

THE MEDIUM BEIJING FORM (Page 1 of 13)

This form is the third form in a series starting with
THE SHORT CORE FORM and followed by THE SHORT BEIJING FORM

All additions and modifications to the SHORT CORE FORM are highlighted in blue.
All additions and modifications to the SHORT BEIJING FORM are highlighted in red.

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 (Three Times)

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

Transition to the second of three times (on the opposite side):

Allow your left hand to continue upward as you pull your left foot back on the heel
Pivot your left foot to 45° and commit your weight
Hold a ball of energy with your left hand on top and right hand on bottom
Step forward with your right foot

Do the following simultaneously:

Rock your weight forward
Turn your waist from 45° to straight forward
Bring your right hand up and your left hand down

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Transition to the third of three times (on the original side):

Allow your right hand to continue upward as you pull your right foot back on the heel

Pivot your right foot to 45° and commit your weight

Hold a ball of energy with your right hand on top and left hand on bottom

Step forward with your left foot

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

Step forward with your right foot into an inward stance facing 45° to the left

Turn to the left

Stork Spreads Wings (Facing 90° To The Left)

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 (Facing 90° To The Left) (Three Times)

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

Transition to the second of three times (on the opposite side):

Pull your left foot back on the heel

Bring your right hand up and block your face (keep your elbow down and wrist at eye level)

Pivot your left foot to 45° and commit your weight

Do the following simultaneously:

Bring your left arm up at a 45° angle back and to the left (left hand palm up)

Point the fingers on your right hand to the center of your left hand (right hand palm down)

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Step forward with your unweighted right foot
Brush the fingers of your right hand across your right kneecap
Aim the fingers of your left hand forward and push past your left ear
Flex the palm of your left hand and keep your elbow bent as you push in line with your shoulder

Transition to the third of three times (on the original side):

Pull your right foot back on the heel
Bring your left hand up and block your face (keep your elbow down and wrist at eye level)
Pivot your right foot to 45° and commit your weight
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

~~Rock Forward And Poke Down (Facing 90° To The Left)~~

~~Do the following simultaneously:~~

~~Rock your weight forward onto your left foot until you can bring up your right heel
Keep your right toe on the ground
Keep your left hand to your side with your palm down (connecting to the earth)
Make sure your fingers are close together and your thumb is tucked to the side
Turn your fingers forward with your thumb to the sky
Curved your wrist downward and poke down in front of you with your right hand~~

Right Knee Up And Poke Down (Facing 90° To The Left)

Do the following simultaneously:

Rock your weight forward onto your left foot and bring up your right knee
Keep your left hand to your side with your palm down (connecting to the earth)
Keep the fingers on your right hand close together and your thumb tucked to the side
Turn the fingers of your right hand forward with your thumb to the sky
Curved your wrist downward and poke down past your knee with your right hand

Play The Guitar (Facing 90° To The Left)

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

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Repulse The Monkey (Facing 90° To The Left) (Three Times)

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

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

Rotate your hands so your palms face the sky

Do the following simultaneously:

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

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

Bring your right hand to your hip palm up

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

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

Shoulder Right And Left (Facing 90° To The Left)

Bring both hands down in front of your belly like you are holding a heavy metal ball

Take a deep step back 45° to the right with your right foot

Rock your weight into your right foot aiming your shoulder to the right

Rock your weight into your left foot aiming your shoulder to the left

Ward Off (Facing 45° To The Right)

~~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

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Roll Back (Facing 45° To The Right)

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 (Facing 45° To The Right)

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

Push (Facing 45° To The Right)

Bring your hands in line 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 (Facing 45° To The Right)

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~~ 90° 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

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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 (As your right hand comes up, pick up your right foot)

Step your right foot in until your feet are shoulder width apart (Wu Chi width)

Do the following three times:

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

Switch your hands (As your left hand comes up, pick up your left foot)

Step your left foot to the left until your feet are double shoulder width apart (Horse Stance)

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

Switch your hands (As your right hand comes up, pick up your right foot)

Step your right foot in until your feet are shoulder width apart (Wu Chi width)

~~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~~

Do the following simultaneously:

Rock your weight into your right foot while keeping your left toe on the ground

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

Place your the bottom edge of your left hand two inches below your navel (palm up)

Keep your left elbow forward

Diagonal Single Whip

Tuck the thumb of your left hand into your palm

Step your left foot back and to the left

Turn 90° to the left while extending your left hand to the level of an opponent's neck

Aim for your opponent's neck with the top edge of your left hand (palm up)

Make sure your feet are shoulder width apart and your weight is shifted into your left foot

Point the fingers of your left hand forward and rock your weight back into your right foot

Place your thumb on the backside of your left hand

Rock your weight into your left foot and flex your left hand forward into a chop

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High Pat The Horse (Facing 90° To The Left)

Do the following simultaneously:

Rock your weight back into your right foot

Place your left toe on the ground

Bring your left hand to your left hip with your palm up

Bring your right hand above your shoulder and arc it forward

Aim your palm heel at the bridge of your opponent's nose

Cross Hands (Facing 90° To The Left)

Do the following simultaneously:

Fold your arm down with your right hand crossing your body (palm facing down)

Think about catching your opponent's hands as they bring them to their face

Cross your left hand over your right arm

Keep your left palm up with your fingers tightly together

Extend your fingers toward your opponent's neck

Split And Kick (Facing 90° To The Left)

Wave your hands above your head as you step your left foot forward placing it at a 45° angle

Place your right toe on the ground in preparation for a 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

Double Wind Fills The Ears (Facing 90° To The Left)

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

Double Back Fist (Facing 90° To The Right)

Slide your left foot behind right

Turn toward your left 180° and put 70% of your weight into your left foot

Keep your left foot forward with your feet shoulder width apart

Move your back fists from the center into two back fists facing outward

Split And Kick (Facing 90° To The Right)

Bring your hands down and to the right as rock your weight into your right foot

Place your left toe on the ground in preparation for a kick

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

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

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Double Wind Fills The Ears (Facing 90° To The Right)

Keep your left knee up and bring your arms up with your palms facing you
Flick your hands forward and step forward with your left 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

Snake Creeps Down (Facing 180° To The Back)

Transition:

~~Turn and face 180° to the back and bring your left foot in line with your right (horizontally)~~

~~Bring your hands in front of your shoulders with your elbows down~~

~~Rock your weight into your left leg~~

Make sure the fingers on your right hand are pulled up and together like a crane's beak
Step your right foot back toward 90° To The Left and look left toward 90° To The Right
Hook your right hand down keeping your elbow close to your waist
Continue up with the arc of your hooked right hand and then scoop down with your left hand
Move your left hand in the shape of a chop down the inside of your left leg fingertips first
Think about a snake traveling down a branch or the trunk of a tree

Golden Rooster Stands On One Leg (Right Side) (Facing 90° To The Right)

Transition:

Straighten your left foot so it faces left toward 90° To The Right

Swing up your right hand and right knee simultaneously until you are standing on your left foot

Keep your left hand palm down and think about connecting to the earth for balance

Keep your right arm and knee in a line with your elbow down and your right hand up in a chop

Turn To The Front

Do the following simultaneously:

Step your right foot down and turn to the front

Place your feet shoulder width apart with your knees slightly bent

Keep your right hand up and in line with your right shoulder

Keep your left hand palm down and think about connecting to the earth for balance

Snake Creeps Down

Make sure the fingers on your left hand are pulled up and together like a crane's beak
Step your left foot back toward 90° To The Left and look right toward 90° To The Right
Hook your left hand down keeping your elbow close to your waist
Continue up with the arc of your hooked left hand and then scoop down with your right hand
Move your right hand in the shape of a chop down the inside of your right leg fingertips first
Think about a snake traveling down a branch or the trunk of a tree

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Golden Rooster Stands On One Leg (Left Side) (Facing 90° To The Right)

Transition:

Straighten your right foot so it faces right toward 90° To The Right

Swing up your left hand and left knee simultaneously until you are standing on your right foot

Keep your right hand palm down and think about connecting to the earth for balance

Keep your left arm and knee in a line with your elbow down and your left hand up in a chop

Fair Lady Works The Shuttles (Left Side) (Facing 90° To The Right)

Transition:

Step to the left and slightly forward with your left foot

Rock your weight into your left foot and put down your right toe on the same horizontal plane as your left foot (This move is commonly known as the side cat stance)

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 (extended 45° To The Back Right)

Bring your left hand to your left hip with your palm up

Extend your right leg and put your right heel on the ground (extended 45° To The Back Right)

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

Fist Under Elbow (Facing 45° To The Back Right)

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

Bring your right elbow down and keep your right hand in the shape of a chop

Make your left hand into a fist and bring it underneath your right elbow

Think about crushing the back of your opponent's hand with your right elbow.

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

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Fair Lady Works The Shuttles (Facing 90° To The Right)

Transition:

Step to the right and slightly forward with your right foot

Rock your weight into your right foot and put down your left toe on the same horizontal plane as your right foot (This move is commonly known as the side cat stance)

Hold a ball of energy with your right hand on top and your left hand on the bottom

Do the following simultaneously:

Bring your left hand up in front of you with your palm facing left (extended 45° To The Right)

Bring your right hand to your right hip with your palm up

Extend your left leg and put your left heel on the ground (extended 45° To The Right)

Do the following simultaneously:

Keep your left hand in line with your temple with your elbow up

Bring your left hand back to cushion a blow with your left hand

Rock your weight forward onto your left foot as you push forward with your right hand

Think about redirecting the incoming energy from your left hand into the outgoing energy of your right hand

Play The Guitar (Facing 90° To The Right)

Do the following simultaneously:

Wave your hands above your head

Rock your weight back onto your right foot

Do the following simultaneously:

Let your hands circle out and down and then circle up and cross in front of you

Bring your hands up and out until they are parallel in front of you (extended 45° To The Right)

Rock your weight forward onto your left foot

Bring your right foot forward and place your toe on the ground

Block down with your left arm crossed over your right arm and your fingers pointing straight up

Rock your weight back to your right foot

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

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Needle Beneath The Sea (Facing 90° To The Right)

Circle your right hand out and down (palm in, fingers are pointing to the ground)

Do the following simultaneously:

Bring your left hand down and your left elbow up until they are parallel to the ground

Switch your left foot from your heel to your toe

Do the following simultaneously:

Rotate your right wrist so your pinky is facing forward

Bring your right hand up until your pinky grazes the inside of your left elbow

Do the following simultaneously:

Circle your right hand to your right hip

Circle your left hand outward then inward with your palm down in front of you

Do the following simultaneously:

~~Slide your right foot behind your left foot and put your left toe on the ground~~

Point the fingers of your right hand forward with your thumb tucked and facing the sky

Place the palm of your left hand on top of your right wrist

Drop your weight and fold forward at your waist while keeping your back straight and your left toe on the ground

Point your right fingers toward the ground and think about driving your energy downward

Fan To The Back (Facing 90° To The Right)

~~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 hands up to your right temple~~

~~Step your left foot in and place your toe on the ground facing 90° to the left~~

~~Come back to standing and bring your right and left hands up to your right temple~~

~~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~~

Elbow And Poke (Facing 180° To The Back)

Do the following simultaneously:

Make a fist with your right hand

Turn to the right to face the back and elbow to the right with your right elbow

Bring your left hand up and over your head and poke to the right

Rock your weight into your right foot

Aim your elbow for your opponent's throat and your fingers for their eyes

Think about your opponent bending over and bring their hands to their face.

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Back Fist And Palm (Facing 90° To The Left)

Rock your weight into your left foot

Do the following simultaneously:

Step with your right foot forward toward 90° To The Left

Make sure your feet are shoulder width apart and rock your weight forward

Extend your right hand into a back fist at head level toward 90° To The Left

Extend your left hand palm forward at heart level toward 90° To The Left

Back Fist And Chop (Facing 90° To The Left)

Do the following simultaneously:

Rock your weight into your left foot and rotate both of your wrists

Keep your right hand in the shape of a fist and your left hand open palm up

Position your arms in the shape of a circle and pull your arms back toward you

Slide your right foot inward and pull it up and in to the left (this is a leg sweep)

Do the following simultaneously:

Step with your right foot forward toward 90° To The Left

Make sure your feet are shoulder width apart

Arc your fist up and over and put your weight into your right foot as your fist comes down

Your back fist should be extended in front of you and end in line with your right hip

Do the following simultaneously:

Trace the arc of your back fist with a left-handed chop

Bring your right fist back to your hip as you bring your left chop down

Your left chop should be extended in front of you and end in line with your right hip

Think about hitting your opponent in the temple followed with a chop to the back of the neck.

Circling Covered Punch (Facing 90° To The Left)

~~Circle your right hand out and back as you make a fist~~

Do the following simultaneously:

Step your left foot forward

Raise your left hand as if you are picking up your opponent by their chin

Bring your closed fist past your waist

Circle your left hand so it hovers over your forearm as it passes your waist

Apparent Close (Facing 90° To The Left)

Do the following simultaneously:

Bring your left hand under your right elbow palm up

Fold your right hand in so your arms in line horizontally

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

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Embrace Tiger

Wave both hands above your head from the center outward and ~~step your right foot~~ rock your weight 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~~ right foot and place your feet shoulder width apart

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

~~Fold your hands in toward yourself and circle your right hand round your left arm~~

~~Uncross your hands (right hand passing under your left hand) until they are shoulder width apart~~

~~Think about untying a bow and let your hands float down like clouds at shoulder width~~

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

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