12. DOUBLE ARM STRAIGHT SPIRAL FORWARD CHAN SI
From the wuji stance, the right leg takes a step to the front. The weight of the body is placed on the left leg. The arms twist in while rising up along the sides of the body. Following, the hands make an arc to the rear and then straighten to the front by passing the sides of the rib cage. At the same time, the right knee bends forward. The eyes gaze to the front (Figure 59-62). To continue the movement, both arms twist in towards the sides to connect with the movement of Figure 59. Conduct the closing exercise.

13. DOUBLE ARM STRAIGHT SPIRAL BACKWARD CHAN SI
From the wuji stance, the right leg takes a step to the rear. The arms twist outward as the hands lift up to the sides. The palms face at an angle upward. The upper body slightly bends to the front. Both arms bend at the elbow and wrist. The hands pass the upper rib cage to straighten to the rear. The palms face up. The left leg bends forward at the knee, the chest expands, the head is lifted and the eyes gaze forward (Figure 63-66). The arms twist out while the hands pass the sides in an arc-like motion to connect with the move in Figure 63. Repeat in a continuous motion. Perform the closing exercise afterwards.

14. DOUBLE ARM STRAIGHT SPIRAL HORIZONTAL CHAN SI
Begin in the wuji stance; the arms slowly twist out while the palms turn over to face out. Afterwards, the arms twist in and are lifted to shoulder height. The elbows and wrists are bent as the hands pass the sides of the upper rib cage. The palms face to the rear. The legs are slightly bent. Afterwards, the legs slowly straighten. The arms twist out with bent elbows, and the hands slowly move inward. The palms face each other diagonally, and the fingers point at an angle outward. The eyes gaze to the front (Figure 67-70). To continue the motion, connect the last move with Figure 68.

The movement of the arms must be circular, natural and coordinated with the bending and
straightening of the legs. Perform the closing exercise.

15. LEFT UP RIGHT DOWN SPIRAL CHAN SI
From the wuji stance, lift the right arm up with bent elbow. The right hand rises along the side of the body with the palm facing left. The left arm twists out with a bent elbow as the left hand passes to the front of the chest to straighten on the inside of the left arm. The weight of the body gradually shifts to the right leg. Both legs slightly bend at the knees. Following, the left hand twists in as it straightens to the upper left. The palm faces to the upper left and the fingers point to the upper right. The right hand makes an arc down to the right hip as the arm twists in. The palm faces to the lower rear. The legs straighten as the left hand straightens up. The eyes gaze forward (Figure 71-73).

These movements must be soft and slow and the body must not use any force to perform this exercise. After practicing a number of times, conduct the closing exercise.

16. RIGHT UP LEFT DOWN SPIRAL CHAN SI
The movements are the same as the previous exercise (#15), but are performed on the opposite side (Figure 74-76).

17. DOUBLE ARM OPENING AND CLOSING CHAN SI
From the wuji stance, bend the knees as the wrists cross in front of the body. Following, the legs straighten as the arms twist out and the hands lift up past the face and then to the sides. The palms face out and the fingers point up. The eyes gaze forward (Figure 77-79). The legs bend again as the hands make an outward arc to the front of the abdomen. Continue from Figure 77 to repeat the sequence. After completion, conduct the closing exercise.

18. DOUBLE ELBOW OPENING AND CLOSING CHAN SI
From the wuji stance, the right leg takes a half step to the right and then the knees bend down. The arms twist in as the hands form fists and sink downward to the groin area. The upper body rounds forward. The arms twist out with bent elbows as the fists move to the sides of the elbows.
The palms of the fists face to the upper rear. The legs slightly raise up as the upper body expands out. The elbows pass the front of the chest as they make an arc to the sides of the body. The palms of the fists face down and the eyes gaze forward (Figure 80-82). To repeat the sequence, the arms twist out as the fists make an arc down to the front of the abdomen to connect with the movement on Figure 81. Upon completion, perform the closing exercise.

The opening and closing of the elbows must be coordinated with the bending and straightening of the legs. The contraction and expansion of the chest and stomach must be united with the jin and qi of the body; only then will the movements be round and natural.

19. LEFT AND RIGHT ELBOW CHAN SI
Left elbow clockwise and counterclockwise chansi: From the wuji stance, the right hand forms a fist and is placed on the side stance, the right hand forms a fist and is placed on the side of the right waist. The left hand also forms a fist as the arm twists out. Following, the left fist straightens to the upper right as the body turns to the right. This is the clockwise chan si. The jin and qi of the body are concentrated inward. Afterwards, the upper body turns to the left as the left elbow circles up and to the left. The elbow points to the left and the eyes gaze at the left elbow. This is the counterclockwise chan si. The jin qi of the body is emitted outward in this technique. (Figure 83-84).

The right elbow clockwise and counterclockwise chansi is the same as the above description except the directions are opposite (Figure 85-86). Upon completion, perform the closing exercise.

20. TWISTING THE WRIST LEFT AND RIGHT
Left twisting wrist: From the wuji stance, bend the knees slightly and place the right hand on the waist. The left arm is bent as the palm lifts up to the front of the chest. The palm faces up. Afterwards, the left arm twists in as the palm makes an arc down to the left side. The palm faces to the left front; the eyes look at the left palm (Figure 87-88). To continue the motion,
connect with the move on Figure 87. The movement of the hand should follow a figure-eight pattern. Right twisting wrist: The movement is the same as the above with only a change in directions (Figure 89-90). Conduct the closing exercise afterwards.

21. DOUBLE TWISTING WRISTS
From the wuji stance, the arms rise to the front using the wrists as an axis. Rotate in a circle from the inside to the outside. After practicing a number of times, perform the movement in the opposite direction. The entire body must be relaxed especially the shoulders, elbows and wrists (Figure 91-92). Upon completion, perform the closing exercise.

22. LEFT AND RIGHT SPIRAL PUNCH
From the wuji stance, the left leg takes a step to the front. The right fist punches to the front as the arm twists inward from the waist. Afterwards, the arm twists out as the fist returns to the waist. The left fist punches to the front as the arm twists inward from the waist. Repeat this sequence with both fists for a number of times. The eyes gaze at the fist being punched (Figure 93-96). Afterwards, perform the closing exercise.

23. ROTATING THE ABDOMEN AND KIDNEYS
From the wuji stance, place the hands on the waist. The knees bend slightly as the waist circles in a clockwise direction. After circling for a number of times, repeat the move in the opposite direction. The eyes look downward. The mind should concentrate the qi in the abdomen and kidneys as the movement circles around (Figure 97-100). Upon completion, perform the closing exercise.

24. ROTATING THE WAIST
From the wuji stance, the legs bend slightly at the knees. The arm twist out as the arms are raised to the front sides of the body. The elbows are bent. The hands form fists with the palms facing each other. Afterwards, the waist turns to the left and right while the arms remain level. The eyes gaze at the arms (Figure 101-103). Perform the closing exercise.
25. SPIRALING THE WAIST
From the wuji stance, the left leg takes a half step to the left. The knees are bent down and the upper body is inclined forward. The head is slightly tilted to the front. The hands form fists and straighten to the right lower front. Afterwards, the upper body spirals to the left using the waist as the axis. The arms move to the left, then to the rear and finally to the right. The chest and abdomen expand with this move. Repeat this move a number of times, and then repeat in the opposite direction. The degree of spiralling is from small to large and the speed must be slow and smooth. The entire body should be supple (Figure 104-106). Perform the closing exercise afterwards.

26. LEFT AND RIGHT KNEE SPIRAL
Left knee spiral: From the wuji stance, the toes of the left foot turn out and step to the left and half step. The left knee bends to form a bow step. The hands are placed on the left knee with the left on top of the right. Afterwards, turn the knee joint in a clockwise motion. When the knee circles to the rear, the weight of the body should shift to the right leg. The right knee should bend and the left straighten; and when the left knee turns to the front, the left knee bends and the right straightens. After doing this move a number of times, repeat in the opposite direction (Figure 107-109).

The right knee spiral is the same as the left, but is performed in the opposite direction (Figure 110-112). After stopping, perform the closing exercise.

27. DOUBLE KNEE SPIRAL
From the wuji stance, the left leg is placed next to the right. Bend the knees into a half squat. The hands are placed on the knees as the knees spiral in a clockwise direction. Afterwards, repeat in the opposite direction (Figure 113-115).

28. LEFT AND RIGHT CHAN SI SIDE KICK
From the wuji stance, place the hands on the waist. The left leg twists inward while bending the knee upwards. The left foot is placed next to the inside of the right knee. Spread open the hip joints as the left leg side kicks to the lower
29. TWISTING THE FOOT LEFT AND RIGHT

Twisting the left foot: From the wuji stance, place the hands on the waist. The left leg straightens and twists inward. The toes of the left foot lift up, turn inward and then lower back to the ground. Afterwards, the left leg twists outwards and the toes also turn out. Repeat this movement over a number of times. This will benefit the suppleness and flexibility of the ankle (Figure 120-122). The right side is shown in Figure 123-125. After practice, complete the closing exercise.

30. GOLDEN COCK SHAKES ITS WINGS

This movement is used to relax the muscles of the entire body. From the wuji stance, bend the elbows of each arm and form fists. Shake the upper body to the left and right causing the muscles of the body to relax and sink down. The movement must be from slow to fast. After shaking the body, the body still vibrates causing the clothes to flutter. The shaking should feel as if the skin of the body will fall off the bone. The entire body should feel completely comfortable (Figure 126-127). The shaking moves are shown in Figure 128-129. After the body is relaxed, conduct the closing exercise.