

wushu

4 elements

1. *ti* – kicking
2. *da* – punching
3. *shuai* (kuai) jiao – (fast) take down
4. *na* – capture/seize

12 models

1. *move like a tidal wave* – powerful, rhythmic, controlled force of movement
2. *still as a great mountain* – strength of still position with unmovable foundation
3. *jump like an ape* – agility and alertness of moving
4. *land like a magpie* – lightness and stability of landing
5. *balance like a rooster* – stillness and alertness in motion
6. *stand like a pine tree* – both feet on the ground
7. *spin like a wheel* – well-defined, controlled rotational movement
8. *bend like a bow* – storage of potential power in bending or twisting posture
9. *light as a leaf* – lightness of gliding effortlessly
10. *heavy as iron* – expression of seriousness, not vicious and in control
11. *suspend like an eagle* – animated state, alert and concentrated, with aim
12. *fast like the wind* – fast, sharp and swiftly accomplished movements

8 (integration) principles

1. *punch like a shooting comet* – clearly and swiftly
2. *eyes flash like an electric current* – range of view
3. *waist turns like a moving snake* – transmission of power
4. *steps should be rooted* – stepping movement
5. *vitality of spirit should be full and focused* – mental and spiritual expression
6. *breathing should be sunken* – breathing pattern
7. *power should be smooth* – proper power emission
8. *delivery should be thorough* – integrated expression

arm, eye, body, steps, stability, breathing, power, expression

5 styles

1. *circular movement* – soft appearance
2. *long fist* – emphasize kicking and striking
3. *long range* – to engage their opponent
4. *short range* – rapid, compact, close range strikes
5. *imitation* – praying mantis, monkey, drunken style