

Fujian White Crane Fist

First Form – Ba Bu Lian - Movement List

Updated 12th August 2026, 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 movement groups 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. 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 with the physical movements involved, please see the below commented list and note that I have adjusted and further elaborated upon my own descriptions since the previous version of this document.

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
2. Three battles (san chin)	Swallow and spit (three complete breaths) San chin - repeat 3 times: - Step forward, draw down in three movements - Circle and then burst - Close and then open <i>Note: aside from "burst", the breathing pattern is predominantly complete breaths (swallow and spit)</i>
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. Eight Immortals Palm	Move softly: - 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 Step forward and stroke the beard Empty arrow palms
6.Left insert base	Turn left passing the door, step to left corner Block down with left forearm Withdraw and strike
7.Right insert base	Turn right passing the door, step to right corner Blocking down with right forearm Withdraw and backfist
8.Open wings	Brush with right hand Brush with left hand Repeat 3 times: - jump back - vibrating arms - strike - open wings
9.Close up	Stroke the beard (spit) 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 is likely to be further updated to provide clearer instruction to the student, and also in response to my own evolving understanding.

End.

Paul Fretter 12th August 2026

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