

Fujian White Crane Fist

First Form – Ba Bu Lian - Movement List

Updated 18th September 2020

Background

In our White Crane and Taiji systems, the movements within a form are typically named to provide some insight as to its function, and to facilitate easy communication when teaching.

The names of the movements in the Ba Bu Lian form have been translated by Wee Kee Jin as follows:

1. Double palm rest
2. Three battles
3. Left spill the bucket
4. Right spill the bucket
5. Soft Eight Immortals Palm
6. Left insert base
7. Right insert base
8. Open wings
9. Close up

To aid the student in associating the name of each part and the physical movements involved, please see the below commented list:

Section	Paul's description
1. Double palm rest	Ready in upright position Yin-yang closing palm Cloud hands Step back and brace the Taiji ball Ride the horse General offers the seal Parallel step, separate the palms Three complete breaths
2. Three battles (san chin)	Repeat 3 times: Step forward, draw down in three movements Circle and then burst Swallow and spit
3. Left spill the bucket	Cloud hands, spill and step to left corner (Turn the ball, drop the ball, step to left corner)
4. Right spill the bucket	Cloud hands, spill and step to right corner (Turn the ball, drop the ball, step to right corner)
5. Soft Eight Immortals Palm	Drawing to the left, strike with the right palm Drawing to the right, strike with the left palm Elbow strike Break the grip and release down Empty arrow palms
6. Left insert base	Turn left passing the door

	Blocking a hook punch Withdraw and strike
7.Right insert base	Turn right passing the door Blocking a hook punch Withdraw and strike
8.Open wings	Fold and block down left Fold and block down right (x3) Jump back, vibrating arms, strike and then open wings
9.Close up	Stroke the beard Double strike with prawn hand Stroke the beard Yin-yang closing palm Cloud hands Step back and brace the Taiji ball Ride the horse General offers the seal Parallel step, separate the palms Step back, double block Return to upright position

This document is a work in progress and it may be updated in due course as my understanding evolves.

End.

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