

THE SHORT CORE FORM (Page 1 of 5)

As taught by Sijo Carl Totton

Preparation

Start with your feet together and your hands at your sides
Bend your knees and pick up your left heel
Step out to the left with your feet shoulder width apart
Put a little space under your armpits and activate your hands
Trace a circle backward with both arms (Raise and lower your arms)
Bend your knees and sink your weight (Wu Chi posture)
Rock your weight to the left and turn your right foot 45° to the right with your toe up
Hold a ball of energy with your right hand on top and left hand on bottom
Put your toe down and commit your weight to your right foot
Pick up your left heel and point your knee forward
Step forward with your left foot

Parting The Wild Horse's Mane

Do the following simultaneously:
Rock your weight forward
Turn your waist from 45° to straight forward
Bring your left hand up and your right hand down
Your left hand is in line with your shoulder with the palm facing you
Your right hand should be at the same angle as your front thigh in front of you

Stork Spreads Wings

Rock your weight back on your right foot and put your left toe on the ground
Do the following simultaneously:
Raise your right arm with the palm up
Lower your left hand with the palm down
Round your arms and make sure they are in front of your body
These are blocks and should emulate the shape of the Yin and Yang symbol

Brush Knee

Transition:
Extend your right hand straight forward with your palm up and fingers extended
Bring your left hand up and block your face (keep your elbow down and wrist at eye level)
Do the following simultaneously:
Bring your right arm up at a 45° angle back and to the right (right hand palm up)
Point the fingers on your left hand to the center of your right hand (left hand palm down)
Step forward with your unweighted left foot
Brush the fingers of your left hand across your left kneecap
Aim the fingers of your right hand forward and push past your right ear
Flex the palm of your right hand and keep your elbow bent as you push in line with your shoulder

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Play The Guitar

Rock your weight back to your right foot

Pick up your left knee and expand your arms like you are holding a ball

Contract your arms and place your left heel on the ground with your toe at a 45° angle

Place your arms at a 45° angle in the center of your body

Keep your hands a fist distance apart with the palm heel of the right hand in line with the left elbow

Repulse The Monkey

Swing your right arm straight back and the left arm up straight forward

Rotate your hands so your palms face the sky

Do the following simultaneously:

Step back with your left foot and push yourself back with your right hand

Rock your weight back until your right toe is up at a 45° angle

Bring your left hand to your hip palm up

Push your right palm forward in line with your shoulder but keep your arm at a 45° angle

Ward Off

Move your right hand into a high outward block to the right keeping your elbow bent

Move your right hand into a low inward block to the center

Do the following simultaneously:

Step forward and slightly to the right (shoulder width)

Point the fingers of your left hand toward your right palm

Keep your hands a forearm distance away from each other

Moving from low to high, pendulum straight up the center

Think about your left hand pushing your opponent's wrist and your right hand straightening their elbow

Think of your left hand as the candle flame and your right hand protecting it from the wind

Roll Back

Relax your hands and let your hands continue up and then turn over both hands

Do the following simultaneously:

Turn your waist 45° to the left

Bring your left hand to two inches below your belly button

Keep your left elbow away from your body

Bring your right hand in line with your shoulder with the elbow bent at a 45° angle

Press

Bring your left hand up and turn your hands until palms are facing each other

As soon as your arms are parallel, fold your left hand in and place your left palm on the inside of your right forearm

Turn your waist until you face forward

Brace your forearm and push from behind like you are holding a shield

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Push

Bring your hands inline with both shoulders with your elbows at a 45° angle
Rock your weight back
Push your hands forward like you're pushing a big boulder up a hill

Single Whip

Do the following simultaneously:

Wave both hands to the left and bring them parallel to your belt line at your left hip

Turn your right foot in at a 45° angle

Hook your right hand and trace around your waist to your right hip

Keep your elbow tight to your waist

Bring your left hand to two inches below your belly button with your palm up

Turn your waist 90° to the left and extend your right arm straight out from the shoulder

Make sure the fingers on your right hand are pulled up and together like a crane's beak

Do the following simultaneously:

Bring your left arm up and across your body

Step your left foot forward to the left and land with your left hand in line with your shoulder

Make sure your arm is bent at a 45° angle with your hand in line with your shoulder

Wave Hands Like Clouds (Stationary)

Turn your waist until you face forward as you turn your left foot in at a 45° angle

Bring up your right arm like you are hugging a cloud

Bring your left arm underneath the cloud with your palm down

Rock your weight into your right foot as you hug the cloud across

Switch your hands and hug the cloud across to the left

Switch your hands and hug the cloud across to the right

Do the following simultaneously:

Switch your hands and step your right foot in and put your right toe on the ground

Bring your left and right hands over to the left side of your body with palms facing left

Point your left hand forward at throat level

Point your right hand down at groin level

Split And Kick

Bring your right hand up and your right knee up at the same time

Cross your right arm under your left and block above your head to the left

Split your hands like goal posts and kick forward with your right foot

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Double Wind Fills The Ears

Keep your right knee up and bring your arms up with your palms facing you
Flick your hands forward and step forward with your right foot
Make your hands into fists and swing them forward from the outside in
Aim for your opponent's temples with the backs of your fists (first set of knuckles)
Spiral your hands up as you rock your weight forward and land the strike as you land your weight forward

Fair Lady Works The Shuttles

Rock your weight back to your left foot and turn your waist 45° to the left
Hold a ball of energy with your left hand on top and your right hand on the bottom
Do the following simultaneously:
Bring your right hand up in front of you with your palm facing right
Bring your left hand to your left hip with your palm up
Do the following simultaneously:
Keep your right hand in line with your temple with your elbow up
Bring your right hand back to cushion a blow with your right hand
Rock your weight forward onto your right foot as you push forward with your left hand
Think about redirecting the incoming energy from your right hand into the outgoing energy of your left hand

Fan To The Back

Rock your weight back to your left foot and turn your waist 45° to the left
Hold a ball of energy with your left hand on top and your right hand on the bottom
Move your left hand into a high outward block to the left keeping your elbow bent
Move your left hand into a low inward block to the center
As your left hand comes in, bring your right and left hand up to your right temple
Step your left foot in and place your toe on the ground facing 90° to the left
Place your left hand behind your right wrist with both palms facing to the right
Step your left foot forward (facing left) and slide your left hand forward while keeping your right hand up at your temple
Bring your left hand inline with your shoulder with your elbow at a 45° angle

Circling Covered Punch

Circle your right hand out and back as you make a fist
Bring your closed fist past your waist
Circle your left hand so it hovers over your forearm as it passes your waist

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Apparent Close

Rock your weight back into your right foot (still facing left) with your palms facing you in line with your shoulders

Turn your palms forward and push your weight forward keeping your hands in line with your shoulders and your arms at a 45° angle

Embrace Tiger

Wave both hands above your head from the center outward and step your right foot to the right (turning directly to the front)

Cross your right forearm across your left forearm with your palms facing you

Pick up your left foot and place your feet shoulder width apart

Block down with your arms crossed in front you and your fingers pointing straight up

Return To Mountain

Bring your hands to your sides

Bend your knees slightly

Step your left foot back in and bring your feet together

Stand up completely straight

Movement descriptions by Justin Waggle
ThisIsTheTao.com