

## Northern Wu – 13 Golden Postures

Get into the beginning stance – Heels together with left toe facing NW and right toe facing NE.

Get up on left toe and step out a half step with L foot facing N and pivot right heel so right foot is N.

### Opening

Both arms rise slowly up in front –do not go above eye level then spread fingers and bring arms slowly down to your sides.

### Turning East

Weight is on R side as you get up on L Toe and step out on L heel and arms rise out to the side and then come together with L arm out straight and R hand touches the L wrist briefly as you pivot on L heel to the E and R heel to the E and hands pass side by side ending with L hand touching the R wrist. Fall naturally on R foot and then hands go to SE. Bring R hand up and pivot on R heel back to N. Reach out with R hand and Grasp the Birds tail and L hand goes across into Single Whip ( this is where arms are out at a 45 degree angle)

### Floating Hands in Clouds

Start with L hand and float down and across, at half way start slowly opening the birds tail in R hand. Then float right hand down as L hand goes across the top and you are watching the fingers on the L hand, when hands get even float down with left hand and watch the right as it goes across. Reach out and grasp the bird's tail and watch L hand as it goes back across into Single Whip.

### Diagonal Fly

L hand goes up (this is the only time your hand goes above eye level) and R hand goes slowly down then you get up on R heel and pull R toes to the left step on the R toe and go into R Forearm Press.

### White Crane Spreads its Wings

As you step up with L foot R forearm rises with palm facing you and goes to your R shoulder and turns palm out, L Hand goes down in front and turns to left side while torso faces N, L hand comes up L side and both hand are in front with palms facing out.

### Going West

Cross your R hand over your L wrist and get up on R toe and pivot to W, pivot on L heel to W, step up and out on L heel and put L foot down flat. Pivot on R heel so that both feet are W. Go to Ward off position. Both arms will sweep back as you throw the big ball. When arms come forward the L arm is out in front and R hand comes up the left arm and across your chest and drops to your right waist, make your Tai Chi fist and bring the R arm forward into the Tai Chi Punch, as you do this you support your R elbow with L hand. Then you fold R forearm down over L forearm, pull them apart forming an X then push against the mountain. You then bring both hand slowly down to your sides. Then pivot on L heel to N, R heel to N and step up with L foot.

### Closing

Both arms swoop up from sides to Polish the Mirror then bring R arm over L arm pull apart and push down. Bow