

Feeding Crane Basic Power Training

食鶴拳基本功

一段 Level 1

	<u>Chinese</u>	<u>Mandarin</u>	<u>English</u>
1	轉肩(前/後)	zhuǎn jiān, qián / hòu	Rotate Shoulder (Front and Rear: 2 versions)
2	落肩	luò jiān	Drop Shoulder: shoulder up and down with arms straight and soft
3	橫向肘擊	héng xiàng zhǒu jí	Horizontal Elbow Smash: single elbow at shoulder level, back
4	前向肘擊	qián xiàng zhǒu jí	Front Elbow Smash: at rib level, keep "wings" out
5	縮肩	suō jiān	Contract Shoulder: raise shoulders, drop elbows down with shoulders
6	火形手	huǒ xíng shǒu	Fire Hand, do at both 90 and 180 degrees
7	水形手	shuǐ xíng shǒu	Water Hand (in low stance)
8	膝擊	xī jí	Knee Smash: kick to knee, front and back each time, with punch
9	雙掌發勁	shuāng zhǎng fā jìn	Double Palm Fajing: strike to ribs with palms, with both hands, do with double palms down opening block
10	單手彈技	dān shǒu dàn jì	Single Hand "Spring" Skill: single punch, blocking hand also goes outward, stance shifts to side
	木形手	mù xíng shǒu	Wood Hand: Punch at shoulder level, opposite hand blocks to face
	收腿法	shōu tuǐ fǎ	Draw In Thigh Method: basic step with kick block

二段 Level 2

	<u>Chinese</u>	<u>Mandarin</u>	<u>English</u>
1	直肘橫向發勁	zhí zhǒu héng xiàng fā jìn	Straight Elbow Sideways Fajing: arms loose and extended at shoulder height, open to shoulder width
2	跳踢, 跳膝	tiào tī, tiào xī	Jumping Kick, Jumping Knee (with stomp): 2 versions
3	木形手	mù xíng shǒu	Double Wood Hand: wood hand punch to front, pivot to side and flat punch and push block at 90'
4	土形勁短打擊		Shaking Punch- straight punch to front, both arms end with elbows at ribs. Also called short punch.
5	吊技(落手)	diào jì (luò shǒu)	"String" Technique (Falling Hand): One hand pulls up, one pulls down
6	雙肘發勁	shuāng zhǒu fā jìn	Double Elbow Fajing: double elbow at shoulder level- finish at 45' from body
7	鶴翅啄眼	hè chì zhuó yǎn	Crane Wing Peck Eye: circle fingertips to eyes, other (blocking) hand moves same direction
8	單隻水手	dān zhī shuǐ shǒu	Single Water Hand: 1 hand water hand, 1 hand goes down, standing, second single water hand crosses the first and then punch, with triangle step
9	單掌發勁	dān zhǎng fā jìn	Single Palm Fajing: palm strike to ribs, shift hips and stance on balls of feet, start with palm down opening block
10	連環打	lián huán dǎ	Continuous Hit: strike up then down with one hand, back hand covers at opposite level

三段 Level 3

	<u>Chinese</u>	<u>Mandarin</u>	<u>English</u>
1	直肘肩部發勁	zhi zhǒu jiān bù fā jìn	Straight Elbow Shoulder Fajing: keep arms straight and palm strike with shoulders only
2	吞吐手 (金手)	tūn tǔ shǒu	Swallow / Spit Hand (also Gold Hand): pull in strong with palms, palms stay in front of each other, elbows out, and strike out to eye height with edges of hands
3	單手發勁	dān shǒu fā jìn	Single Hand Fajing: single hand strikes out with back of hand at rib level
4	大字形發勁	dà zì xíng fā jìn	“Big” Character (大) Shape Fajing: backs of both hands hit out at shoulder height
5	掌中勁	zhǎng zhōng jìn	Palm Center Power: fists or palms strike downward from shoulder height, arms end bend in front of body
6	送肩力	sòng jiān lì	Send Shoulder Strength: right palm and left elbow sideways, from 3rd kata
7	單掌秒殺	dān zhǎng miǎo shā	Single Palm Instant Kill: strike to ribs with palms, 1-2 strike right and left, using hips
8	直拳發勁	zhi quán fā jìn	Straight Punch Fajing: from extended punch position, hit with 2nd punch from shoulder
9	浮沉手	fú chén shǒu	Floating & Sinking Hand: Attack fingers down, elbows in 90', then hands up
10	打擊單隻水手	dān zhī shuǐ shǒu	Single Water Hand: with Punch- first punch downward and block upward then do single water hand, all in low stance

Feeding Crane Forms

食鶴 套路

	<u>Chinese</u>	<u>Mandarin</u>	<u>Fujianese</u>	<u>English</u>
1	角戰拳	Jiao San	Ka tsen	Angle Battle
2	三戰拳	Sanzhan	Samchien	Three Battles
3	對槌化大角拳	Tui Chui Hua Dai Gagguen	Due Chue Hua Dao Chio Chuen	Against Strike Change Big Angle
4	白鶴蝴蝶雙飛拳	Bai He Hu Dei Shuang Fe Chuan	Be He Otiap Shiang Fui	White Crane Butterfly Wings
5	金形六斗手拳	Jin xíng liù dòu shou quán	Gim Hing La Dau Shou	Gold Element Six Constellation Hand
6	白鶴綜合拳	Bai He Shuang Hap Quan	Be He Chang Hop	White Crane Combined Form