

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

3. Single Whip



a.
Step to the right
and slightly for-
ward with the
right heel.



b.
Shifting your
weight onto the
right leg, push
the palms for-
ward.



c.
Turn the palms
to face forward
and extend the
arms outwards,
while watching
the left hand.