

Forest Dragon
Chinese Sword Form
Fu Mei Darn Dao

FIRST DRAFT

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Introductory Notes

Directions are given relative to the starting position using the following abbreviations:

N – North, the direction you face when beginning.

S – South, towards the back of the room.

E – East, towards the right relative to starting position.

W – West, towards the left relative to the starting position.

Formal Salutation – Sword is in left hand with tip pointing upward.

Bring fists up to side of head pointing elbows and sword tip forward.

Bring fists back down and backward into chamber position.

Bring hands down to side, hands along thighs.

1. Right foot steps forward into monkey stance. Arms circle overhead and to rear with sword resting on left forearm and pommel of sword pointing to the rear. Right hand in willow leaf palm toward rear.
2. Step forward into left cat stance. Left arm blocks across lower and to rear. Right arm swings forward in ridge hand to groin. Both arms are downward at approximately 45 degree angles.
3. Left foot steps back into monkey stance. Right arm circles overhead and to the rear in mantis strike. Left arm swings to front and forward in 45 degree down position.
4. Step forward into left cat stance. Left arm swings to rear. Right arm swings forward in ridge hand to groin.

5. Right foot steps forward into cat stance. Left arm swings to front and forward in 45 degree downward position. Right arm swings to rear in mantis strike to groin.
6. Step with right foot to rear in right monkey stance. Grab sword with right hand and slice to right (N) low and over right leg keeping sword horizontal and tip pointing toward W. Left hand moves into guard over head with fingers pointing to the right.
7. Pivot left and step with right foot into horse stance facing N. Sword circles body, tip downward, to the left and around the back followed by a cut horizontally across to the left ending below left armpit, tip pointing toward rear; left hand covers in front of right shoulder in palm, fingers pointing upward.
8. Cut to right. Turn left into cat stance facing W. Sword continues overhead in counter clockwise motion as weight shifts over right foot, sword pulls downward and then back as left hand presses in palm.
9. Right foot steps forward into lunge. Sword thrusts forward at shoulder level. Left hand circles overhead and to the rear at shoulder level in mantis position.
10. Right foot steps up next to left in attention stance facing W. Both hands grip the sword, extending the tip upward overhead.
11. Right foot steps W into horse facing S. Sword cuts horizontally ending under left arm, left hand blocks right in tiger claw in front of right shoulder.
12. Left foot steps W into lunge stance. Sword cuts down and across (diagonally) toward north ending with blade over right leg, left hand in guard over head with fingers pointing to the right.
13. Right steps W into horse stance facing S. Execute forward spin with sword towards the W ending at shoulder level with tip pointing upward, left hand in tiger claw at right shoulder.
14. Left foot steps W into horse stance facing north. Execute double reverse spin with sword towards the W ending at shoulder level with tip pointing downward. Left hand presses on the back of the sword just above the tip.

15. Right foot steps toward the S, pivoting into a right lunge stance facing E. Sword moves in an arc overhead and then back by right side with tip facing forward (E), left hand presses forward in palm.
16. Left foot steps forward into lunge stance (E). Sword circles body, tip downward, to the left and around the back; right leg comes up into crane stance while executing a cut horizontally across to the left ending below left armpit, tip pointing toward rear; left hand covers in front of right shoulder in palm, fingers pointing upward.
17. Right foot steps into forward stance (E). Arms open in a wing-like motion until fully extended at shoulder height with the sword tip pointing E and the left hand back (W) in fan hand.
18. Shift weight over left foot in bow and arrow stance while pulling sword back with right hand in front of head, palm facing inward, left hand augments, grabbing right wrist; sword tip points E.
19. Left foot steps behind right into monkey stance. Left upper level block, right horizontal cut over left leg.
20. Spin 360 degrees left and clear body with sword to left arm pit. Circle sword back and overhead to cut down horizontally across left leg. Right foot steps forward, followed by left stepping behind right into monkey stance. Right hand follows sword in guard position.
21. Pivot into horse stance facing S. Sword circles body blocking E with tip downward and left hand augmenting above tip of sword
22. Both arms circle clockwise overhead bringing sword downward toward W, sword tip upward, left hand by right armpit in tiger claw.
23. Sword cuts left horizontally, continuing motion to the rear and then overhead as right foot steps across left and then up into crane stance leaning toward the right (E), sword drops with tip upward in vertical position, left arm overhead with fingertips towards the E.