

Bruce Frantzis 27 Movement Wu Short Form

1. Commencement
2. Play the Lute
3. Single Hand Peng
4. Double Hand Peng (Peng)
5. Lu (Roll Back)
6. Ji (Press Forward)
7. An (Push Downward)
8. Single Whip
9. Left Single Shoulder Stroke
10. Hold the Ball
11. Back Double Shoulder Stroke
12. Right Single Shoulder Stroke
13. Front Double Shoulder Stroke
14. White Crane
15. Squatting Pull Down
16. Turn and Brush Knee (Left)
17. Brush Knee Right
18. Brush Knee Left
19. Needle at the Sea Bottom
20. Finger Pierce
21. Fan through Back
22. Turn Body and Chop with Fist
23. Step Forward Parry and Punch
24. Apparent Close Up
25. Pull Down
26. Cross Hands
27. Conclusion