stick with the left hand over the left leg, pivot on right foot and swing left leg around CCW to the west, stand to LBS facing west with stick at a horizontal high block
23. Shift weight onto the left foot, pivot to the south, stand up on left leg and raise right knee, raise stick to head high, look west

24. Lunge toward the west into RBS, left hand blocks temple, strike rightwards to the west chest high
25. Shuffle to the west by weighting right foot first, land in reverse RBS and strike ankle level from south direction
26. Shuffle backwards by weighting left foot first, land in a RBS and reverse the stick direction to strike the back from the north (chest level)
27. Shift weight back onto left foot, raise right knee, left hand comes to chest, circle block right, circle block left
28. Lunge forward into RBS facing west, left arm extends toward the east, strike downward to the west with the stick
29. BASIC SWINGS
30. Continue to 9th swing to the outside of the body, then inside, then outside
31. Draw left foot to right and stand facing north, swing stick around and tuck under right arm, left hand is at chest in knife hand.
32. Step backward with the left foot into RBS, strike upwards to the north with the stick (groin level)
33. Pull right foot back to left and stand up straight, raise stick to crook of right arm
34. Lower stick to ground, and lower hand to side, palm facing ground, bow
35. Shuffle backwards by weighting left foot first, land in a RBS and reverse the stick direction to strike the back from the north (chest level)
36. Shift weight back onto left foot, raise right knee, left hand comes to chest, circle block right, circle block left
37. Lunge forward into RBS facing west, left arm extends toward the east, strike downward to the west with the stick
38. BASIC SWINGS
39. Continue to 9th swing to the outside of the body, then inside, then outside
40. Draw left foot to right and stand facing north, swing stick around and tuck under right arm, left hand is at chest in knife hand.
41. Step backward with the left foot into RBS, strike upwards to the north with the stick (groin level)
42. Pull right foot back to left and stand up straight, raise stick to crook of right arm
43. Lower stick to ground, and lower hand to side, palm facing ground, bow

Tai Chi Material

From Beginner to Yellow Sash in Tai Chi, you will learn the Yang Family 24 Posture Form and the beginning of Pa Kua.

Shaolin Combination Tai Chi 24

Tai Ji Quan Ai Shi Si

1. Rising posture

Step with left foot to a small horse stance. Raise both hands in front of you to shoulder height. Then lower them again. Armpits feel hollow, the elbows point slightly outward and the fingers are reaching gently to the front.

2. Part the Horses Mane

Shift the weight to the right leg and hold the ball on the right hip (right hand on top). Step with left foot to front stance and raise the left hand toward the west. The right hand brushes over the raising left hand. Twist the left foot and hold the ball on the left side (left on top). Step to right cat and repeat this posture 2 more times.

3. White Crane Spins the Wings

Ring the right foot pulls up next to left. Left hand falls (palm up), while right hand raises (palm down). They pass each other, flip positions and come again toward the middle.

4. Brush the Knee and Push

Turn the right foot, draw the right hand up next to right ear, then use your left hand to make a blocking motion over the left knee while the right palm strikes forward from the chest level. Repeat this motion 2 more times. Ending with left foot forward.

5. Hands Play Guitar (Pi Pa)

Slide the right foot up then step forward with the left foot to left heel stance. Hands move in an elbow break in front of you.

6. Left and Right Flip the Elbows

Flatten the left foot and open the hands up (both palms up, right hand high) Shift more weight until the left foot is one the heel. Then step back and push the right hand forward. Draw the left hand in chest level (palm up). Right hand goes over the palm like it's pushing something off it. Repeat this a total of 4 times and end up left foot forward.

7. Grab the Sparrow's Tail Section.

Pull the left foot into cat stance and hold the ball (right hand on top).

Ward Off – Step with left foot to bow stance and push with left hand (back of hand) while right hand follows. Half-way out both hands flip to their opposite position.

Roll-Back – Shift the weight back while bringing the left hand around the front of the body.

Press – Right hand moves behind left wrist and presses it forward as the weight shifts forward.

Push – Pull the weight back again, draw the hands toward the chest, circle them down in front and push back out with the weight (palms forward) When



finished pull weight back and open arms to the west. Then shift weight to the left leg and open the arms to the right. Shift back to right cat and hold the ball with left hand on top.

8. Repeat the Grab the Sparrow Tail section on the right side.

9. Single Whip

Turn on the right heel and follow the right hand with your eyes. Half way around you shift the weight to the right foot and pull the left to cat. The right hand forms bird's beak out from right shoulder. Then you step with the left foot and brush the left hand out and forward to bow stance.

10. Cloud Hands

Draw the left hand in and press the right hand down in to right bow stance. Pull the right hand up in front of chest and press the left down while Drawing right foot up to a very small horse stance. Now raise the left while moving left foot out to bow stance, push right hand down. Bring the RH up while bringing the RF to a small horse drop the left hand again. Bring LH up while moving LF to small bow stance, Drop RH. Bring RH up while drawing in RF. Drop LH. Raise LH to waistline (palm up) stand in a cat stance and do the next move.

11. Single Whip

12. On a High Plane Look Out For the Horses (High Pat Horse)

Draw right foot up while opening both hands upward in front and back. Slide the left foot in front.

Leave flat to the ground with no weight. Meanwhile pull left hand in, and push right palm forward. Pull the left foot back up, pull the left hand up under the RH toward the chest. Push them both

Back toward the floor as the left foot hits the ground again.

13. Separate the Right Leg

Circle the two hands up to the chest (RH in front). Draw the right leg up and extend the right foot to a front kick and both palms to the side (palm away).

14. Twin Mountains Strike Temples

Bring the right down straight to the heel, meanwhile bring both hands in front of you (palms facing you and fingertips pointing to the ceiling.) Circle them down around into a double temple strike as your weight hits the right leg.

15. Separate the Left Leg

First you turn to face South and bring hands to an almost praying position in front of your chest. The weight is in the center. Then turn to the east and shift the weight to the left foot. Both hands push to the front and back. Then pull the weight back to RF, block with palms to the sides of the waist. Then circle the hands into a crossed position in front of chest (left in front). Meanwhile raise the left foot and then kick it forward while pushing the palms to the side.

16. Snake Creeps Down (low single whip)

Keep the LF high and turn a little to the South. Hang the Lotus position with the RH bird's beak and left hand palm up at navel. Drop low and fan the left hand forward. Stand to a bow stance with LH side hand in front and RH bird's beak behind you pointing to the ceiling.

17. Golden Rooster Stand on One Leg

Raise the right leg up and both hands point up.

18. Snake Creeps Down

Turn to the North and repeat the snake creeps down posture.

19. Golden Rooster (on the other side). This ends with left leg up.

20. Fair Lady Works the Shuttle (loom)

Put the LF down, twist to North and hold ball (LH on top). Step with RF, block up with the right hand while palm striking forward with the left hand. Repeat on the other side.

21. Needle at the Bottom of the Ocean

From the left bow stance, pull the weight back to cat, circle the left hand and stab downward with the right spear hand.

21. Lightening Hands

Step forward with LF, turn to South and push both palms in that direction (stay in a left bow stance).

22. Turn the Body and Strike the Fist Out

Turn the left heel then shift weight forward while punching (palm up).

23. As if Closed and Sealed

Step with left foot at 45 degrees. Guard with the left hand and punch forward and circular with the right hand (vertical punch). Circle the right hand back to a cross hand posture with the weight back. Open hands and push back forward.

24. Cross Hands Posture

Turn on the left heel and raise the left hand. Turn on the right heel and raise the right hand. Step back with the right foot to horse stance and cross the hands in front of the chest (right in front).

Closing Posture Lower hands to the side, draw your left foot over and BOW.