

13 Postures

Facing North- Open

1. Ward off (Left)*
2. Roll back
3. Press
4. Push
5. Pull down
6. Separate
7. Elbow strike
8. Shoulder strike

Turn 90° Right, Facing East-

Repeat 1 – 8 above

Turn 180° Left, Facing West-

Repeat 1 – 8 above

Turn 90° Right, Facing North-

Repeat 1 – 8 above

Turn 180° Left, Facing South-

Repeat 1 – 8 above

Turn 90° Right, Facing West-

Repeat 1 – 8 above

Turn 180° Left, Facing East-

Repeat 1 – 8 above

Turn 90° Right, Facing South-

Repeat 1 – 8 above

Turn 180° Left, Facing North-

Close

***Any time you turn Right, ward off Right!**

Any time you turn Left, ward off Left!