

Russell North's Shibashi Variation

Breathing	raise hands forming a window, then out & separate
Raise Arms	shoulder height, as in Lotus ending
Scoop the Water	from Lotus, bring hands down
Lotus Spiral	
White Crane Spreads Wings	start with (L) hand up and (R) foot empty
Bend Bow to Shoot Tiger	hands start at (L) hips
Spear Hand Thrust	2 rotations before thrust
Jade Buddah	from fan, with Back Fist into Palm: stepping to horse stance
Swing Arm Variation	
Wipe the Mirror	
Cloud Hands	with a side step
Snake Creeps Down	hands start with hook & mirror then thread the needle
Brush Knee w. Needle at Sea Bottom	start with holding the ball
Warrior Pushes the Gate	from centre, hands back to hips and rotate to front again
Squat Punch	punch with same hand as the foot behind
Seven Star Punch	
Swan Settling Wings	Bird of Paradise
Breathing in Bear Stance	horse stance & arms hugging tree