

Center Line Form 1

Key points about the Form:

- All CN techniques, familiar and reps over the years (ie, punch, palm heel strike, blocks, etc.)
- Forward stance is short stance with rooting into ground and eyes to horizon
- Punches toward chin, reverse ridge hand motion with snap and focus
- Strengthen your wrist for escaping and trapping techniques, while coordinating blocks and strikes, contains movement with simultaneous action-reaction timing
- Softness with blocks and strength with strikes
- Center Line with blocks, punches, and applications

#	STANCE	ACTION
1	Natural stance Attention stance Natural stance	Bow In
2	Straight stance, sink	Pull both fists back to ribs, knees 120° into
3	Inward stance	Heels turn outward
4	Maintain inward stance	Cross high x-block, right hand on outside Cross low x-block, left hand on top Cross high x-block, left hand on outside Pull Left hand back as keep R hand out (forearm block) ...
5	Move forward L Forward stance	Left vertical punch (lead with top 2 knuckles) Left reverse ridgehand strike to throat (palm up) Left circling hand into fist Pull left fist back to ribs as simultaneous
6	Move forward R Forward stance	Repeat step five on right side
7	Move backward L Forward stance	Left spearhand thrust palm up Repeat the following three times: Left circling hand clockwise with left vertical palm into ... Left monkey block Left bent wrist strike towards face
8	Maintain L Forward stance	Left circling hand clockwise Left vertical palm Left sweeping block back, guarding arm Left slap block to right, bicep area of opponent Left reaction pull back into L palm heel strike to face Left reverse ridgehand strike to throat Left circling hand into fist Pull left fist back to ribs as simultaneous
9	Move backward R Forward stance	Repeat steps seven and eight with right hand
10	Move forward into inward stance	Left downward palm strike, along your left side; Right downward palm strike, along your right side; Pull both hands up behind back; double downward pinning behind, slightly outside;
11	Maintain inward stance	Left horizontal arm bars, guarding, left arm on top Double chops to sides, look right to side Right horizontal arm bars, guarding, right arm on top
12	Maintain inward stance	Double open palm middle block Double sinking blades to clavicles High double upward palm strikes

		<p>Double downward palm strikes, slap trapping</p> <p>Double bent wrist high</p> <p>Double palm push 45 degrees downward</p> <p>Double spearhand thrust to eyes, palms down</p> <p>Pull both fists back to ribs</p>
13	Move forward into L Forward stance	<p>Left slap block to right</p> <p>Left pull back guarding arm to ribs</p> <p>Left palm heel strike to chin</p> <p>Left reverse ridgehand strike to throat</p> <p>Left circling hand into extended fist</p> <p>Pull left fist back to ribs as simultaneous moving and striking with other hand (step #14)</p>
14	Move forward into R Forward stance	Repeat step 13 with right hand, KIAI with R palm strike to chin
15	Maintain R Forward stance	<p>Left middle block, palm up (fast)</p> <p>Left lower chop (slow)</p> <p>Left middle block, palm up (fast)</p> <p>Left soft style middle block into left soft style lower block</p> <p>Left horizontal palm strike to ribs</p> <p>Left reverse ridgehand strike to body (palm up)</p> <p>Left circling hand into fist</p> <p>Pull left fist back to ribs as simultaneous</p>
16	Move backward into L Forward stance	Repeat step 15 with right hand
17	Maintain L Forward stance	<p>Left elbow block, across center line</p> <p>Left middle block, palm up with speed</p> <p>Left spearhand thrust to throat (palm up)</p> <p>Left circling hand into fist</p> <p>Pull left fist back to ribs as simultaneous</p>
18	Move forward into R Forward stance	Repeat step 17 with right hand
19	Move L into inward stance	<p>Left low spearhand thrust, palm down</p> <p>Right freeing arm, right upward sweeping block, palm up along left forearm</p>
20	Maintain inward stance	<p>Right downward chop, left upward sweeping block, palm up along right forearm</p> <p>left downward chop, right upward sweeping block along left forearm</p> <p>Right downward chop, left upward sweeping block, palm up along right forearm</p>
21	Maintain inward stance	<p>Left vertical punch (right fist pulled back to ribs), pause into</p> <p>Right vertical punch (left fist pulled back to ribs)</p> <p>Left vertical punch (with KIAI)</p> <p>Left reverse ridgehand strike to throat</p> <p>Left circling hand into fist</p> <p>Pull left fist back to ribs and stay in low inward stance</p>
22	Pull heels inward as rise and come to Natural stance	Bow Out