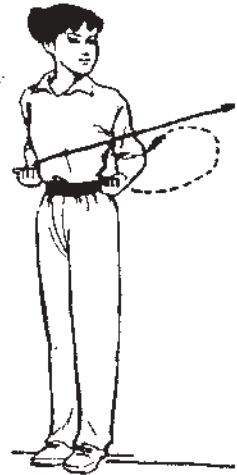


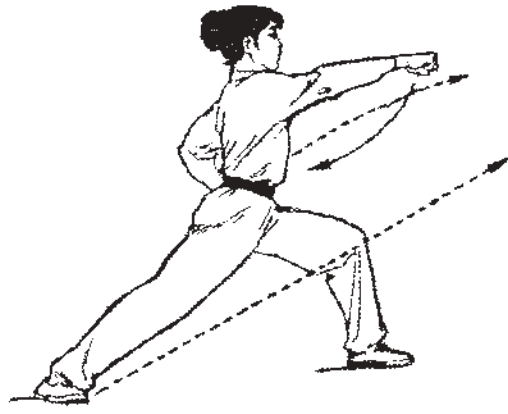
Wushu Five Part Exercise

Preparation



1

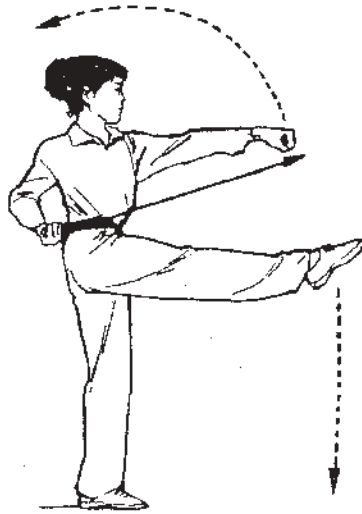
Punch



2

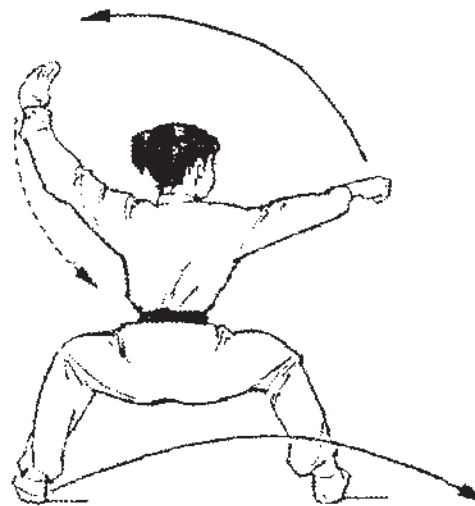
Bow Stance

Thunderbolt Kick



3

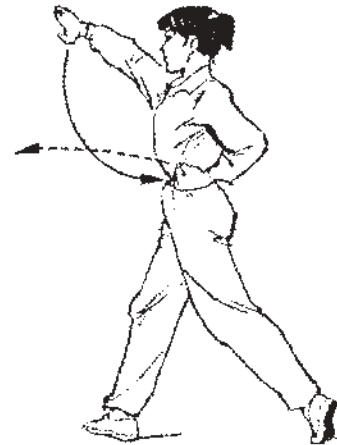
Block and Punch



4

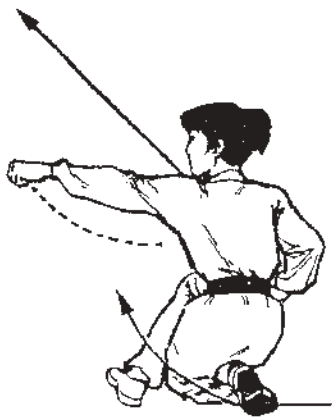
Horse Stance

Step Back



5

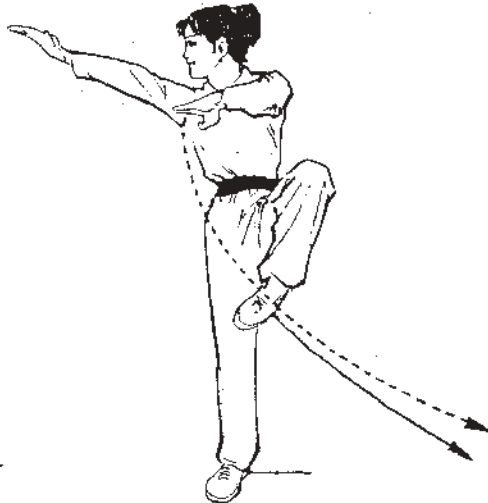
Punch



6

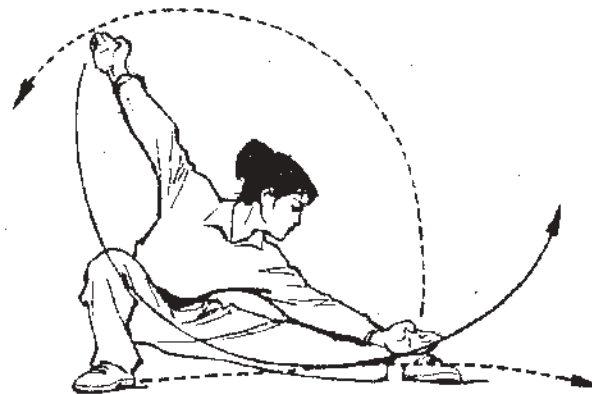
Resting stance

Spear Palm



7

Snake Creeps Down



8

Crouch Stance

Angry Bull



9

Empty Step

Close



10

Arrows indicate next move - - - - -> Left —————> Right

W U S H U F I V E P A R T E X E R C I S E

Starting position: Stand upright with feet together and fists on hips. (Fig 1)

a) **Thrust Fist in Bow Stance**

Take a side step with left foot to form a bow step as left fist opens and describes a horizontal circle counter-clockwise before returning to hip position in the form of fist, while right fist thrusts forward, the back of hand facing upward. Look straight ahead. (Fig 2)

Thunderbolt Kick - As a connecting movement with the next step, right leg kicks forward as left fist thrusts forward with the back of hand facing upward, while right fist returns to waist side. Look straight ahead. (Fig 3)

b) **Punch in Horse Stance** --

Set right foot on floor and turn body to the left. Drop down to form a horse-ride step as left palm is raised above head with elbow slightly bent, while right fist thrusts rightward, the back of hand facing upward, Turn head to the right and look in that direction.

(Fig 4)

c) **Punch in Resting Stance**

Set left foot behind right foot and, with a body turn to the left, open right fist into palm and move it overhead and then downward until it points obliquely upward, its ulnar side facing forward, while left hand returns to waist side in the form of fist. Look ahead to the right (Figs 5)

Following the trunk movement, drop down to resting stance. At the same time, thrust left fist forward with back of hand facing upward and return right hand to waist side in the form of a fist. Look at left fist. (Fig 6)

d) **Raise Knee and Spear Palm**

Stand up and turn to the left. Open left fist immediately, palm facing downward, while right fist opens into an upturned palm which threads out over the back of left hand. At the same time, raise left knee and pull left hand to right armpit. Look at right hand. (Fig 7) **Snake**

Creeps Down - After left foot is set on floor to form a crouch stance, left palm threads its way out along the inside of left leg, fingers pointing forward. Look at left palm. (Fig8)

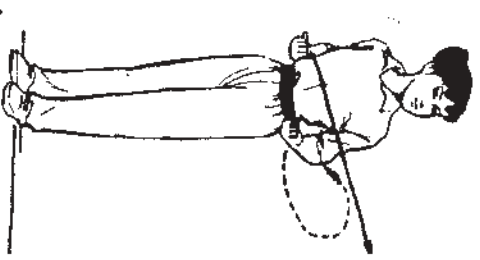
e) **Angry Bull in Empty Step**

Bend left leg at knee and push right foot off the floor to take a step forward for a right empty step. At the same time, move left hand upward and backward in a curve and turn it into a hook hand at a position slightly higher than shoulder level, while right hand swings downward and forward along the outside of right leg until it reaches shoulder level, fingers pointing upward. Look straight ahead. (Fig 9)

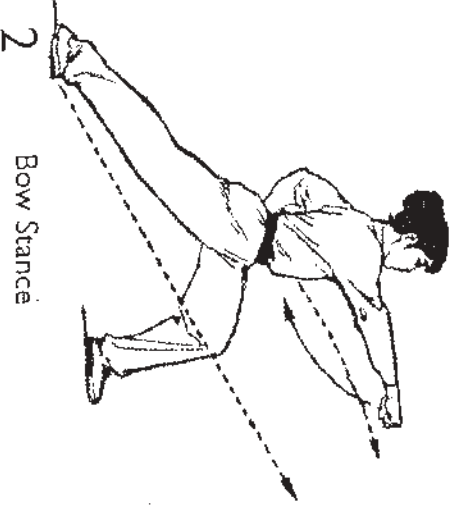
Return to starting position. (Fig 10)

Wushu Five Part Exercise

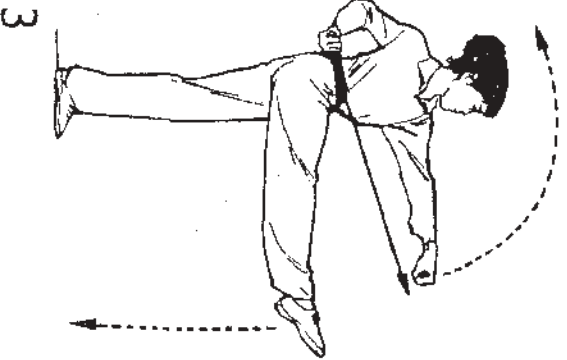
Preparation



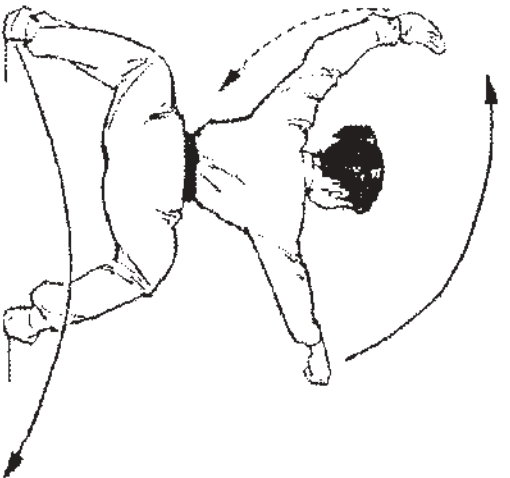
Punch



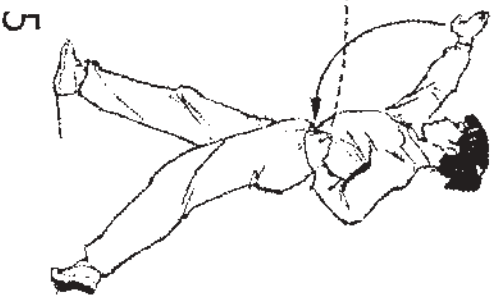
Thunderbolt Kick



Block and Punch



Step Back



1

2 Bow Stance

3

4 Horse Stance

5

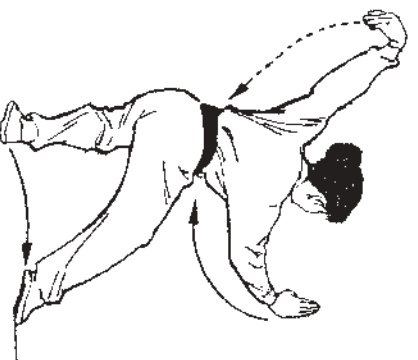
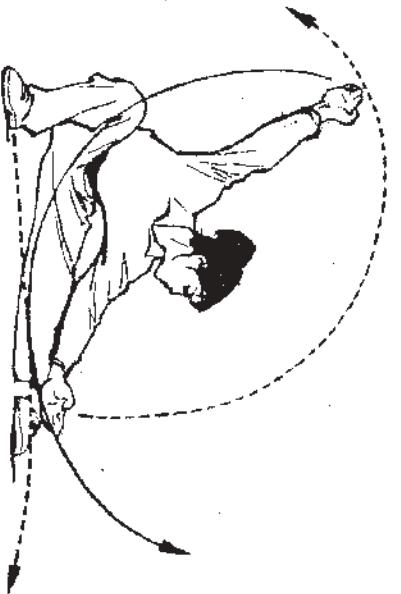
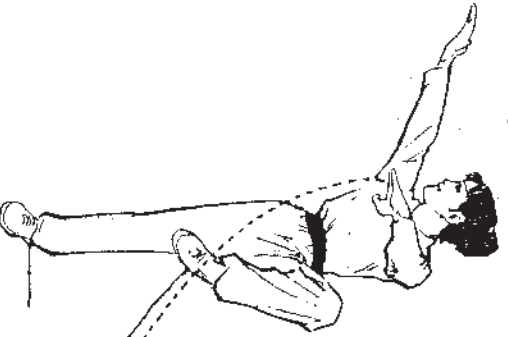
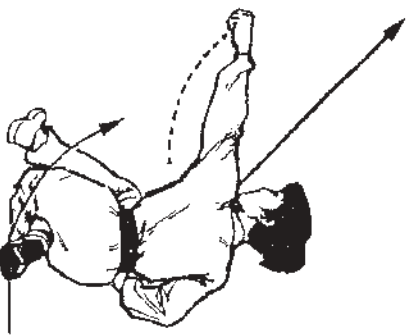
Punch

Spear Palm

Snake Creeps Down

Angry Bull

Close



6 Resting stance

7

8

9 Crouch Stance

9

Empty Step

10

Arrows indicate next move - - - - -> Left - - - - -> Right