

Di Jung Hai Wu Shu Guan (What we might practice)

Fundamentals

Forms

1. Shr San Tai Bau (X 3)
2. chuan xin jung (X 3)
3. xiao chian (X 3)
4. Bai He Gun

Jian Dans both sides

- 5 Double push / lions mouth (X 100)
- 6 Double vertical blocks (Jung, xia, Shan ping yao)

with walking , 3 on each side, 10 steps back, 10 steps forwards.

4 step wrist grab drill

(right to left, escape, cross grab , escape, double grab, escape to Shr San Tai Bau leg sweep [heng gong,])

Stick Fundamentals (2 man)

Push Hands / without start from cross grab (what we would like to practice)

- Wrist takes (4 variations , single and double hands) / escapes.
- Centre line locking with pull and push
- Roundhouse

Forward flowing

- Blocked force out Off side pushing (change line)
- Blocked force to elbow to shr tze kai kou
- Block force up to nei gong san shu
- Block force down to mei nu hu zhang

Fist of crane

- **Roll up to uppercut (from chuan xin jung)**
- **Roll up reverses to round house with cross block (incorporating pin on jung pan yao)**
- **Rolling back fists**

Push pull following drills / taking through to pinning the dan tien, and 100 katty

Sticks stones ropes

Knee clashing, walking knee locking drills

2 man kick conditioning drill

Peter Lemkes entry

Knee and break from shr san tai bau

Flashing wing / variations on Ching long juan shui / locking power through shoulder / pulling from
waiste as in bai he tza ji from xiow chian