

Pauka Palm (5 Palms)

Three Taoist Internal Art Forms for Self Development: Tai Chi Chi Kung - Pauka Palm - Hsing I
Pauka Palm is the Original Form of Pauka, which the movement is always going for the groin and eye; it is a Walk In a Circle Meditation so it is very quick from right, left or back never in frontal attack using Palms-Up & flown with spinal forms around a tree circling & reversing (Four Eyes around the Tree or the Sun around the Earth) blending with the Earth Force like the Slow Meditation Walk of the Lion, Snake, and Crank-A Motion Meditation designed in the 8 Directions of the Pauka. SHING I is too strong and only should be used for life or death situation and not for show because the organs breakdown from the pounding into the Earth.

Pakua Palm (Circle Mud Walking Meditation)

First Palm - Start Left

1. Stand facing tree-Smile down.
2. Lean on the Horse and Ask Directions(turn 180 back to the tree).
3. Lotus Flower Under the Leaf (left palm under).
4. Geese Fly in Flock (turn left 180 to the tree, left palm face the tree, right palm fingers under left elbow, counterclockwise walk).
5. Lotus Flower Under the leaf (Lt leg step 1st & 90 turn & Lt palm under).
6. Swallow Twists Its Tail (fan across the tace & Lt Pairn on the top).
7. Embracing the Moon (left hand),
8. Lotus Flower under the Leaf (turn 180 to the left & right palm under).
9. **Reverse To The Right** (3 To 8).

Second Palm - Start Left

1. Do Geese Fly-Lotus Flower Under the Leaf-Swallow Twists Its Tail,
2. Tiger Coming Out of Its Cave (right palm face in, left palm push out).
3. Pheasant spread Its Wings (Lt hand twist in & palm face out to Lt leg, right hand twist in & place near the right knee, head turn to the Lt leg).
4. Move the Flower and Plant it on the Tree (180 turn back to the tree, left palm push up, right palm on the side of the hip).
5. Scooping the Helmet Off the Head (right palm face up and 180 cut, turn to face tree & reverse Rt hand to the back of head, bend down)
6. Embracing the Moon (left palm).
7. Lotus Flower Under the Leaf (turn 180 back to tree & Rt palm under).
8. **Reverse To The Right** (1 To 7).

Third Palm - Start Left

1. Do Geese Fly-Lotus Flower Under the Leaf-Swallow Twists Its Tail.
2. Bird Flies Up to Heaven (turn 180 & Rt arm up left palm twist down).
3. White Snake Coils Around the Body (left arm coil around the body, right arm on the top, twist the body 180 to the tree).
4. Embracing the Moon (left).
5. Virgin Girl Offering the Book (right hand to the groin).
6. Tai Shan Mountain Stacked On the Head (Rt hand on top ofthe head, left hand near the abdominal).
7. Black Bear Turning and Rounding the Back.

8. *Yellow Eagle Carrying the Soil* (Lt palm reach out follow with Rt & Lt).
9. *Chimpanzee Picks Fruit* (turn 180-Lt hand scoop-circle; sword fingers).
10. *Chimpanzee Sits In the Cave* (sink back with left sword finger).
11. *Kirin Rigurgitating the Book from Its Mouth* (raise Lt foot and Lt sword finger, and change the right left palm face up).
12. *Swallow Skims Water* (turn face to tree, both hands twist in & spread out).
13. *Embracing the Moon* (left hand).
14. *Lotus Flower Under the Leaf* (turn Rt 180, back to tree Rt palm under).
15. **Reverse To The Right** (1 To 14).

Fourth Palm - Start Left

1. *Do Geese Fly-Lotus Flower Under the Leaf-Swallow Twists Its 'ail.*
2. *Embracing the Moon* (left palm).
3. *Pheasant spread Its Wings* (on right side, right hand twist in & palm face out to Rt leg, Lt hand twist in & place near Lt knee, head turn to Rt leg).
4. *Move the Flower & Plant It on the Tree* (on Rt side, Rt palm push.up, left palm on the side of the hip).
5. *Scooping the Helmet off the Head* (Rt palm face up & 90 cut, turn the back to tree and reverse the Rt hand to the back of heel bend down).
6. *Vertical palm* (push straight down to left, with left palm).
7. *Pheasant spread Its Wings* (on Rt side, Rt hand twist in & palm fact out to Rt leg, Lt hand twist in & place near Lt knee, head turn to Rt leg).
8. *Move the Flower and Plant It on the Tree* (Rt side, Rt palm push up, left palm on the side of the hip),
9. *Left Palm to the Throat* (right palm up).
10. *Dragon Wraps Around the Waist* (turn to Lt 90, Rt on back, Lt hand on top).
11. *Horizontal palm* (press straight to left).
12. *Walking Along Swaying and Flapping* (brush to the left side).
13. *Pushing the Mountain Into the Sea* (right palm push out, left palm face it).
14. *Bat Falling on the Ground* (twist the right leg to the back of the left leg, the right palm place down in front).
15. *Swallow Skims the Water* (face the tree).
16. *Embracing the Moon* (left palm).
17. **Reverse To The Right** (1 To 16).

Fifth Palm - Start Left

1. *Chimpanzee Steals Peaches of Immorality* (Palms face down Lt on bottom).
2. *Chimpanzee Offering the Fruit* (both palms face up).
3. *Great Bird Spreading Its Wings* (spread palms out-up on sides-Lt palm to tree).
4. *Moving in a Cross* (left on top move to right-right on bottom move to left).
5. *Picking Up Clothes on Your Way* (left palm swing to left).
6. *Great Weapon Sweeps Down a Great Army* (right hand swing to the right).
7. *Bird Turns Its Body Over* (left palm swing 180 to left).
8. *Fighting Cocks* (both palm face each other in front the abdominal).
9. *Embracing the Moon* (left palm).
10. **Reverse To The Right** (1 to 9)