



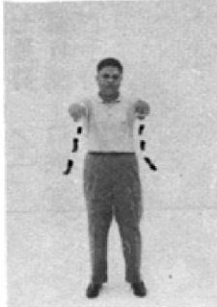











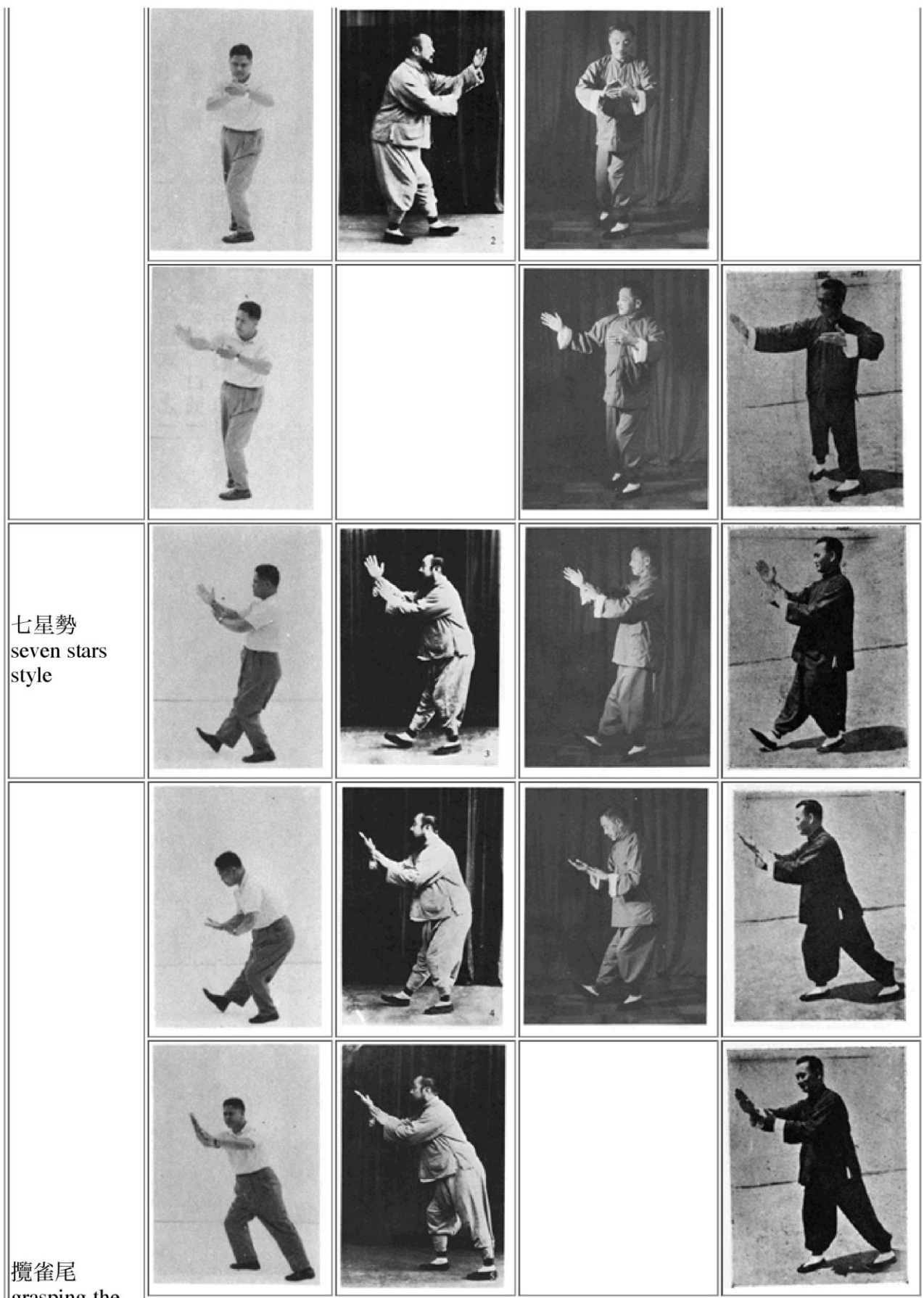


COMPARISON OF THE HANDFORMS (太極拳姿勢名稱順序表)

Name	Cheng Tin-Hung 鄭天熊	Wu Jian-Chuan 吳鑑泉	Wu Gong Yi 吳公儀	Cheng Wing-Kwong 鄭榮光
預備式 ready style				
				
				
				
太極起式 (先鋒臂) beginning style (vanguard arms) (extend the arms)				

Wu lineage is one of the so-called famous family schools of Tai Chi Chuan. Here for the first time are photos of Wu Jianquan, his son Wu Gongyi, Cheng Wingkwong and of Cheng Tinhong performing the Long Form. They all seem to be doing Square Form, a simplified version of the Long Form.

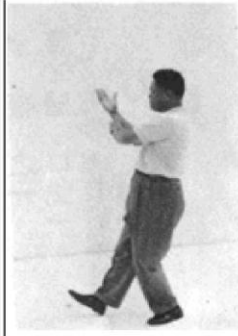
For Cheng Tin-hung lineage, the name 'Pioneer / Vanguard Arms' refers to a hidden technique in the Beginning Style after you have stepped forward; there are multiple applications, including horizontal strikes to the neck and a triple impact of simultaneously striking to the opponent's face and kidneys while sweeping or tripping him. In the Wu family the technique which follows the Beginning Style is identified as Raise Hands Step Up



Like the Yang family, the Wu's call the next technique 'Stroking the Lute' while Cheng Tinghung called it '7 Stars'. It often comes between techniques in the long form as a guard, indicating a new situation and a new opponent. It can also be a palm strike / finger thrust.

Grasping Bird's Tail uses the 4 forces of Peng, Lu, An and Ji

grasping the
bird's tail



單鞭
single whip



斜飛勢
flying oblique



In Wu lineage, Single Whip is executed in a horse riding stance.

There are 3 Flying Obliques in Long Form. The first one can be applied as a neck lock follow up to Single Whip.

提手上勢
(單抽腿)
(雙抽腿)
raise hands
and step up
(single then
double seize
legs)



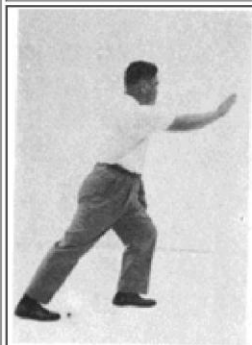
白鶴晾翅
(折臂式)
white crane
flaps its wings
(break arm
style)



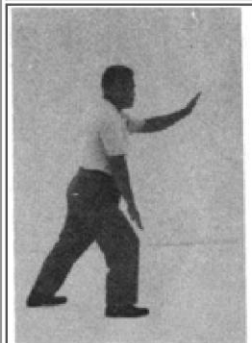
In his round form, Cheng Tinhung taught 2 [hidden] techniques after Flying Oblique and preceding Raise Hands Step Up. They are Single Hand Seize [the Chinese term Chou is also one of the 8 forces of the sword]. Leg & Double Hands Seize Legs.

In Wu lineage, White Crane Flaps Wings is a hip throw, but In his Round Form, Cheng Tinhung taught a [hidden] technique Called Break Arm Style.

摟膝拗步
brush knee
twist step



摟膝拗步
brush knee
twist step

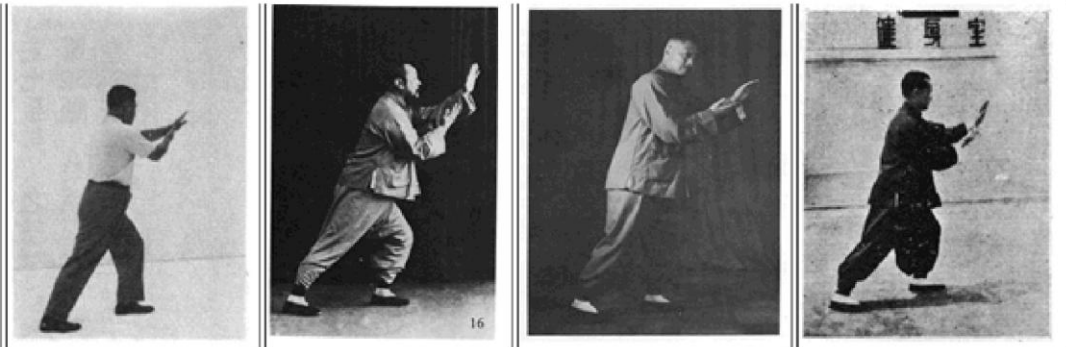


左七星勢
seven stars
style

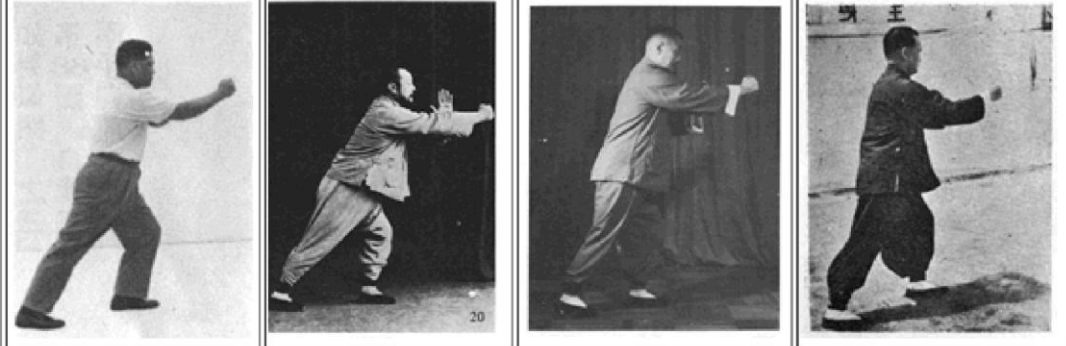
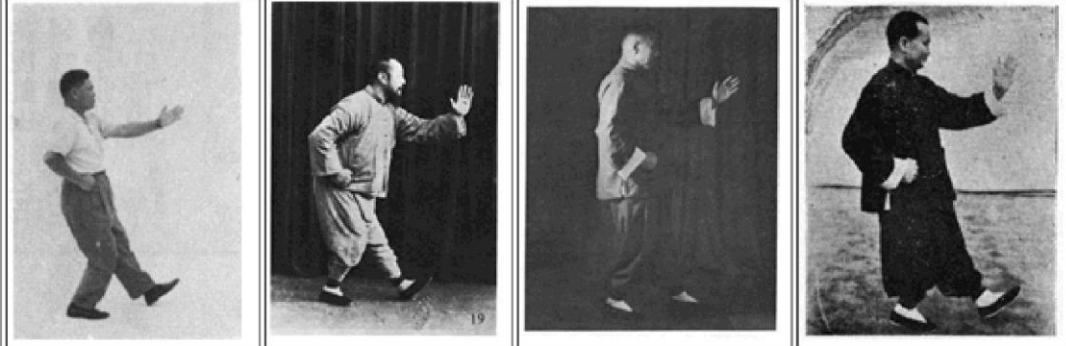


In the second, third and fourth of 4 Brush Knee Twist Step techniques in the first section of the Long Form the arms are coiled as they are retracted. Perhaps because of the pervasive nature of Square Form, many Wu lineage people fail to do this.

手揮琵琶
stroke the lute



上步搬攔捶
step up, parry,
deflect and
punch



Stroking the Lute in the Cheng Tinhung lineage only appears once in the long form.

Cheng Tinhung taught some extra movements prior to Deflect, Parry and Punch. This is called Using Zhou [forearm] to Break Open the Door, a technique which is mentioned on the tombstone of Neijiachuan master, Wang Zhengnan in 1671.

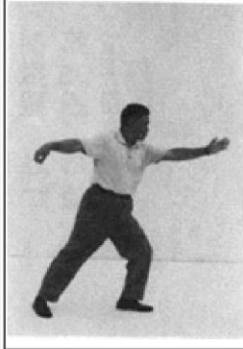


Embrace Tiger and Return to Mountain is a counter to a hip throw.

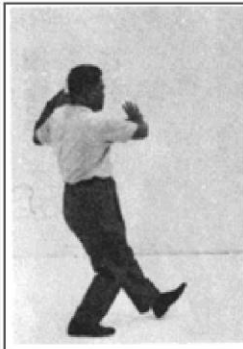
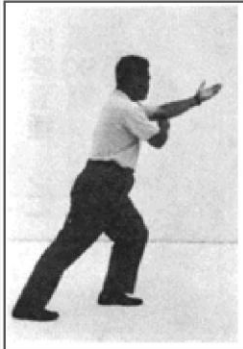
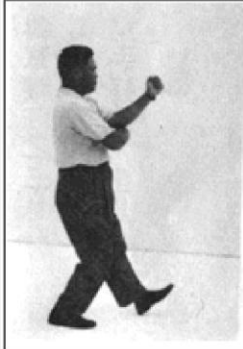
<p>十字手 cross hands</p>				
<p>斜擽膝拗步 oblique brush knee twist step</p>				
<p>轉身擽膝拗步 turn body, brush knee twist step</p>				
				
<p>七星勢 seven stars style</p>				

Cross Hands can be used as a defence against a hook / roundhouse kick. It is followed by another Brush Knee Step which is similar to the first. We then turn through 180 degrees to deal with another attacker. In the Round Form this technique uses a side to side arm action.

斜單鞭
oblique single
whip



肘底看捶
fist under
elbow

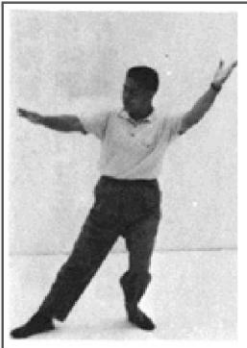


Fist Under Elbow – If we intercept the opponent's attack and raise his arm, a percussive strike to his ribs is more traumatic.

倒撵猴
step back and
repulse
monkey



斜飛勢
flying oblique
(low)



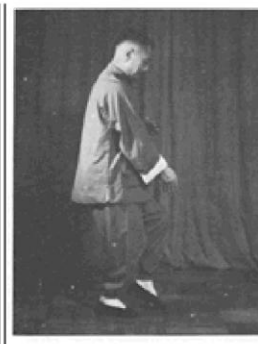
提手上勢
raise hands
and step up



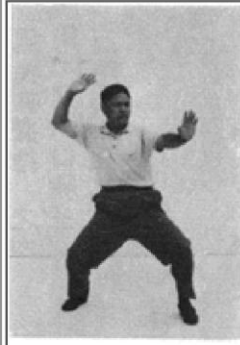
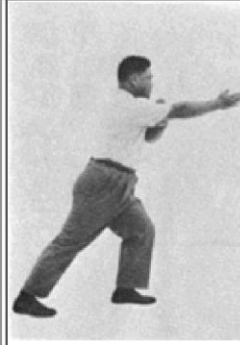
Step Back Repulse Monkey – Cheng Tinhung taught 2 ways of doing his technique. One version was simply to step back. The other version was to raise the foot that was stepping back to knee level, using it as a low level stamp / defence.

The second Flying Oblique has a lower and an upper level and can be applied separately or consecutively.

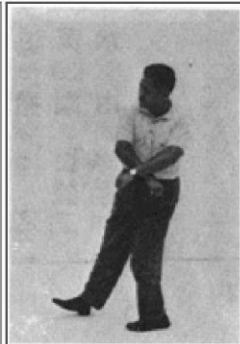
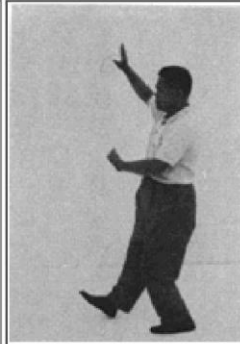
海底針
needle at sea
bottom



扇通背
fan through
the back



翻身撇身捶
turn body,
swing fist

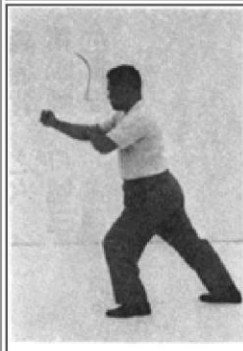
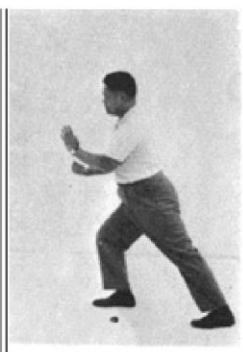


Needle at Sea Bottom is a strike to the Sea of Qi [groin].

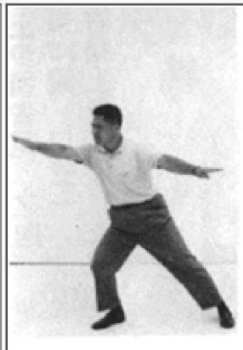
Fan Through the Back - we intercept the opponent's arm, pull his wrist suddenly, to shock him and straighten his arm till the joint is locked. We then palm strike upward to just above his elbow joint.

Turn Around Swing Fist. There are two parts to this technique. The first part is defending against an attack from the side and countering with an uppercut. The second part is defending against a punch to the body with a forearm block, countering with a backfist and palm strike. As the second part is later called Swing Fist, I believe the uppercut technique must have formerly had another name.

退步搬攔捶
step back,
parry, divert
and punch



上步攬雀尾
(相反七星)
step up
grasping bird's
tail
(reverse seven
stars)

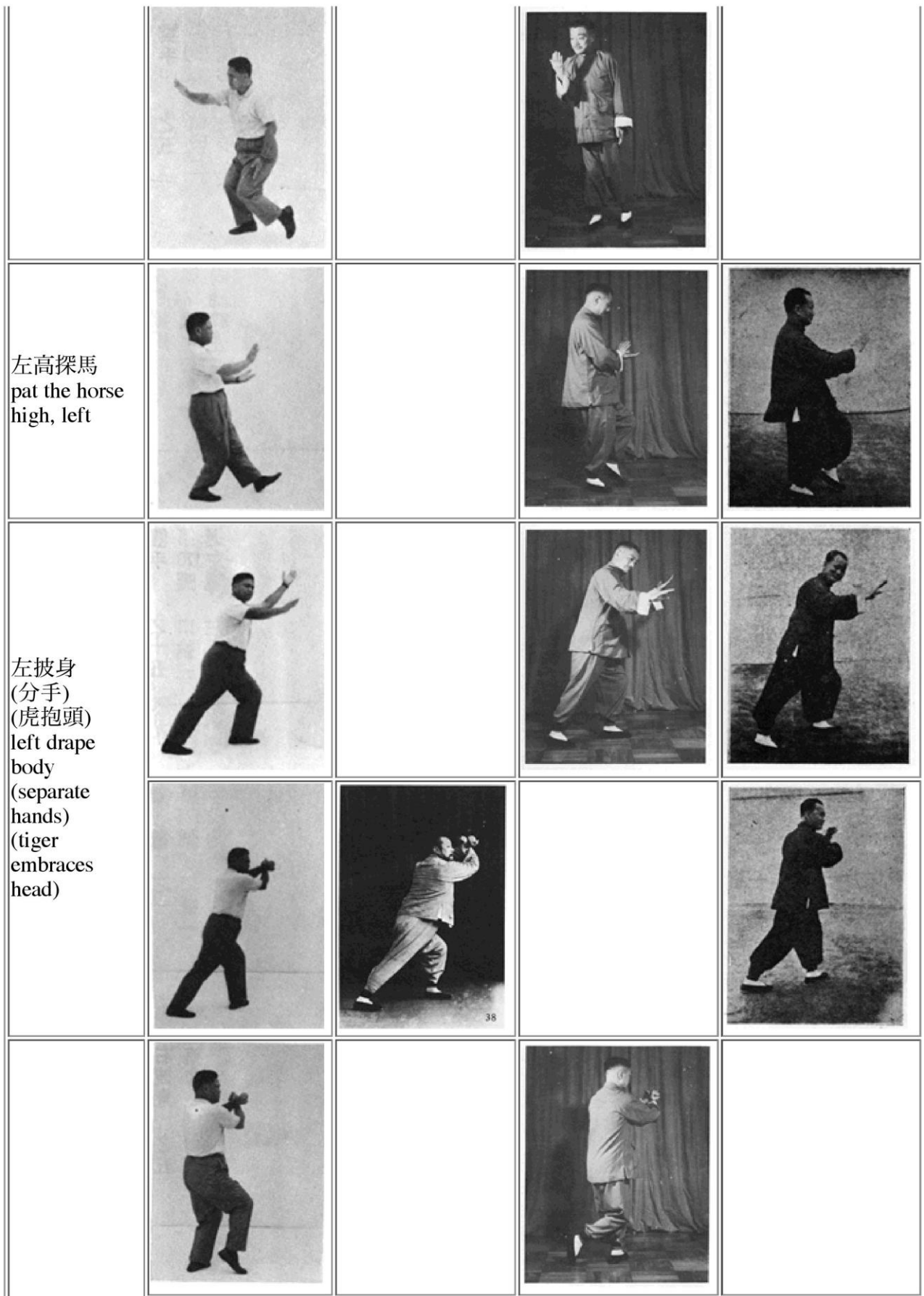


After the Single Whip, but before Cloud Hands there is a simultaneous low defence against a kick or punch and a counter with a finger thrust to the opponent's neck or eyes. This is a hidden technique for which I have no name.

雲手
cloud hands



Cloud Hands doesn't really mean anything in Chinese, but there is another character meaning 'revolving' which is pronounced the same way as Cloud. The name Cloud Hands appears to be a pun or a mistake. In Cloud Hands, we evade the opponent's attack and push him into a wall, tree, car etc.

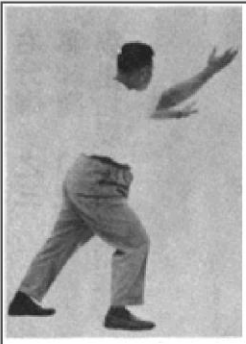
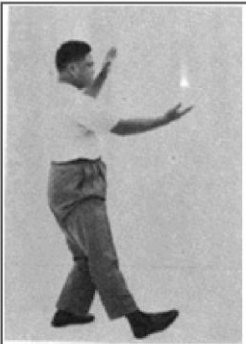


Pat the Horse High – we apply circular force to the opponent's head and neck twisting and wrenching him. The Wu family were the only people who used the term 'Separate Arms', though the technique exists in all Yang lineage long forms. The next technique, Tiger Embraces Head is mentioned in the Classic of Boxing, but only Cheng Tinhung used this name for this hidden technique. There are a number of applications; most involve punching the opponent's head. In his books he only mentions Draping the Body which can be either an armlock or neck lock / choke.

右分腳
right separate
legs



右高探馬
pat the horse
high
(right)



Separate Feet – this technique can be a block with the knee against a kick to the groin, followed by a counter kick. The arms are widely extended as the technique can also be applied to counter 2 simultaneous attacks to the head.

右披身
right drape
body



左分脚
left separate
legs



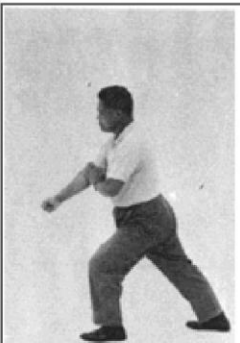
轉身蹬腳
turn around
and kick with
the heel



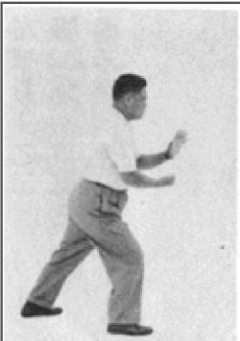
摟膝拗步
brush knee
twist step



進步載捶
step forward
and plant
punch



翻身撇身捶
turn body and
swing fist



Turn Body, Kick with the Heel – here the opponent attacks from behind. We turn immediately controlling his arms and stamp his knee.
 The Brush Knee Twist Step after the heel kick has a side to side arm action and in application involves deflecting two punches to the head and a kick, then countering with a palm strike
 Plant the Punch – After throwing the opponent to the ground we immediately follow up with a downward punch. There is another [hidden] technique here – a foot lock, no name of course.
 Turn Around Swing Fist – Opponent attacks from behind. We intercept and control his arms, countering with a backfist and palm strike.

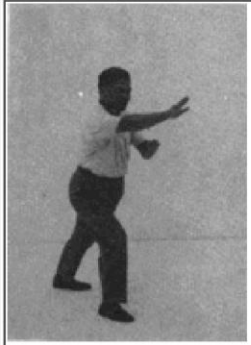
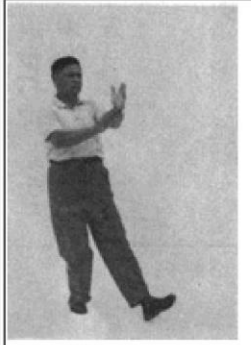
上步左高探馬
step up and
pat the horse
high, left



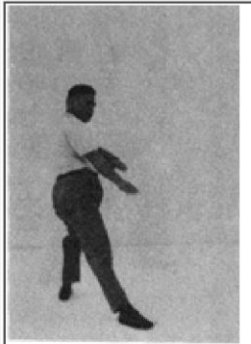
右分腳
right separate
legs



退步七星
step back
seven stars
style

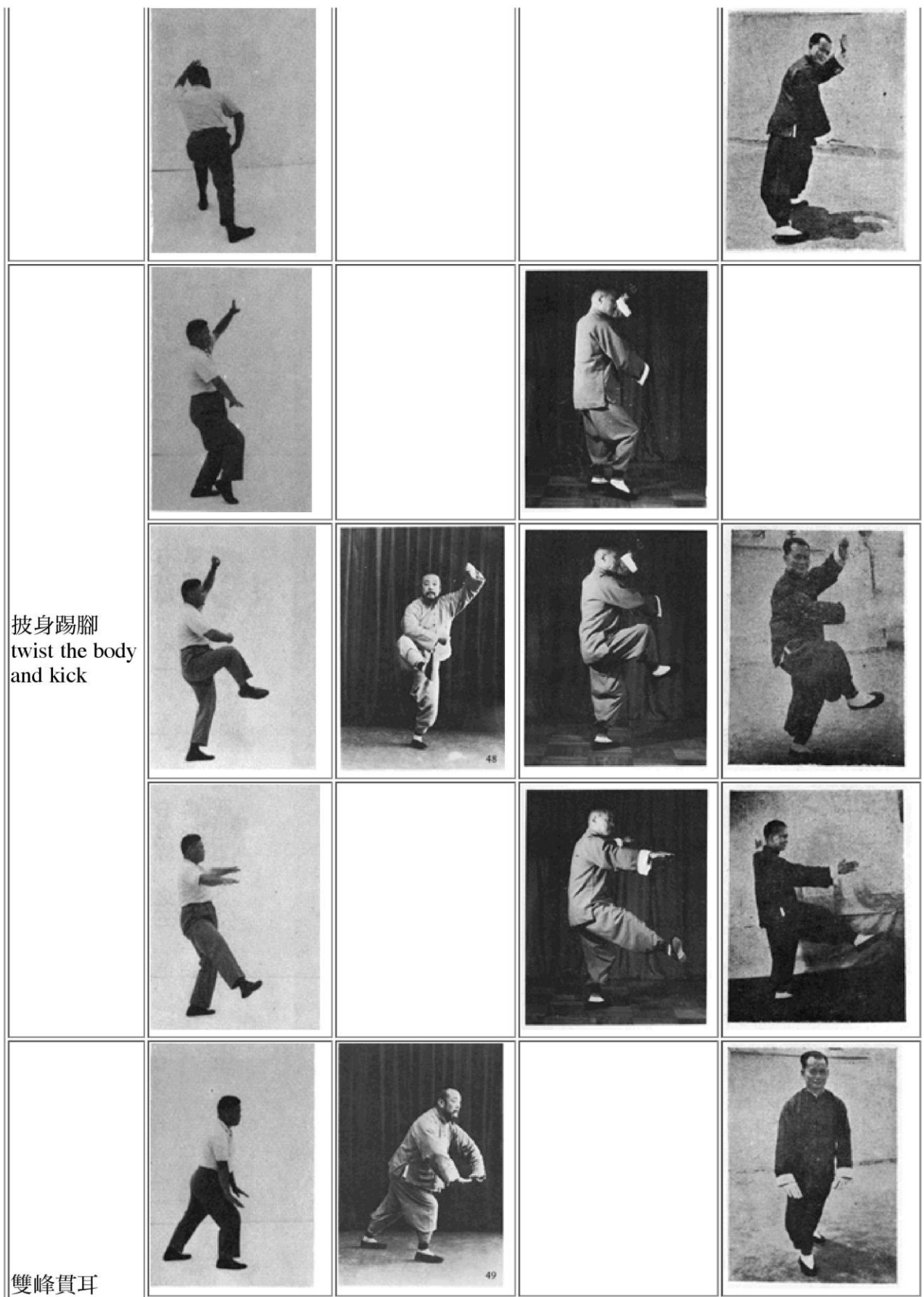


退步打虎
step back to
strike the tiger



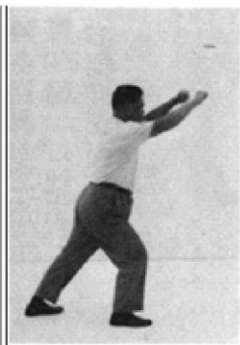
After Separate Feet, we Step Back 7 Stars in a straight line and pull the opponent forward.

Step Back to Beat the Tiger – We pull the opponent as we step back putting him in perfect position for a palm strike / hammer fist to his exposed neck. In some forms this technique ends with clenched fists, in others it is done with open hands. Both are acceptable.



Drape the Body and Kick / 2 Raisings of the Feet – This technique is unique to Wu lineage and comes in 2 parts. Firstly the opponent attacks us from the side with a hammer fist to the head. We intercept and lock his arm, following up with a kick. Secondly, the opponent attacks with both hands. We intercept and control his arms and kick the inside of his front knee joint. We can then follow up with Box the Ears.

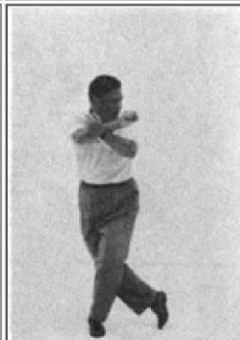
box the ears



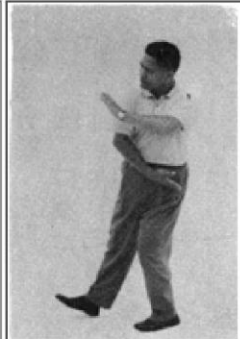
左分脚
left separate
legs



轉身蹬脚
turn round and
kick with the
heel



野馬分鬃
parting the



Turn Around, Kick with the Heel – this time we spin round after kicking with the left foot by crossing the legs and arms. This is another Turn Around and Kick with the Heel, incorporating Tiger Embraces Head. Now we Step up Swing Fist. The 3rd section ends with an oblique Single Whip. Section 4 begins with a sequence of 7 Stars [3 times] followed by Parting Wild Horse's Mane [5].

wild horse's
mane

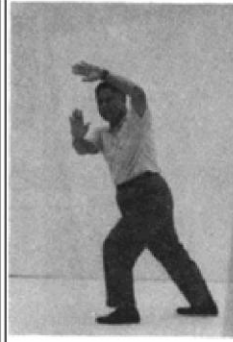


野馬分鬃
parting the
wild horse's
mane



When we are going forward after Parting Wild Horse's Mane, there is another [hidden] technique in all the forms, using a diversion with one arm and a finger thrust with the other.

野馬分鬃
parting the
wild horse's
mane

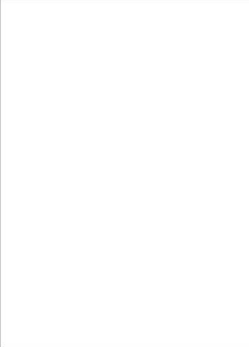
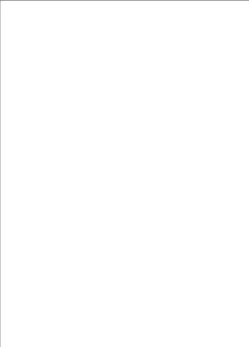


玉女穿梭
fair lady
works shuttle

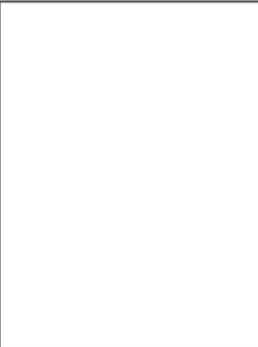


Fair Lady Works at Shuttle can be used against a hook or an attack from behind. It can be a follow up to Parting Wild Horse's Mane. It is also referred to as Four Corners. After the 4th Fair Lady Cheng Tinghung sometimes went into a back stance sometimes a cat stance. Single Whip, Cloud Hands, Single Whip complete section 4.

玉女穿梭
fair lady
works shuttle



蛇身下勢
snake creeps
down
(aka low
technique 低
身下勢)

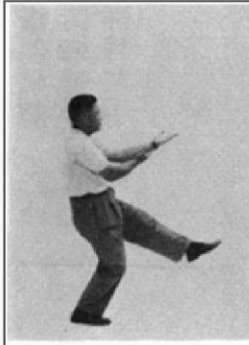
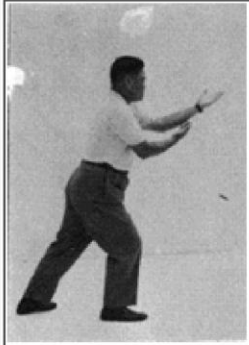


Section 5 begins with Snake Creeps Down which is in 2 parts. The first part is to intercept a punch from in front or at the side and to flip the opponent over. The second part is when he resists the pull we also change from pull to push, using his own force against him. Golden Cockerel on One Leg occurs twice in all Tai Chi Long Forms. When I drew Cheng Tinhung's attention to this and asked him why he did it only once, he admitted it had to be a mistake and it should be done twice. Between the 2 Golden Cockerels there is another [hidden] technique, White Snake Spitting out its Tongue. This name, however,

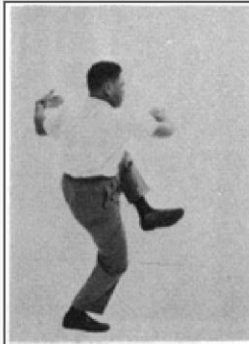
seems not to have been used by Wu lineage; possibly as it is a potentially deadly pressure point technique. However, the Yang family name the technique. After the second sequence of Step Back Repulse Monkey is the third and final Flying Oblique divided again into lower and upper levels. The difference here is we step to the side, not forward. This means that in application, the opponent is attacking at a different angle.

The Swing Fist and Deflect Parry Punch in this section are done going forward, then Grasp Bird's Tail, Single Whip Cloud Hands Single Whip and that ends Section 5.

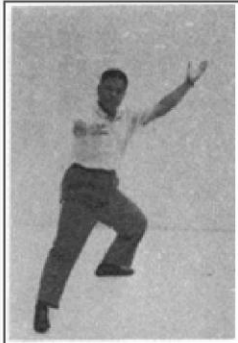
金雞獨立
(白蛇吐信)
golden
cockerel
stands on one
leg
(white snake
spits out its
tongue)










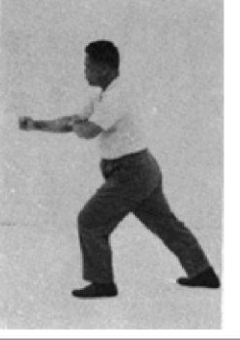




倒撐猴
(金雞獨立)
step back and
repulse
monkey
(golden
cockerel on
one leg left)



橫斜飛勢
step aside,
flying oblique



<p>上步攬雀尾 step up grasping the bird's tail</p>				
<p>撲面掌 slap the face</p>				
<p>轉身十字擺蓮 腿 cross and single hand sweep lotus leg</p>				
<p>上步指擋捶 step up to punch the groin</p>				
				

Section 5 ends with Cloud Hands and Single Whip.

Section 6 begins with Pat the Horse High, followed by Slap the Face, a simple sideways diversion and palm strike.

In Single Hand Sweep Lotus Leg in the form we are slapping the outside of the foot with the other hand. In application, this technique goes the opposite way and we evade and intercept the opponent's punch or kick, controlling him with the one hand while simultaneously chopping him in the neck and sweeping his leg.

Punch the Groin is a counter to a punch or kick.

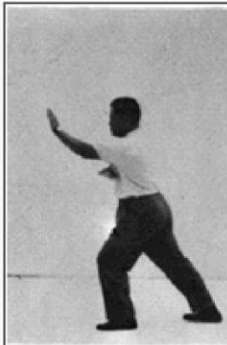
上步七星
step up, seven
stars



退步跨虎
step back to
ride the tiger



轉身撲面掌
turn body and
slap the face



轉身雙擺蓮
turn body,
double hand
sweep lotus
leg



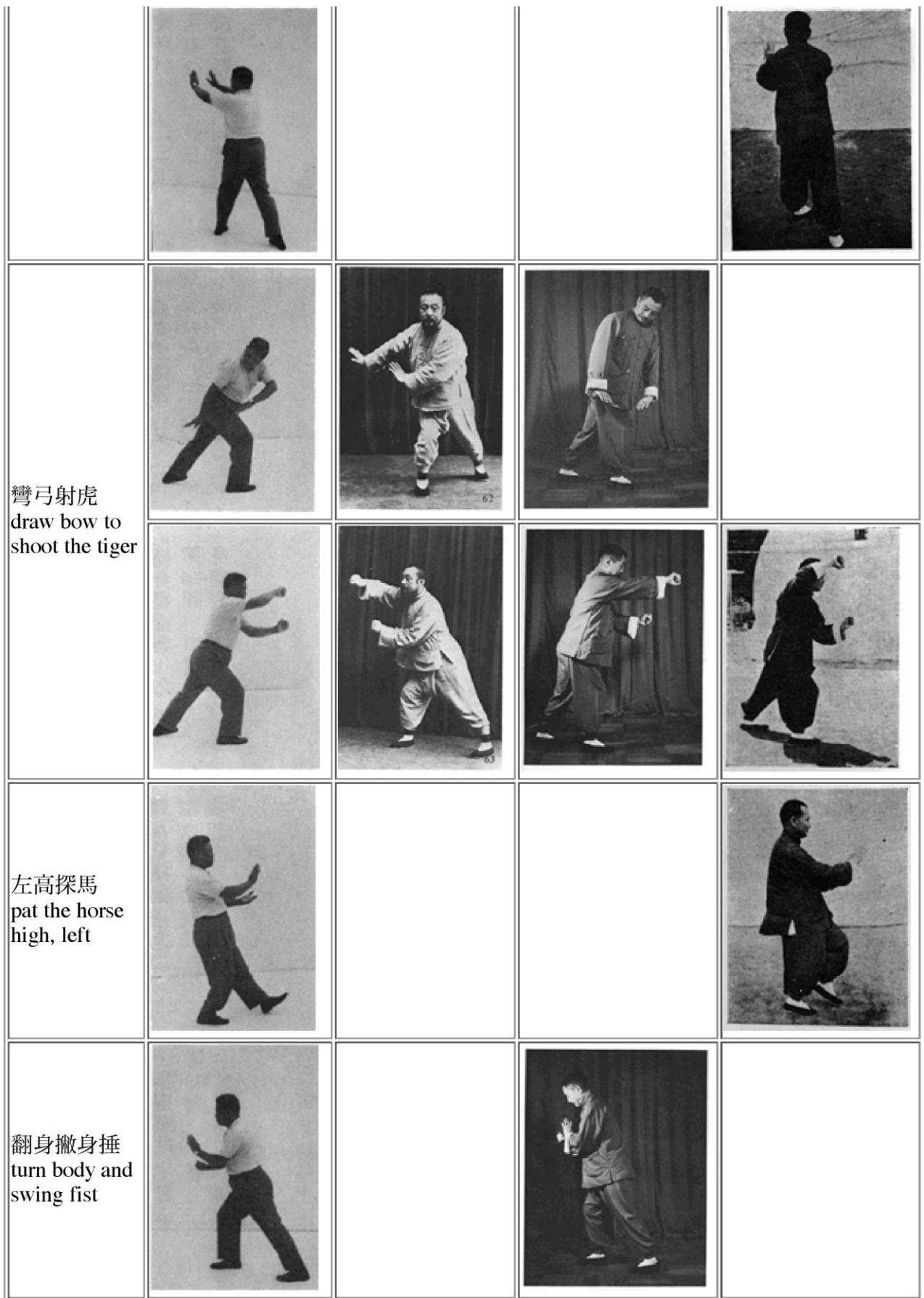
After a second Snake Creeps Down we Step up Seven Stars. In some forms this technique ends with clenched fists, in others it is done with open hands. Both are acceptable. In the Classic of Boxing, this technique is done with fists

clenched. We seize the opponent's kicking leg and counter with a groin kick and / or flip him.

Step Back to Ride the Tiger – As we step back we sink and scoop up as if scooping and flipping 2 kick attacks. We turn right, scooping again with the left arm and raising the right arm to protect the head. We follow up with a groin kick.

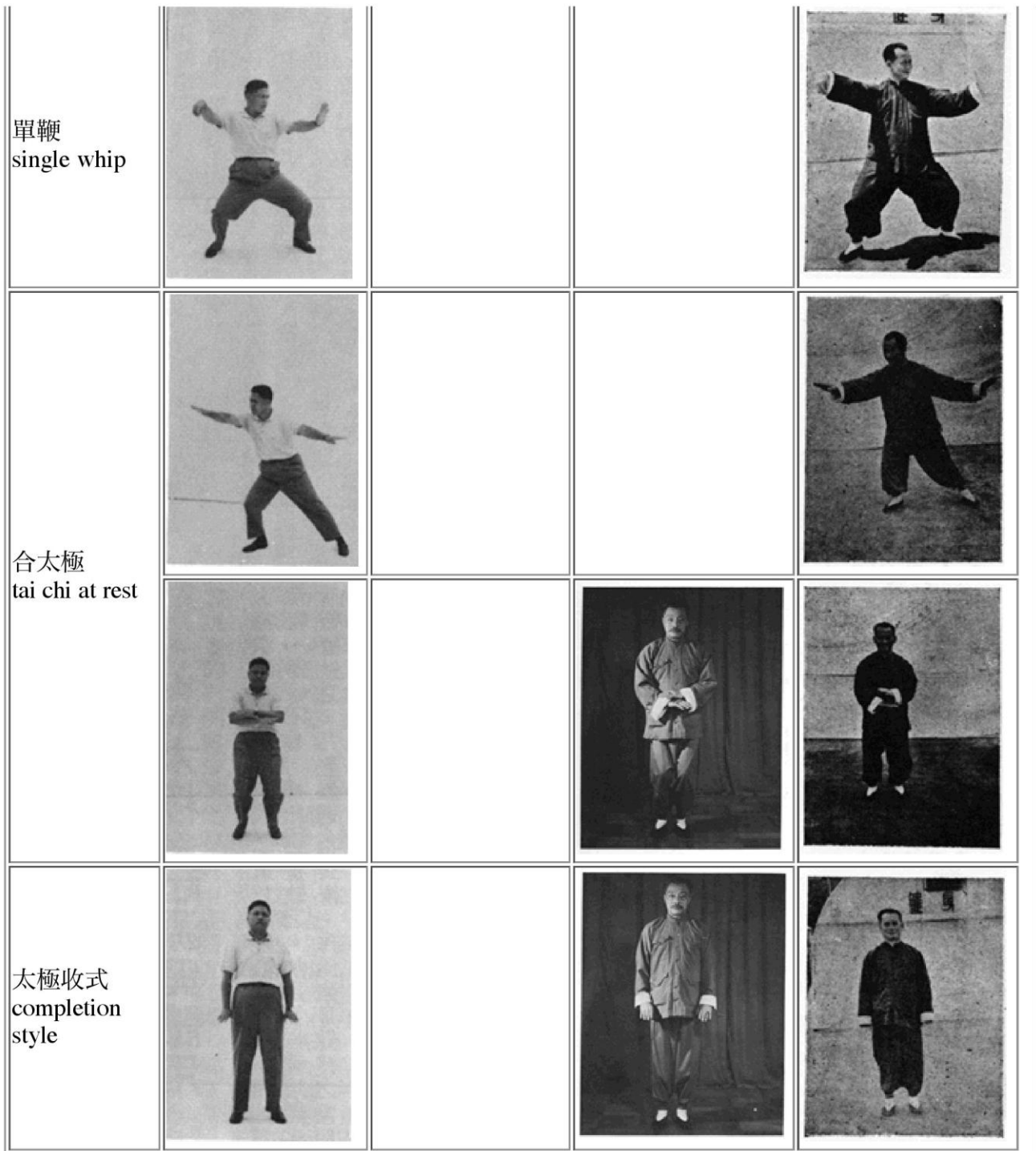
Pivot around to the right and Slap the Face.

Pivot round to the right sliding the arms across at face height. Fingers point up. In Double Hand Sweep Lotus Leg in the form we are slapping the outside of the foot with both hands. In application, this technique goes the opposite way and we evade and intercept the opponent's punch or kick, controlling him and pressing with both hands while simultaneously sweeping his leg.



Draw the arms down and pivot to the right turning the body , then raise the arms to head height and we have Draw the Bow to Shoot the Tiger with a double strike counter.

After stepping forward into Pat the Horse High, follow up with Slap the Face.
From there we Turn Around Swing Fist as before.



Forward again into Pat the Horse High followed by Grasping Bird's Tail and Single Whip. We shift the weight onto the right foot and finger thrust the opponent.

Stepping up with the left foot, we bring the arms in and cross them; left hand on top. This is Tai Chi in Unity. Straighten the legs and lower the hands. This is Completion Style a return to the beginning.

Acknowledgements: Claire Sheehy, Kie Brooks, Emma Essertier, Caroline Izzard.