



黄氏太极拳道基本功
Huáng shì tài jí quán dào jī chǔ gōng
Huang's Tai Chi Fundamental Exercises

松身五法
sōng shēn wú fǎ
Five Loosening Exercises

松身第一式 分动的六个动作
sōng shēn dì yī shì fēng dòng de liù ge dòng zuo
Song Shen Number 1: The Six Separate Movements

口令:
kǒu lìng
Commands

摘要
zhāi yào
Remarks

练习松身第一式，分动的六个动作：
liàn xí sōng shēn dì yī shì,
fēng dòng de liù ge dòng zuo
Practice Song Shen Number One:
The Six Separate Movements

预备:
yù bèi
Attention

Feet shoulder-width apart in the horse stance. Shoulders should be wide open, knees loose, arms slightly bowed. Middle fingers lightly touching thighs on the feng shi points.

1, 马步起，手起：
mǎ bù qǐ, shǒu qǐ
Horse stance up,
hands up

Horse stance up about 90% straight.
Hands raised to about 45 degrees.

2, 马步松下，
松肩坠肘，
双手松下：
mǎ bù sōng xià,
sōng jiān zhuì zhǒu
shuāng shǒu sōng xià
Horse stance song down.
Song shoulders and drop elbows.
Arms song down

Body and arm movement
Simultaneously song the horse stance and the whole body, loosen the shoulders and drop the elbows. Arms should fall naturally towards the thighs, loosen the shoulders and drop the elbows.

Arm position at shoulder level
Wrists should be at shoulder level, and the elbows should be about 3 fingers width lower, creating a slight curve in the arms. The arms are also curved slightly forward.

- 3 腰胯转右，松坐左脚：
yāo kuà zhuǎn yòu,
sōng zuò zuó jiǎo:
Turn kua to the right
and song into left foot

Song the kua. Turn the kua to the right 45 degrees, sit on the left foot. Tuck in the wei li (coccyx). Ensure the bai hui (head centre) and yong quan (bubbling well) are in a straight line. Maintain the central axis.

- 4, 双手提起：
shuāng shǒu tí qǐ:
Arms swing up

Raise both arms, the palm of the left hand lightly sticks to the right chest. The back of the right hand is level with the wei li.

- 5, 双手松下：
shuāng shǒu sōng xià:
Arms song down

The arms fall naturally.

- 6, 腰胯转正：
yāo kuà zhuǎn zhèng:
Turn kua back to the centre

The body turns back to the centre. The central axis of the body is between the feet. Song down evenly into both feet.

- 1, 马步起，手起：
mǎ bù qǐ, shǒu qǐ:
Horse stance up,
arms up

Horse stance up about 90% straight. Hands raised to about 45 degrees.

- 2, 马步松下，松肩坠肘，双手松下：
mǎ bù sōng xià,
sōng jiān zhuì zhǒu,
shuāng shǒu sōng xià:
Horse stance song down.
Song shoulders and drop elbows.
Arms song down

Body and arm movement

Simultaneously song the horse stance and the whole body, loosen the shoulders and drop the elbows. Arms should fall naturally towards the thighs, loosen the shoulders and drop the elbows.

Arm position at shoulder level

Wrists should be at shoulder level, and the elbows should be about 3 fingers width lower, creating a slight curve in the arms. The arms are also curved slightly forward.

- 3, 腰胯转左, 松坐右脚:
yāo kuà zhuǎn zuǒ,
sōng zuò yòu jiǎo:
Turn kua to the left
and song into the right foot

Song the kua. Turn the kua to the left 45 degrees, sit on the right foot. Tuck in the wei li (coccyx). Ensure the bai hui (head centre) and yong quan (bubbling well) are in a straight line. Maintain the central axis.

- 4, 双手提起:
shuāng shǒu tí qǐ:
Arms swing up

Raise both arms, the palm of the right hand lightly sticks to the left chest. The back of the left hand is level with the wei li.

- 5, 双手松下:
shuāng shǒu sōng xià:
Arms song down

The arms fall naturally.

- 6, 腰胯转正:
yāo kuà zhuǎn zhèng:
Turn kua back to the centre

The body turns back to the centre. The central axis of the body is between the feet. Song down evenly into both feet.

Initially train the six movements separately until you are skilled enough to perform the continuous movements.

Main points: To train the movement of the yi song down, yi song up, song the shoulders, song the elbows, song the wrists, turn the waist, and turn the kua, so that the movements can become more natural.

Purpose of this exercise:

- 1、 To be able to song up, you first need to be able to song down. This follows the principles of physics.
- 2、 To train the yi so that it can pass through the feet, legs, waist, back, shoulders, elbows and hands. Beginners should precisely follow this sequence of the yi movement.

黄氏太极拳道基本功
 Huáng shì tài jí quán dào jī chǔ gōng
 Huang's Tai Chi Fundamental Exercises

松身第一式 连动的动作
 sōng shēn dì yī shì lián dòng de dòng zuo
 Song Shen Number 1: Continuous Movement

口令:
kǒu lìng
 Commands

摘要
zhāi yào
 Remarks

练习松身第一式连动的动作:
liàn xí sōng shēn dì yī shì,
lián dòng de dòng zuo:
 Practice Song Shen Number One:
 The Continuous Movements

预备:
yù bèi
 Attention

Feet shoulder-width apart in the horse stance. Shoulders should be wide open, knees loose, arms slightly bowed. Middle fingers lightly touching thighs on the feng shi points.

马步起，手起:
mǎ bù qǐ, shǒu qǐ :
 Horse stance up,
 arms up

Horse stance up about 90% straight.
 Hands raised to about 45 degrees.

马步松下:
mǎ bù sōng xià:
 Horse stance song down

Body and arm movement

Simultaneously song the horse stance and the whole body, loosen the shoulders and drop the elbows. Arms should fall naturally towards the thighs, loosen the shoulders and drop the elbows.

Arm position at shoulder level

Wrists should be at shoulder level, and the elbows should be about 3 fingers width lower, creating a slight curve in the arms. The arms are also curved slightly forward.

一.....,
yī.....,
 One

The kua turns to the right. Song down into the left foot, both hands song down. Raise both arms, the left palm lightly sticks to the right chest. The left elbow drops to the left rib. The back of the right hand is level with the wei li.

二.....,
èr.....,
Two

The kua and the body turn back to the centre. The hands fall naturally on both sides of the thigh. Song the horse stance up and bring the hands up to about forty-five degrees.

一.....,
yī.....,
One

The kua turns to the left. Song down into the right foot, both hands song down. Raise both arms, the right palm lightly sticks to the left chest. The right elbow drops to the right rib. The back of the left hand is level with the wei li.

二.....停
èr.....tíng
Two.....Stop

The kua and the body turn back to the centre. The hands fall naturally on both sides of the thigh. Song the horse stance up and bring the hands up to about forty-five degrees. (NB: the continuous movements are in accordance with the commands of the six separate movements). Loosen the shoulders and drop the elbows. The hands fall naturally to the sides of the thighs.

The movement **yī**, **èr**, **yī**, **èr**should be carried out exactly in accordance with the commands.

Main points : You should only practice the continuous movements once you know the method of the six separate movements. In continuous movement, train both feet to remain parallel and not to move. Train the movement evenly and avoid broken movement.

- 1、 The waist turns evenly like a millstone, and the central axis is stable.
- 2、 When practicing the turning of the waist, the hip must be song, the kua must be song, the knees must be song, the ankles must be song, and the soles of the feet should not move.
- 3、 When practicing the turning of the waist, head should be suspended, the neck song, the shoulders song, the elbows song, the wrist song, and the fingers song.
- 4、 When practicing the turning of the waist, one leg must be empty and one leg full.

黄氏太极拳道基本功
Huáng shì tài jí quán dào jī chǔ gōng
Huang's Tai Chi Fundamental Exercises

松身第二式
sōng shēn dì èr shì
Song Shen Number 2

口令:
kǒu lìng
Command

摘要
zhāi yào
Remarks

练习松身第二式:
liàn xí sōng shēn dì èr shì:
Practice Song Shen Number Two

预备:
yù bèi :
Attention

Feet shoulder-width apart in the horse stance. Shoulders should be wide open, knees loose, arms slightly bowed. Middle fingers lightly touching thighs on the feng shi points.

马步起，手起:
mǎ bù qǐ, shǒu qǐ :
Horse stance up,
arms up

Horse stance up about 90% straight.
Hands raised to about 45 degrees.

马步松下:
mǎ bù sōng xià:
Horse stance song down

Body and arm movement
Simultaneously song the horse stance and the whole body, loosen the shoulders and drop the elbows. Arms should fall naturally towards the thighs, loosen the shoulders and drop the elbows.

Arm position at shoulder level
Wrists should be at shoulder level, and the elbows should be about 3 fingers width lower, creating a slight curve in the arms. The arms are also curved slightly forward.

一不动，下...三...四....:

yī bú dòng, xià... sān...sì...:

One, don't move...

down...

three...

four..

Command (one, don't move)

Loosen the shoulders and drop the elbows, and the hands naturally drop and swing down. The palms of the hands reach the front of the chest, and the left palm lightly sticks to the right chest. The right palm sticks lightly to the outside of the left arm (near the elbow).

Command (down)

The hands naturally fall and then swing up to about 75 degrees to the side of the body in the "horse stance up" posture. The arms slightly curve forward.

Command (three)

Loosen the shoulders and drop the elbows, and the hands naturally drop and swing down. The palms of the hands reach the front of the chest, and the right palm lightly sticks to the left chest. The left palm sticks lightly to the outside of the right arm (near the elbow).

Command (four)

The hands naturally fall and then swing up to about 75 degrees to the side of the body in the "horse stance up" posture. The arms slightly curve forward.

二不动，上...三...四.....停

èr bú dòng, shàng... sān...sì....tíng:

Two don't move, up, three, four... stop

The hands movements are the same as above.

Main points:

The movement of the legs:

- 1) Command "**yī bú dòng**": body stops moving, the yi continues to move.

Command **xià**
 Command **sān**
 Command **sì** } → bend your knees slowly.

- 2) Command **èr bú dòng**: body stops moving; the yi continues to move.

Command **shàng**
 Command **sān**
 Command **sì** } → stretch the knees continuously to stand 90% straight.

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Huáng shì tài jí quán dào jī chǔ gōng
Huang's Tai Chi Fundamental Exercises

松身第三式
sōng shēn dì sān shì
Song Shen Number 3

口令:
kǒu lìng
Command

摘要
zhāi yào
Remarks

练习松身第三式:
liàn xí sōng shēn dì sān shì:
Practice Song Shen Number Three

预备:
yù bèi:
Attention

Feet shoulder-width apart in the horse stance. Shoulders should be wide open, knees loose, arms slightly bowed. Middle fingers lightly touching thighs on the feng shi points.

右手先:
yòu shǒu xiān
Right hand first

Song the waist and turn left. Song down slightly into the left foot, turn back the waist. Raise the horse stance slightly, the right hand lifts to form an arc with the hand at chest level.

一.....:
yī.....:
One

二.....:
èr.....:
Two

Song the waist and turn right. Song down slightly into the right foot, turn back the waist. Raise the horse stance slightly, the left hand lifts to form an arc with the hand at chest level.

一.....:
yī.....:
One

Song the waist and turn left. Song down slightly into the left foot, turn back the waist. Raise the horse stance slightly, the right hand lifts to form an arc with the hand at chest level.

二.....停:
èr.....tíng:
Two.....Stop

Song the waist and turn right. Song down slightly into the right foot, turn back the waist. Raise the horse stance slightly, the left hand lifts to form an arc with the hand at chest level.

Main points: to build the foundation for training Tai Chi

1. Hands: As arm starts moving forward, when the waist turns back it brings the hand to the line between the feet. The palm of the hand is facing down. The hand drops down to the side of the thigh in this order - song the shoulder, drop the elbow, drop the wrist, song the wrist and song the fingers.
2. Feet: Full and empty. When song down into the left foot, the right foot is empty; when song down into the right foot, the left foot is empty.
3. Hands & feet: This training helps to develop the sympathetic nervous system. The leg and the opposite arm (e.g. left leg, right arm) are inversely connected. When song into to the left foot, the yi should reach the finger tips of the right hand. When song into the right foot, the yi should reach the finger tips of the left hand.
4. Hip and kua : The waist moves like a mill stone - it turns smoothly while the centre stays still.
5. The body moving up and down: when the body song into the legs, the whole body is song down. When it turns back, it gradually rises. The body moves up and down always with hun yuan zhuang.

Huáng shì tài jí quán dào jī chǔ gōng
Huang's Tai Chi Fundamental Exercises

松身第四式
sōng shēn dì sì shì
Song Shen Number 4

口令:
kǒu lìng
Command

摘要
zhāi yào
Remarks

练习松身第四式:
liàn xí sōng shēn dì sì shì:
Practice Song Shen Number Four

预备:
yù bèi
Attention

Feet shoulder-width apart in the horse stance. Shoulders should be wide open, knees loose, arms slightly bowed. Middle fingers lightly touching thighs on the feng shi points.
Arms and body song down at the same time. Palms slowly move towards and then covering the kua. Arms should form a circle, with the back of the hands facing the front.

一开.....:
yī, kāi.....:
One, open...

Horse stance up, both the arms and the body move up. The hands rotate open towards the side of the buttocks, with the palms facing the front.

二合.....:
èr, hé.....:
Two, close...

Horse stance song down. At the same time, song down the shoulders and drop the elbows, with the hands moving upwards in an inward circular movement. The hands finally embrace in a fist six inches in front of the neck.

With the fist, the four fingers of the right hand overlay the left four fingers. Both thumbs cover the left index finger. The thumbs and wrists are in vertical position. The elbows are about one fist width from the ribs.

三收.....:
sān, shōu....:
Three, receive

Song the shoulder and drop the elbows, with the hands still in a fist. Lightly drop the fist into the chest.

四下.....:
sì, xià.....:
Four, down...

Song the shoulders. The fist and the wrist rotate outwards. The palms open (facing up) and drop down to the front of the kua, The leading edges of the hands are lightly touching the left and right kua and the fingers face each other.
Then the wrists rotate inward using internal rotation and the palms cover the kua.

一开.....: same as above
yī, kāi.....:
One, open...

二合.....: same as above
èr, hé.....:
Two, close...

三收.....: same as above
sān, shōu....:
Three, receive...

四下.....: same as above
sì, xià.....:
Four, down...

一开.....: same as above
yī, kāi.....:
One, open...

二合.....: same as above
èr, hé.....:
Two, close...

三掌心开:
sān, zhǎng xīn kāi....:
Three, palms open

Song the shoulders and drop the elbows. The forearms rotate outwards, opening the palms in a semicircular sphere, with the little finger of both hands stuck together. The palms are open to the face.

四掌心合:
sì, zhǎng xīn hé
Four, palms close

Continue to song the shoulders and drop the elbows. The forearms and the palms rotate inward until the palms close together.

五松下.....:
wǔ, sōng xià....:
Five, song down...

Continue to song the shoulders and drop the elbows. The palms stick together vertically. Song the hands down to the chest.

六起.....:

liù, qǐ.....:

Six, up...

Horse stance song up. Song the shoulders and drop the elbows. When the horse stance is half way to the top, the palms rotate (slightly) open and the distance between the chest and the wrist is about 6 inches.

七再起.....:

qī, zài qǐ.....:

Seven, up again...

The palms continue to push out to about 12 inches at chest level. The thumbs, and the tips of the index and middle fingers touch lightly. The palms turn outward vertically and create a hemispherical shape.

八松下.....:

bā, sōng xià...:

Eight, song down

Bend the knees and song the body vertically down. Continue to song down until the elbows touch the knees in a half squat. The thighs and knees must be in a horizontal line. The hand posture remains unchanged.

九掌心贴地:

jiǔ, zhǎng xīn tiē dì...:

Nine, palms flat on the ground

The front of the body bends down and the elbows slide down the knee until the upper arms stick to the knee cap. Place the hands flat on the ground as the hips rise up. Song the abdomen.

十双脚伸直:

shí, shuāng jiǎo shēn zhí...:

Ten, straighten the legs

The legs extend to about 90% straight. The hands hang song between the two feet.

一...

yī ...:

One

Slide the palms on the ground to the back of the feet (between both feet).

二...

èr ...:

Two

Slide the back of the hands on the ground to the front of the feet (between both feet).

三... **sān ...:**

Three

same as the first

四... **sì ...:**

Four

same as the second

五... **wǔ...:**

Five

same as the first

六... **liù ...:**

Six

same as the second

掌心贴地，双脚伸直：

zhǎng xīn tiē dì, shuāng jiǎo shēn zhí

Place the palms on the ground, and straighten both legs

松肩.....一.....二.....:

sōng jiān...yī.....èr.....:

Song shoulders 1...2...

The shoulders must be completely song and hanging loose.

Command one: both hands swing to the right, the left palm touches the outside of the right lower leg, the back of the right hand touches the right calf.

Command two: both hands rebound swing to the left, the right palm touches the outside of the left lower leg, the back of the left hand touch the left calf.

三.....四.....五.....

sān.....sì.....wǔ.....

六.....七.....八.....

liù.....qī.....bā.....

九.....十.....

jiǔ shí :

停.....:

tíng.....:

Stop

3, 4, 5, 6, 7, 8, 9,10.

Stop swinging.

指尖点地：

zhǐ jiān diǎn dì

Fingers touch the ground

Song the whole body and touch the ground with the fingertips.

拳头点地：

quán tóu diǎn dì

Fists touch the ground

Song the whole body. The knees do not move. Bend down more until the fists touch the ground.

掌心点地：

zhǎng xīn diǎn dì

Palms touch the ground

Song the whole body. The knees do not move. Bend down more until the palms touch the ground.

手指碰脚尖：

shǒu zhǐ pèng jiǎo jiān

Fingers touch the toes

the right hand fingers touch the right toes and the left hand fingers touch the left toes.

松...下.....:

sōng...xià

Song down

Bend the knees and song down so that the thighs are parallel to the ground. The elbows are bent into a bow and softly sticking to the outside of the knees.

起.....:
Qǐ
Up

The knees slowly straighten and the palms rise until they touch the knees.

膝盖不动:
xī gài bú dòng
Knees don't move

When the palms touch the knees, the knees stop straightening. The body continues to stretch, and the hands rise along the legs to the middle of the thigh.

胯内收:
kuà nèi shōu
Kua goes inside

Keep the kua, sit song and don't move the kua.

尾闾收正:
wéi lǚ shōu zhèng
Wei li tuck in

Tuck in the wei li so that the buttocks and kua are lightly hanging.

含胸拔背:
hán xiōng bá bèi
Chest & shoulder blades flat

The back of the chest is naturally stretched, and the ribs are song.

松肩坠肘:
sōng jiān zhuì zhǒu
Song the shoulders and drop the elbows

Song the shoulder drop the elbows. The hands relax to the sides of the legs following the shape of the body.

虚灵顶劲:
xū líng dǐng jìng
Head suspended

Slowly lift the head and return to the normal position. Eyes gazing at the horizon without focusing on anything.

This method is repeated three times.

Main points: practice song up and down, song open and close of the whole body.

Train bending of the waist and song the abdomen. Song in every joint and all the tendons.

黄氏太极拳道基本功
Huáng shì tài jí quán dào jī chǔ gōng
Huang's Tai Chi Fundamental Exercises

松身第五式
sōng shēn dì wǔ shì
Song Shen Number 5

口令：
kǒu lìng
Commands

摘要
zhāi yào
Remarks

练习松身第五式：
liàn xí sōng shēn dì wǔ shì:
Practice Song Shen Number Five

预备：
yù bèi
Attention

Feet shoulder-width apart in the horse stance. Shoulders should be wide open, knees loose, arms slightly bowed. Middle fingers lightly touching thighs on the feng shi points.

松坐右脚：
sōng zuò yòu jiǎo
Song into the right leg

Song into the right foot using your yi.

左脚轻：
zuó jiǎo qīng
Left leg light

The left foot becomes empty.

脚尖扣回：
jiǎo jiān kòu huí
Toes turn in

Using the heel as the axis, the left toes turn to the right forty-five degrees.

腰胯转右：
yāo kuà zhuǎn yòu
Waist turn right

Song the waist, turn to the right 90 degree.

松坐左脚：
sōng zuò zuó jiǎo
Song on to the left leg

Song into the left foot using your yi.

右脚尖转开：
yòu jiǎo jiān zhuǎn kāi
The right toes turn out

Turn the right toes to the right ninety degrees.

弓.....腿.....：
gōng.....tuǐ
Bow... leg

Song the body continuously down into the left foot with the “gong”(bow) command.

身体迈进:

shēn tǐ mài jìn

Body move forward

With the "tui" command, the body moves forward (like releasing the handbrake).

膝盖到脚尖:

xī gài dào jiǎo jiān

Knees move to the tip of the toes

The front knee "gong"(bows) to the tip of the front foot. The whole body song down, and the yi reaches the soles of the feet.

后劲接上:

hòu jīng jiē shāng

Energy bounces up

The yi leads the song up from the soles of the feet.

坐.....退.....:

zuò.....tuì

Song down... retreat

The body song down constantly.

退后...退后...再退后:

tuì hòu...tuì hòu... zài tuì hòu

Back.. back.. and back again

After the "tui" of the command above, the body retreats with song.

弓.....腿.....:

gōng.....tuǐ

Bow... leg

The body continuously song down.

身体迈进:

shēn tǐ mài jìn

Body move forward

With the "tui" command, the body moves forward (like releasing the handbrake).

膝盖到脚尖:

xī gài dào jiǎo jiān

Knees move to the tip of the toes

The front knee "gong"(bows) to the tip of the front foot. The whole body song down, and the yi reaches the soles of the feet.

后劲接上:

hòu jīng jiē shāng

Energy bounces up

The yi leads the song up from the soles of the feet.

坐.....退.....:

zuò.....tuì

Song down... retreat

The body song down constantly.

退后...退后...再退后:

tuì hòu...tuì hòu... zài tuì hòu

Back.. back.. and back again

After the "tui" of the command above, the body retreats with song.

松坐左脚:

sōng zuò zuó jiǎo

Song into the left leg

Right leg empty.

右脚尖自然翘起:

yòu jiǎo jiān zì rán qiào qǐ
Toes of the right foot rise naturally

The toes naturally rise because the body is song down.

脚尖收回脚跟位，一:

jiǎo jiān shōu huí jiǎo gēn wèi, yī
Toes replace the heel, one

The tip of the toes touch the ground and pull back replacing the position of the heel.

二: èr

Two

The toes then push forward along the ground restoring the heel to its original position.

三: sān Three

same as one

四: sì Four

same as two

五: wǔ Five

same as one

六: liù Six

same as two

腰胯转左:

yāo kuà zhuǎn zuǒ
Turn the waist to the left

Song the waist, turn to the left 90 degrees.

右脚尖扣回:

yòu jiǎo jiān kòu huí
The right toes turn in

The right toes turn in to form an inverted 'v' shape with the left toes (about a 135 degree

松坐右脚:

sōng zuò yòu jiǎo
Song into the right foot

Song into the right foot and empty the left.

左脚尖转开:

jiǎo zhuǎn kāi
Left toes turn open

Turn the left toes 90 degrees to the left.

弓.....腿.....:

gōng.....tuǐ
Bow... leg

The body continuously song down.

身体迈进:

shēn tǐ mài jìn
Body move forward

With the "tui" command, the body moves forward (like releasing the handbrake).

膝盖到脚尖:

xī gài dào jiǎo jiān
Knees move to the tip of the toes

The front knee "gong" (bows) to the tip of the front foot. The whole body song down, and the yi reaches the soles of the feet.

后劲接上:

hòu jìng jiē shāng
Energy bounces up

The yi leads the song up from the soles of the feet.

坐.....退.....:

zuò.....tuì
Song down... retreat

The body song down constantly.

退后...退后...再退后:

tuì hòu...tuì hòu... zài tuì hòu
Back.. back.. and back again

After the "tui" of the command above, the body retreats with song.

弓.....腿.....:

gōng.....tuǐ
Bow... leg

The body continuously song down.

身体迈进:

shēn tǐ mài jìn
Body move forward

With the "tui" command, the body moves forward (like releasing the handbrake).

膝盖到脚尖:

xī gài dào jiǎo jiān
Knees move to the tip of the toes

The front knee "gong" (bows) to the tip of the front foot. The whole body song down, and the yi reaches the soles of the feet.

后劲接上:

hòu jìng jiē shāng
Energy bounces up

The yi leads the song up from the soles of the feet.

坐.....退.....:

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Song down... retreat

The body song down constantly.

退后...退后...再退后:

tuì hòu...tuì hòu... zài tuì hòu
Back.. back.. and back again

After the "tui" of the command above, the body retreats with song.

松坐右脚:

sōng zuò yòu jiǎo
Song into the right foot

Song into the right foot and empty the left.

左脚尖自然翘起:

zuó jiǎo jiān zì rán qiào qǐ
Toes of the left foot up naturally

The toes naturally rise because the body is song down.

脚尖收回脚跟位，一:

jiǎo jiān shōu huí jiǎo gēn wèi, yī
Toes replace the heel, one

The tip of the toes touch the ground and pull back replacing the position of the heel.

二: èr
Two

The toes then push forward along the ground restoring the heel to its original position.

三: sān Three

same as one

四: sì Four

same as two

五: wǔ Five

same as one

六: liù Six

same as two

腰胯转右:

yāo kuà zhuǎn yòu

Turn the waist to the right

Song the waist and turn the kua to the right.

左脚尖转:

zuó jiǎo jiān zhuǎn

Turn the left toes

The toes of the left foot turn 45 degrees.

松坐左脚:

sōng zuò zuó jiǎo

Song into the left foot

Gong tui, song down and bring the centre to the left foot.

右脚跟翘起:

yòu jiǎo gēn qiào qǐ

Right heel up

Loosen and relax the right knee so that the right heel lifts up.

腰胯转正:

yāo kuà zhuǎn zhèng

Waist turn back

The waist turns back to the front.

右脚跟转正:

yòu jiǎo gēn zhuǎn zhèng

The right heel turn back

The right heel slides back to meet the left heel.

收右脚,松下:

shōu yòu jiǎo, sōng xià

Slide right foot back, song down

Ready to stand to attention, sitting with Song onto both legs equally.

双脚慢慢站直:

shuāng jiǎo màn man zhàn zhí

Straighten both legs slowly

Straighten both legs slowly to about 90% straight.

Main point: Bowing (“gong”) the legs and sitting back, which trains the feet, the legs, and the knees, is the most important. When bowing the legs and sitting back song must be used. The joints should be alive with constant song.

Translation by Sumanasena Sirisena & Liu Yan Hong. With assistance from Paul Cummins, Nicholas Mann and Len Lee Nam.