

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