

Siu Nim Tao form

Perform the following movements in a relaxed and focused manner, do not rush through, try to keep a steady slow pace. Keep a check on your stance, make sure you have your “tai gong” switched on, and rotate the hips to keep the spine as flat as you can whilst remaining relaxed. If you can, try to imagine your energy moving from the tip of your coccyx (tailbone) up your spine to your crown (Nim Tau). Relax your whole body and breathe normally.

Section “A”

1. Stand feet together, arms by your side, relax, gently lengthen the spine, chin slightly in, crown gently up.
2. Raise both arms piercing forwards to eye level, measure out your stance, then bring arms back to the sides
3. Bring both wrists together in the centre, left over right (not touching), extend down & slightly forwards – do not fully extend the arms
4. Bring both hands to face level , maintain the same angles at the elbows
5. Form two fists and return arms to the sides
6. Left fist comes to centre, punch forwards (do not lock out the elbow), flatten palm then roll to a fist, return fist to side.
7. Right fist comes to centre, punch forwards (do not lock out the elbow), flatten palm then roll to a fist, return fist to side.
8. Open the left fist palm flat facing upwards (Tan Sau), bring the fingertips to centre, pierce forwards, and as the elbow clears the body bring it gently towards the centre without causing any tension in the muscles.
9. Isolating the movement to the wrist, fingers up, rotate wrist to point fingers down (Huen Sau), bring the fingers back up on centre (Wu Sau)
10. Dropping the elbow bring the wrist back towards the body along the centreline until about fist distance away (Tor Sau)
11. Rotate the wrist to bring hand parallel to the floor, keep the wrist on your centreline
12. Extend the wrist along your centreline (shoulder driving elbow driving wrist), stop the movement when your shoulder wants to creep forwards.(Fook Sau)
13. Repeat the Huen Sau, Wu Sau, Tor Sau sequence.
14. Repeat the Fook Sau →Huen Sau →Wu Sau →Tor Sau another two to four times (you can practice for as many as you wish)
15. When the wrist returns to near the body for the last time turn the fingers to point upwards, bringing your elbow towards the centre, parry to the right shoulder (Pak Sau)
16. Using the elbow bring the hand back to the centre, turn hand to face slightly forwards, palm strike along your centre line.
17. Turn palm flat, isolating the wrist turn fingers up, Huen Sau, form a fist and return the fist to your side.
18. Repeat steps 8 to 17 with the right hand – this completes section “A”

Section "B"

19. Open your left hand at your side palm facing upwards, turn hand over, drive the palm down along the side of your body, towards the floor sinking the shoulder into the elbow which is pushing into the palm, do not fully extend the arm
20. Repeat the same on the right side
21. Bring both wrists to the small of your back
22. Strike with both the heels of both palms outwards and downwards
23. Bring both wrists to the front of your body at about waist height, fingers facing slightly upwards
24. Strike down and out through the heels of the palms, shoulder pushes the elbow and elbow into the heel of the palm, do not fully extend the arms
25. Raise the arms up to a parallel position about shoulder height by driving up through the elbows, left arm is over the right arm and they are not touching, finger tips are in line with the elbows
26. Imagine a circle formed with the arms and the body, expand the circle by driving both elbows to the sides by rotating the shoulder joints, the angles in the arms expand uniformly throughout the movement (rotate both shoulder and elbow joints simultaneously) (Fak Sau)
27. Do not extend the wrists beyond the line of the body.
28. Contract this circle initiating the movement from the fingers (wrist), shoulders push elbows, elbows push wrists back toward the centre-line, right arm over left, arms parallel, fingertips in line with the elbows (rotate both shoulder and elbow joints simultaneously)(Lan Sau)
29. Rotating the shoulder joints the left arm comes inside the right arm, sinking the elbows bring the forearms vertical, parallel to each other and palms facing each other
30. Rotating the shoulders continue to sink the elbows feeling the shoulder hanging into the elbow, finish with the wrists slightly above the elbows
31. Turn both hands over to face the floor, sink both elbows further bringing the wrists about fist distance off the body, fingers pointing forwards and slightly upwards.
32. Drive the fingers forwards and up to about eye to forehead height, the shoulder pushes the elbow, elbow pushes the wrist and out through the fingers, arms should be straight but not locked out.
33. Keeping the arms straight, rotate the shoulders and drop the elbows, Keeping the fingers pointing up throughout the movement, ensure that the arms don't bounce
34. Keeping the arms straight raise the arms to shoulder height, fingers turn down to point to the floor
35. Form two fists and return the arms to the sides

Section "C"

36. Open the left hand, bring the left hand up to face across the body at the left shoulder
37. Shoulder pushing elbow, parry across the body to the right shoulder and return the palm to the left shoulder
38. Palm strike from the shoulder to the centreline, do not fully extend the arm, turn palm flat, fingers up, Huen Sau then form a fist, return the arm to the side

39. Repeat moves 36 – 38 on the right side
40. Open the left hand, pierce up to eye level on your centreline, shoulder driving the elbow, maintain a bend in the elbow similar to your front guard (optimum angle) hand in line with forearm facing slightly over your head
41. Maintaining the angle in the elbow rotate the shoulder to bring the wrist down to waist level on your centreline, hand faces the left hip
42. Maintaining the angle in the elbow push the wrist back up to shoulder height on your centreline
43. Isolating the wrist point fingers upwards, perform Huen Sau, open the palm to the left, palm strike along your centreline, and do not fully extend your arm.
44. Turn palm flat, point fingers up, Huen Sau, form into a fist and return arm to the side
45. Repeat moves 40 to 44 on the right side.
46. Open the left palm moving forwards in Tan Sau through Dai Sau, Fook Sau into Bong Sau, wrist on your centreline fingers pointing forwards
47. Rotating the shoulder drop the elbow until palm is flat facing upwards, strike forwards and upwards with the heel of the palm,
48. Return palm to flat, point fingers up, Huen Sau, form into a fist and return arm to the side
49. Repeat moves 46 – 48 on the right side
50. Opening the left hand pierce forwards to your centreline palm facing downwards, at the same time bring your right hand to your left elbow, palm facing upwards And fingers pointing as far forwards as you can
51. Moving both arms simultaneously pierce forwards to the centreline with the right hand palm turning to face down, bring the left hand back along the centreline turning the hand to face the palm upwards.
52. Bring the left hand to the right elbow and repeat on the other side
53. Do these movements a total of five times
54. Form a fist with the left hand on the centreline and punch forwards, complete three punches with each hand and return arms to the sides
55. Bring the feet together as you palm strike downwards along both sides of the body
56. Form is completed