

FORMS

Forms or “**Kuens**” are the stories of fighting that hold the secrets, the techniques, the ideals of movement, the animal virtues, and the self defense of an art. It is much like a preset dance – however every movement is about fighting. By putting techniques together in a passion of rehearsed movements it trains the practitioner’s muscles in repetition, continuous motion for health and self defense. The memorized patterns help a student learn “muscle memory” by which they can later more easily remember techniques and defend themselves. Pai Lum forms tell the story of the Pai Lum warrior achieving the elements of victory over many aggressors. All directions on form are like a clock. 12 o’clock is straight ahead (the direction you start with – 6 o’clock would be directly behind. 9 would be to the left of 12.

Yellow Kung Fu and Kenpo Form Example

“Tiger Short Set”

Bow – Pai Lum Ceremonial Bow

1. Starting in ready stance, hands come out in break fist position.
2. Turn right shoulder to 12 o’clock while pulling break fist hands into high left chamber (above belt).
3. Step right foot to 12:30 o’clock with heel and then twist foot to have toes point to 2 o’clock as you shift and fill the weight into right foot. While weight in shifting pull break fist hands across heart and into right chamber (left shoulder now to 12 o’clock).
4. Keeping weight in right leg, stick left foot to 12 o’clock (cat stance) and present break fist hands to 12 o’clock heart high.
5. Step left foot back to 6 o’clock and then right foot so feet end in original ready stance. While feet are moving back to ready make two fists palm down and pull them into center of waist and then lift them to ears and then back out in front of heart (striking) and finally back into chamber (creating vertical circle), then open hands palm up and lift hands up under armpits, then turn them back palm down and push hands down to thighs on sides. Round out hands palms toward body and then snap them into chamber.

Tiger Short Set continues

Form

1. Facing 12 o'clock (front) in ready stance after bow, right foot steps back to 5:30 as you face 12 in side horse stance while left hand shoots out to front (12) in tiger claw block.
2. Shift to left long bo and deliver right reverse ram head punch to 12.
3. Right arm lays on top of left across chest with both hands forming tiger claws. As right foot steps up next to left in light leg (95% of weight in left, right foot touching lightly) the tiger claws tear back into chamber.
4. Step through with right foot to long bow to 12 as chambered hands shoot out left hand high to throat (of opponent) seizing and right hand seizing to low gate. The arms are touching in the center line to protect and guard while seizing.
5. Left hand opens from tiger claw seizing the head (high gate). Turn to right side horse (feet pointing to left or 9) and deliver right elbow/forearm into hand.
6. Turn back to right long bo to 12 as both hands reach up to high gate also towards 12 (grabbing opponent's head) and then bringing hands down to right rising knee.
7. *(Students finish writing your form on 7 – 9):*
- 8.
- 9.

Repeat **Pai Lum Ceremonial Bow**