

Shi San Bu Yao

Similar to Qi Bu San Zhan, Shi San Bu Yao is also The most basic routine of YONG CHUN BAI HE QUAN

It is a Yao training method with emphasis on JIN (strike), TUI(defence)

ZHAN SHEN(body turning)

Yao is a special technique of YONG CHUN BAI HE QUAN

It consists three PAN(Three different ranges of body)

Yao of Shi San Bu Yao consists of three parts : upper body, middle body, lower body

Yao of upper body is called QIN LONG JUAN SHUI ([A Dragon Sweeps across water](#))

Yao of mid body is called QING LONG CHU SHUI([A Dragon Rises out of Water](#))

Yao of lower body is called QING LONG GUN SHUI ([A Dragon Rolls in to water](#))

Just as its name implies, Juan, Chu, Gun(sweep, rise, roll)

These three moves and their different practises of strike, defence, and dissolve

From three different body ranges This whole set of practice is consist of Thirteen Yao moves

When you do Yao, if right foot is at front Two hand moves to right side As ZHONG PAN YAO,

this is called YAO MAN MEN ,

But if it is left hand stand at front

This is called YAO KONG MEN

Shi San Bu Yao

1st move is Qing quan (Commencing posture)

This feet position is called Bai He Ji Jiao (white crane sends a foot)

The move of the hands is called Jiang Jun Gua Yin (A general accepts his seal)

2nd move Half Moon Sinks into a River

Right foot drawbacks into a Si Ping Ma Bu (Parallel of Flat Horse Stance)

Take two fists back to the chest, open to Hu zhao (Tiger Claw)

Then push down the claws, with a spiral kind of strength (螺旋Luo xuan, spin, spiral)

This is called Half Moon Sinks into Water (Ban Yue Chen Jiang)

3rd move A Child Holds a Bouquet (Hai Er Peng Hua)

4th move A Dragon Rises out of the Water (Qing Long Chu Shui ZHONG PAN YAO)

(Dragon Rises out of Water, 摇yao, a specific Crane Fist Tao move)

That 45 degree striking direction is called Xiao Men (Side Door, Zheng Men is the main entrance face front, Hou Men is the back entrance, strike from opponent's back)

Hands do ZHONG PAN YAO (YAO at the middle of your body)

Right hand does XIAO CHAN WAN

5th Two Branches Bathe in the Sun

(Shuang Zhi Zhao Yang Shou)

6th move Two Dragons Dive into the Sea (Shuang Long Tan Hai)

Biao shou, dart hands, flat palms,

阴镖手yin biao shou biao shou faces down

阳镖手 yang biao shou, biao shou face up)

7th move Two Branches Bathe in the Sun Shuang Zhi Zhao Yang

8th move A Dragon Rises out of Water Qing Long Chu Shui

9th move Two Branches Bathe in the Sun [Shuang Zhi Zhao Yang](#)

10th move Two Dragons Dive into the Sea [Shuang Long Tan Hai](#)

11th move Two Branches Bathe in the Sun [Shuang Zhi Zhao Yang](#)

12th move A Dragon Rises out of Water [Qing Long Chu Shui](#)

13th move A twig of plum blossom ([Yi zhi Mei Hua](#))

14th move Left dart hand and right dart hand [YI BIAO SHOU](#)

shou, hand ,zhang, palm)

Left dart([zuo biao zhang](#)), right dart hand, ([you biao zhang](#))

16th move Sharp Blade Slices a Bamboo knot [LI DAO XIAO ZHU](#)

17th move Two Branches Bathe in the Sun [Shuang Zhi Zhao Yang](#)

18th move A Dragon Rises out of Water [QING LONG CHU SHI](#)

19th move A twig of plum blossom [YI ZHI MEI HUA](#)

20th move Left dart hand and right dart hand [YI BIAO ZHANG](#)

21st move Sharp Blade Slice a Bamboo with Left and Right Hand [LI DAO XIAO ZHU](#)

23rd move A Dragon Rises out of Water [Qing Long Chu Shui](#)

24th move A Dragon Rises out of Water, [Qing Long Chu Shui](#)

25th move A Dragon Rises out of Water, [Qing Long Chu Shui](#)

This is called YAO KONG MEN ([SWAY TO AN EMPTY DOOR](#))

Meanwhile, hands do [QING LONG CHU SHUI](#)

This move of my hands, is XIAO CHAN WAN([small tangle hand](#))

26th move A twig of plum blossom, [YI ZHI MEI HUA](#)

and White Crane Flaps Its Wings

27th move A Dragon Rolls in to water ([QING LONG GUN SHUI](#))

28th move A Dragon rises from the water [QING LONG CHU SHUI](#)

29th move A Tiger Washes Its Claws [Meng Hu Xi Zhao](#)

30th move A Dragon Rises from the water [QING LONG CHU SHUI](#)

31st move A Tiger Washes Its Claws [MENG HU XI ZHAO](#)

32nd move A Dragon Rises from the water [Qing Long Chun Shui](#)

33rd move A Tiger Washes Its Claws [MENG HU XI ZHAO](#)

34th move White Crane Flaps Its Wings [Bai He Sao Chi](#)

36th move Wheel the horse and whip it [HUI MA YI BIAN](#)

37th move A Raccoon Washes its Face, [Li Mao Xi Lian](#)

and White Crane Presents its Claws [Bai He Xian Zhao](#)

38th move Closing moves and [Qing Quan](#)

This particular standing position is white crane sends a foot ([Bai He Ji Jiao](#))

The moves of the hands is A general accepts his seal ([Jiang Jun Gua Yin](#))

39nd move Half Moon Sinks into a River [BAN YUE CHEN JIANG](#)

A parallel horse stance ([Si Ping Ma bu](#)),

two hands grip like Tiger claws ([hu zhua](#))