

Basic Shaolin Patterns

When you are familiar with the Shaolin hand forms and stances, you can proceed to learn the following eight simple patterns. In Shaolin Kung Fu every pattern has a meaningful, poetic name, usually in four characters. The names of the eight patterns are as follows, although the poetry is often lost in the translation. You can practise their form by referring to *Figures 6.12–6.15*.

- 1 Black Tiger Steals Heart
- 2 Single Tiger Emerges from Cave
- 3 Poisonous Snake Shoots Venom
- 4 Beauty Looks at Mirror
- 5 Precious Duck Swims Through Lotus
- 6 False-Leg Hand Sweep
- 7 Golden Star at Corner
- 8 Immortal Emerges from Cave

Fig 6.12 Shaolin Kung Fu patterns 1 and 2

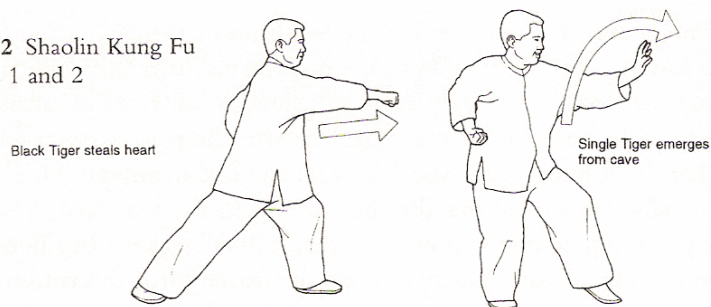


Fig 6.13 Shaolin Kung Fu patterns 3 and 4

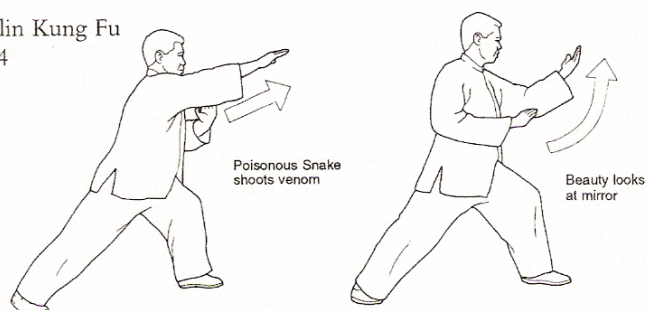


Fig 6.14 Shaolin Kung Fu patterns 5 and 6

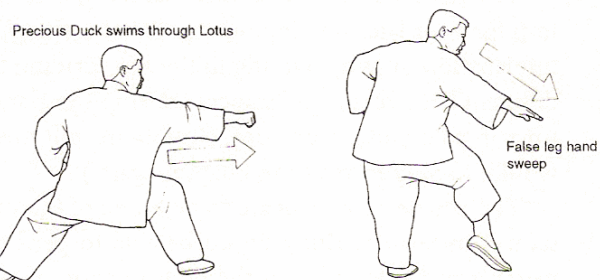


Fig 6.15 Shaolin Kung Fu patterns 7 and 8

