



# The Final Moves

4 more moves before you progress to the full form

Although this is not a class to teach in the “beginner” class cycle, it contains moves needed to complete the form. You will actually teach these moves in the advanced class. Below are important teaching points for the final 4 moves, as well as an outline on how to practice them yourself.

## The Final (Hidden) Moves

### Focus:

White Crane Spreads Its Wings

Play the Guitar

High Pat on Horse

Return the Tiger to the Mountain

### Teaching Points:

White Crane Spreads its Wings

This is essentially a defensive move. All of your weight should be on your right. Do not allow any weight to shift to the left foot. This is important since your next step will be into Brush Knee left. You will pause slightly into the posture with your right hand high and your left hand low and then move directly into the arm circles which will then position you correctly to move into Brush Knee left.

Play the Guitar

Such a simple move! It was originally called Play the Lute or the Pippa, but nobody knows what a lute or a pippa is, so it is now called Play the Guitar. And unless you are Paul McCartney, this is the position you would play a guitar. Be careful with your weight. No weight should be on your left foot because the next step will be with your left into Repulse the Monkey.

High Pat on Horse

Again, a very simply move. Coming out of the Single Whip, keep your weight forward on your left foot and move your right foot up as you pull your right hand to your temple and extend your left hand out with your palm up. Then shift your weight to your right foot and step forward with your left as you cross your hands right over left.

Return the Tiger to the Mountain

This is the final move of the form and the weight shift is critical. As you move out of Pushing Chi, you will bring your weight to the right as you open up your arms. Then you shift your weight to the left and then you center yourself as you move into a Wu Chi position which is centered. Then as you close the form, you will always move your left foot towards your right. This is important to close the circle. You began the form by moving your left foot out, so you have to close the form by moving your left foot in so that you complete the circle. Try not to lean too far forward as you do this move and do not look towards

the ground. Keep your head up. Your right foot will need to slide slightly in towards your left as you end this move so your feet are not too wide to end the form.

**Warm ups: 2-3 minutes**

- Hold the ball
- Chi Walking

**Form practice: 6-7 minutes of each**

- White Crane Spreads Its Wings
- Play the Guitar
- High Pat on Horse
- Return the Tiger to the Mountain

**Cool downs: 1-2 minutes**

- Heaven and Earth

**Homework:** Practice the moves.