

# STATURE OF THE CRANE

*Stature of the Crane is a beautiful form. It will train you to be graceful, fluid, and explosive. Remember what you have been taught about the crane's movements, and apply your knowledge to this form.*

- 1) Start in Front Position. Bow. Step out with right foot into Horse Stance, and perform soft Dragon Breathes Fire with knuckle roll.
- 2) Meet left foot to right and circle both arms with open hands out to the sides, overhead, and inward, ending crossed in front of your abdomen, left over right. Re-chamber right hand. Step back with left foot, then turn into Left Half Moon Stance facing 7:30 and execute simultaneous #2 Block and Right Front Two Knuckle Punch to solar plexus.
- 3) Meet right foot to left facing 12:00 and circle both arms with open hands out to the sides, overhead, and inward, ending crossed in front of your abdomen, right over left. Re-chamber left hand. Step back with right foot, then turn into Right Half Moon Stance facing 4:30 and execute simultaneous #1 Block and Left Front Two Knuckle Punch to solar plexus.
- 4) Meet left foot to right and cross arms to touch your shoulders. Explode and pivot counterclockwise to 1:30, feet still together, and spread your wings by reaching up, out to the sides, and down, finishing behind your back in Crane's Beaks on your hips.
- 5) Hop forward onto left foot into Right Flamingo Stance. Hop backward onto right foot into Left Flamingo Stance. Hop backward onto left foot and pivot your body counterclockwise 90 degrees, landing in Right Crane Stance looking toward 1:30.

- 6) Step forward into Right Half Moon Stance, still facing 1:30, and execute simultaneous #5 Knife-Hand Block and Left Spearhand to throat. Half moon forward and deliver Left Front Two Knuckle Punch to solar plexus, then Right Front Two Knuckle Punch to solar plexus, then Left Front Two Knuckle Punch to solar plexus.
- 7) Lift left leg, then smoothly hop in place rotating counterclockwise, landing in Right Crane Stance looking toward 9:00. Step forward into Right Half Moon Stance, still facing 9:00, and execute simultaneous #5 Knife-Hand Block and Left Spearhand to throat. Half moon forward and deliver Left Front Two Knuckle Punch to solar plexus, then Right Front Two Knuckle Punch to solar plexus, then Left Front Two Knuckle Punch to solar plexus.
- 8) Wrap head with left hand, then deliver Right Inward Crescent Kick to head. Kneel on right knee facing 6:00 and execute Right Front Two Knuckle Punch straight down with Kiai. Rise up, lift left foot and hop backward into Right Crane Stance looking toward 6:00.
- 9) Step forward into Right Half Moon Stance, still facing 6:00, and execute simultaneous #5 Knife-Hand Block and Left Spearhand to throat. Half moon forward and deliver Left Front Two Knuckle Punch to solar plexus, then Right Front Two Knuckle Punch to solar plexus, then Left Front Two Knuckle Punch to solar plexus.
- 10) Meet left foot to right and circle both arms with open hands out to the sides, overhead, and inward, ending crossed in front of your abdomen, left over right. Step forward into Right Half Moon Stance and deliver U-Punch with left fist on top. Half moon forward and deliver U-Punch with right fist on top. Half moon forward and deliver U-Punch with left fist on top.

- 11) Step-glide forward and grab opponent with Double Tiger Claws to face and groin. Meet left foot to right and pull opponent onto your shoulders, turning counterclockwise to face 3:00. Step out with left foot into Left Half Moon Stance facing 12:00 and throw opponent with Kiai.
- 12) Half moon backward and trap on left side, then execute simultaneous #5 Knife-Hand Block and Left Spearhand to throat. Half moon forward and trap on right side, then execute simultaneous #6 Knife-Hand Block and Right Spearhand to throat. Half moon forward and trap on left side, then execute simultaneous #5 Knife-Hand Block and Left Spearhand to throat. Half moon forward and trap on right side, then execute simultaneous #6 Knife-Hand Block and Right Spearhand to throat.
- 13) Half moon forward into Horse Stance and perform soft Dragon Breathes Fire with knuckle roll. Meet right foot to left in Front Position. Bow.

