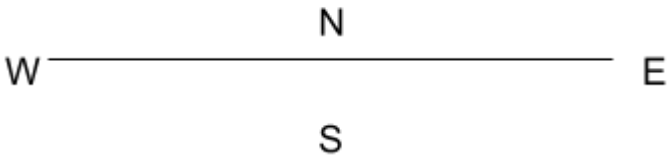
Hsing-I Chuan
Snake
Last Modified: 8/19/24



1. Start facing N with hands at your side and feet together.
2. Inhale. Circle the open hands out and up. Turn the left foot out to the 45-degree angle.
3. Exhale. Bring the open hands down, palms toward the floor. Slightly bend the knees.
4. Inhale. Circle the open hands out and up. Straighten your legs.
5. Exhale. Bring the hands down as you form them into fists. Slightly bend the knees.
6. Gaze W. Turn your body and raise your arms together facing W, with the left fist resting on the right forearm.
7. Pushing off your right foot, step with your left foot forward facing W. Simultaneously, open the hands and slide the left hand up the right forearm. Turn the hands so the left palm is facing out at about chest level, and the right palm is facing down with the right thumb facing in toward the pubic bone. This is Santi position.
8. Step slightly off-center to the left, left foot forward, executing a left open-hand block and a right strike to the groin. This is the only time in the form you step off the center. Every other movement goes straight in.
9. Shuffle step forward, left foot forward, as you pull up with your right arm. Strike with a right fist (think Wood) while blocking with the left (think Earth).
10. Step forward, left foot forward, with a modified single whip.
11. Bring your right foot up to your left foot, stomping your feet and clapping the heels of your hands together.
12. Step forward with the left foot into a modified Snake Creeps Down.
13. Step forward with the right foot, feet together, into a modified Pluck Needle From The Bottom Of The Ocean.
14. Step with the left leg and execute a Santi position with left foot and left hand forward.
15. Step with the right leg and execute a right Santi position with right foot and right hand forward.
16. Turn your right foot toward your left foot, bending your knees inward toward each other. Gaze E. Turn your body and raise your arms together facing E, with the left fist resting on the right forearm.
17. *Repeat steps 7-16, facing W instead of E.*
18. To finish, from Santi facing W, step the left foot back to the right foot as you circle the open hands out and up. Bring the hands down as you form them into fists. Slightly bend the knees.
19. Inhale. Circle the open hands out and up. Straighten your legs.
20. Exhale. Bring the open hands down, palms toward the floor, slightly bending your knees.
21. Rest your hands on your legs and straighten your legs to close.