

Class #4

Focus:

Fair Lady Works Shuttle

Pick the Needle from Sea Bottom

Deflect, Intercept, and Punch

Teaching Points:

Fair Lady Works the Shuttle

This move is similar to Brush Knee and to Part the Wild Horse's Mane. It begins from the Hold the Ball position. The bottom hand will sweep across your body and up, with the hand turning out into a high block. The top hand will move out and slightly across your body into a block or a punch. The high block hand should not be close to the forehead. This is NOT Fair Lady Faints! The "shuttle" is not a bus on the 16th St. Mall . . . or a NASA creation that provides space travel. This is referring to the shuttle cock that a woman would use with a loom to create tapestries.

Pick the Needle up from the Sea Bottom

This move comes out of Fair Lady works the Shuttle. The first thing you should understand is that you do NOT have to actually touch the floor to pick anything up! This move is essentially a one-legged squat which is a very advanced strength move. Keep your head up and try not to look down. If you look down, you will tend to round your back and lose form. Again, if you think about the martial arts application, you would not be looking down at the ground . . . you would be looking at your opponent as you move in for a heel pick. Your weight should be back on your right leg with no weight on your left leg at all. As you come up out of this move, you block, and then you step forward with your left foot and fan through the back.

Deflect, Intercept and Punch

Your weight shift is critical in this move. The original motion is a circular move coming from your left hip up to directly in front of your body. It is basically a circular backfist with your right hand. Your palm should be facing inward at the end of the move. Then, as you shift your weight to the right, you bring your right hand to your right hip. All of your weight is still on your right leg. You can touch your left foot slightly to help with balance, but do not put weight on it. Then as you step forward with your left, you bring your right hand out into a

vertical, reverse punch. Rotation is key in this move to make the punch more powerful.

Warm ups: 2-3 minutes

- Hold the ball
- Chi Walking

Form practice: 6-7 minutes each

- Fair Lady Works Shuttle
- Pick the Needle from Sea Bottom
- Deflect, Intercept, and Punch

Cool downs: 1-2 minutes

- Heaven and Earth

Homework: Practice the moves.