

Wang Shu

Name of Form: Wang Shu (왕슈형)

Origin of Name: This form was introduced by Wang Shu, who was military personnel in China.

Name of Creator: Wang Shu

Date of Creation: Approximately 200 years ago

Place of Creation: Ha Nam, Southern China

Total Number of Movements: There are 39 movements in Wang Shu Hyung, excluding Jhoon Bee (ready stance) at the beginning and Ba Ro (return) at the end of the form.

Characteristics of Form: This form has the characteristics of a small wild bird. It is active, light and performed with speed.

Level of Form: It is recommended for this form to be introduced to 4th Dans who will be able to understand the sensitivity of speed control and control of relaxation and tension of the body. 4th Dans will be able to perfect this form's character.

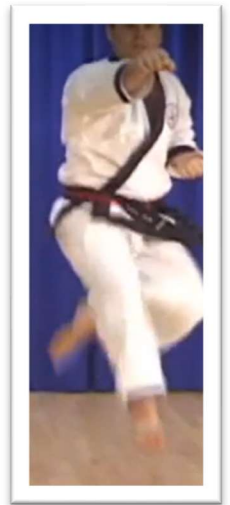
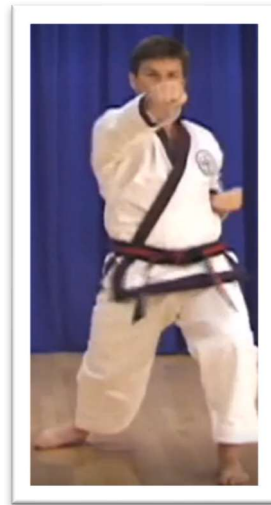
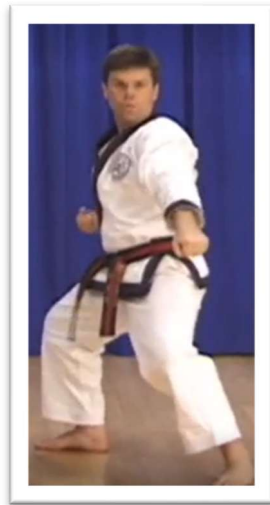
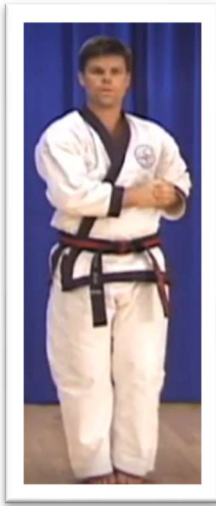
Style of Form: Southern Style

1. Jhoon Bee Jaseh
2. Wang Shu Jhoon Bee
3. Left foot forward right knee to ground, low block to right reinforced
4. Move right foot to the right front stance right arm across solar plexus
5. In place execute low block
6. Turn left moving left foot Sa Ko Rip Jaseh left arm across solar plexus
7. Advancing low block left
8. Reverse punch
9. Hop forward 1-2 left foot behind low attack left with right fist to left shoulder
10. Move left foot back Hu Gul Jaseh low block right left with right hand behind head
11. Turn left foot forward low block
12. Reverse high punch
13. Hop forward 1-2 left foot behind low attack left with right fist to left shoulder
14. Move left foot back Hu Gul Jaseh low block right left with right hand behind head
15. Turn left foot forward low block
16. Lift left foot to right knee, move left hand slowly in a circular movement across face
17. Left foot lands on the ground in Sa Ko Rip Jaseh
18. Lift right foot move right hand above head complete with left hand holding right
19. Right foot land in Sa Ko Rip Jaseh, extend left hand forward
20. Middle punch no step
21. Middle punch no step
22. Pivot on right foot 90 lifting left to a left hand low block
23. Reverse high punch no step
24. Advance Soo Do Sang Soo Mahk Kee Hu Gul Jaseh
25. Hop switching feet Soo Do Sang Soo Mahk Kee Hu Gul Jaseh
26. Reverse middle punch no step
27. Advance Soo Do Sang Soo Mahk Kee Hu Gul Jaseh
28. Pivot on right foot to the left low block left
29. Reverse high punch no step

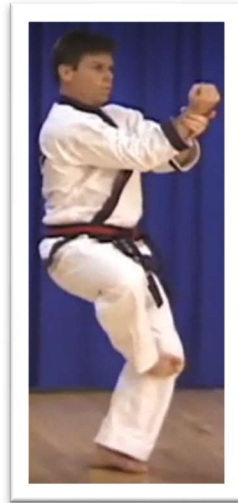
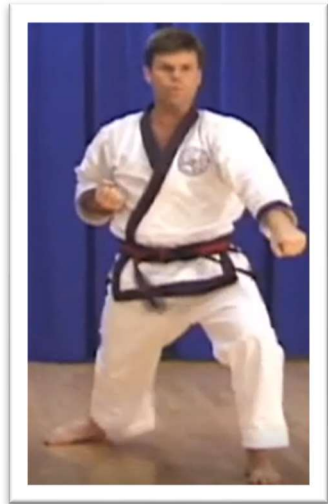
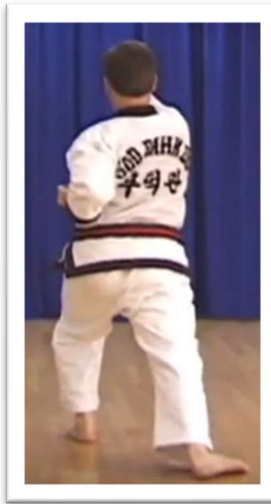
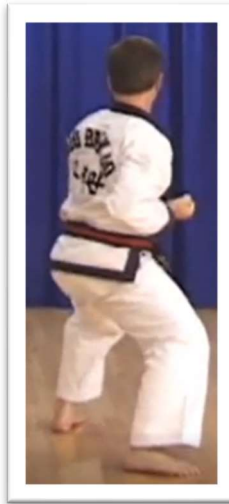
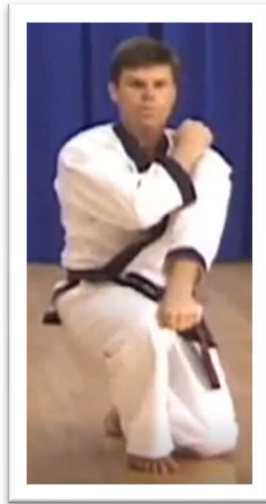
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30. Hop forward 1-2 left foot behind low attack left with right fist to left shoulder
31. Move left foot back Hu Gul Jaseh low block right left with right hand behind head
32. Pivot on the right foot lifting the left foot and turning to the left low block front stance
33. Lifting right hand palm up slowly to head height
34. Pivot 90 to the right right foot front stance slowly push right palm up and left palm down
35. Stepping slowly push left palm up and right palm down
36. Stepping slowly push right palm up and left palm down
37. Shift to back stance performing low block with left hand
38. Hop forward right hand low Kwan Soo attack left hand high Kwan Soo attack
39. Turn 360 to left jumping land left foot back
40. Soo Do Sang Soo Mahk Kee as land
41. Step back with right foot Soo Do Sang Soo Mahk Kee
42. Ba Ro Jaseh

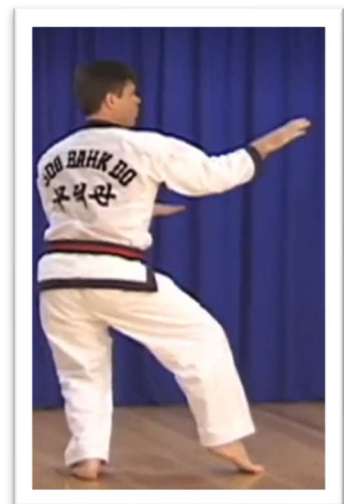
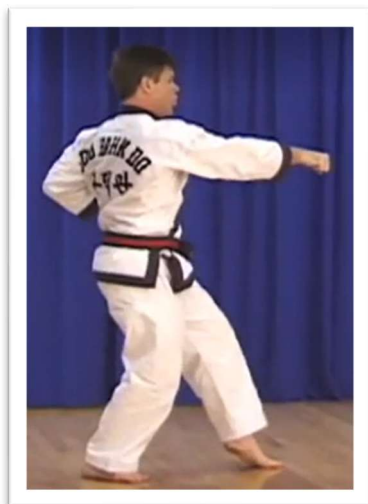
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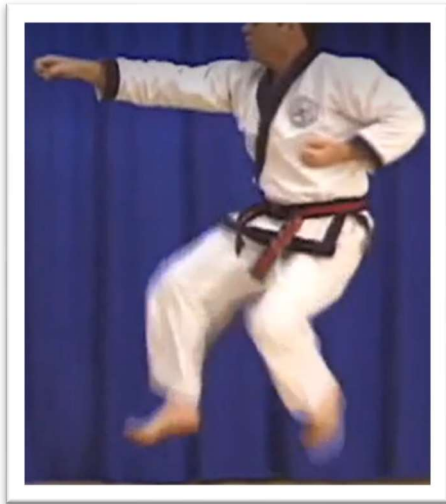
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