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|  | **HERITAGE TAI CHI & KUNG FU**  **POISON HANDS** |  |

**Poison Hands is from southern China. The alleys are slippery so if you’re fighting in an alley or if bad guys jump you on your boat, there is little room to maneuver. Slippery and no room conditions make the stances important so you don’t fall! You need to be solid.**

**TIP: The eyes look at the area where your hands are except during Commencement when the eyes and focus stays on the Front.**

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| **POISON HANDS** | |
| **STAND STRAIGHT** | * Standing Stance: Feet Together weight even on both legs * Arms at sides |
| **KUNG FU SALUTE** | * Right hand is fist; left hand is open palm with fingers together & thumb in * Arms are out away from the body (elbows a fist distance from body) |
| *The movements shaded below are part of ‘****COMMENCEMENT****’*  *If not doing Commencement, go from KUNG FU SALUTE directly to READY* | |
| **BLOCK – CATCH** | * Right coils out & comes up on the center line in an arc like the letter ‘C’ (RISING BLOCK) & * then turns palm out in Tiger Claw (CATCH) |
| **STEP OUT TWISTED** | * Both hands go to right side; shoulder height with palms outward * The left foot is ‘on the line’ and right foot crosses over in front. Body turns to the right, knees bent, weight more forward on the right leg * Arms bend and hands are at shoulder height with palms facing outward |
|  | **NOTES: Timing of BLOCK, CATCH, STEP OUT TWISTED**   * As the BLOCK arm goes out, the right foot starts out with it and the CATCH flows into STEP OUT TWISTED. * The left hand begins moving with the CATCH – elbows down * TWISTED STANCE: Right foot steps out and crosses over in front of the left; * Body turns to the right, knees bent with weight more forward onto the right leg |
| **TIGER**  **TWISTED STANCE** | * Tiger is done in Twisted Stance: * Left arm goes out in front in a Tiger claw – arm is bent – not a locked elbow. * As you turn into Crane, the Tiger Claw rakes across in opponent’s face & ends facing outward at the heart |
| **CRANE**  **CAT STANCE** | **ENDING POSITION:** CRANE move ends in a Cat Stance with weight on right leg and the right arm dropped into the Crane hand position and the left arm at heart-palm out  **MOVEMENT DESCRIPTION:**   * Relax the right arm and the Right elbow DROPS and right hand fingers form CRANE (it’s a Crane so hand is the beak and the arm is it’s wing) * The Left Tiger hand is at the heart with palm out * The arms are surrounding an opponent’s head. The Crane hand brings the head in and turns to the right side in Double elbow. * As body turns left (pivoting on right foot) into a Cat Stance in the Crane movement, keep the arm movements and weight on the right side of the body keeping the left leg free * To facilitate the turn, move body weight forward as body makes the turn with body weight ending on right side. * Body is moving from facing Front to facing 45 degrees to the left front Corner. * The right arm twists into the Crane position. |
| **DOUBLE ELBOWS**  **WIDE BOW & ARROW** | **ENDING POSITION**: The ELBOWS move ends 180 degrees to the other side (right side) using the ball of the right foot to pivot on with both arms in front of the chest with fists outward  **MOVEMENT DESCRIPTION:**   * From the CRANE position; Move left leg into a Chicken Stance and then Start turning to the right by pivoting on the ball of the right foot and placing left foot out to side and back to form a wide Bow & Arrow Stance facing the right side when the turn is complete. * Elbows are bent to sides with palms out in front of chest * Eyes are looking front.   **NOTES:**  The ‘Crane’ hand grabs opponent while turning to the right side ending in a wide Bow & Arrow stance. Don’t bring the hand in – come to the hand. Hit with the Tiger Elbow. |
| **DOUBLE**  **BACK FIST or DRAGON SPITS/PRESENTS A PEARL**  **WIDE BOW & ARROW** | **ENDING POSITION:** Body is facing front in a wide Bow & Arrow stance with elbows bent on both arms; both hands in fists – palms toward body  **MOVEMENT DESCRIPTION:**   * From the Double Elbows position, Turn on both heels to the left 90 degrees; ending facing forward in another Bow & Arrow stance with left leg forward * Both arms are in Double Backfist/Dragon Presents a Pearl position * ‘CRASH’ into position * Circle arms downward stepping back with left foot to end in a Standing Stance. As the left foot steps back, the elbows come down and go into READY position. Think ‘DOWN’ – ‘PULL BACK’ |
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| **READY**  **STANDING STANCE** | **ENDING POSITION:** Arms bent at sides; hands in fists; standing stance with knees slightly bent  **MOVEMENT DESCRIPTION:**   * Circle arms down and pull them back to sides. Think ‘DOWN’ – ‘PULL BACK’ * Bring arms to sides with elbows bent; hands in fists - Standing Stance   **NOTES:**  Form fists with palms facing upward and the fingers curled into the palm. The thumb, meanwhile, should be tight against the index and middle fingers. Cock both arms by holding tight fists against your hips, with your elbows pointed back. |
| **TOES OUT**  **HEELS OUT**  **BA STANCE** | **ENDING POSITION:** Both toes pointing in; knees bent  **MOVEMENT DESCRIPTION:**  With knees slightly bent from the READY movement, pivot on both heels to turn both feet out; then pivot on the balls of both feet to turn heels out. Ends with toes pointing inward.  **NOTES:**   * Stay in this position (BA stance) until the end. |
| **DOWN** | * BEGIN with both hands at sides IN READY position * Start with right hand; left hand stays at side EITHER in Fist or turned open palm downward into first Neigong position.   **NOTES:**   * go up, then down with the right hand - Hand ends angled OUT/away from body |
| **OUT** | Drop the elbow and rotate arm so right Palm faces body – like looking in the mirror – hand in front of shoulder |
| **IN** | Rotate arm so Hand goes all the way across body; moving quickly from the OUT position |
| **RAKE** | Rotate arm and hand returns to side - Palm up  **NOTES:**  MOVING FROM ‘RAKE’ TO the second ‘IN’ below IS LIKE PULLING OUT A PISTOL SO IT’S FAST |
| **IN** | Hand goes Half way across body – center line  **NOTES:**  this “IN” is further out from the body then the first “IN” that went all the way across the body |
| **PALM** | Straight out – in front of face. The arm is not straight, it’s bowed.  **NOTES:**  Blocking with the forearm |
| **1** | Circle with index finger up – THUMBS IN!  **NOTES:**   * Arm is out in front of shoulder * Circle to hip and lead out with heel of hand. There are two arcs: pulling back with the wrist back; then pushing forward with heel of hands * The motion is that of pulling then pushing. The motion is in an arc – push-pull. |
| **2** |
| **3** |
| **EYEFLICK** | Hand straight out in front of face but curved like a snake. Arm is straight out from shoulder to elbow; then curves from elbow to hand.  **NOTES:**   * movement is snake-like at eye level. * Shoulder is relaxed and moves the elbow which moves the wrist. * The shoulder is relaxed and the elbow goes out * Use the whole arm for IN-OUT-IN |
| **IN** | Hand moves left & back to center |
| **OUT** | Hand goes out to right & back to center |
| **IN** | Hand moves left & back to center |
| **CHOP** | Circle the head, left to right – beginning with the palm facing your own head -  then chop (imagine someone in front of you.  **NOTES:**  the CHOP is aiming between the neck & shoulder of the opponent. Your elbow is in. |
| **PALM** | Small move with heel of hand – upward palm to chin |
| **ELBOW** | Elbow goes to the side of your head to put it into the opponent’s face |
| **PALM** | Palm downward – fingers together – into opponent’s face |
| **DOWN** | Arm goes down to other side – close to body at hip – fist open |
| **BACKFIST** | Same Hand comes up to center line in fist; goes out and in front of center |
| **LEFT HAND REPEATS THE SAME MOVEMENTS; RIGHT HAND AT SIDE IN READY POSITION** | |
| **PUNCH 1-2-3** |  |
| **BREATHE IN** | Left foot moves to step next to right with knees bent |
| **BREATHE OUT** | Straighten knees and Breathe out while standing up; bring hands down to sides |