



Movement Arts Institute
MAI
TC4ALL.com

MAI FAN FORM

1. Opening

Step out to hip width, raise both hands, lower left hand and snap open fan

2. White Crane

Step back right, fan block across left knee, sweep up and to right, touch big toe (kick)

3. Chop

Lower left heel, chop from side palm up

4. Brush knee

Pull back/shift back closing fan with left hand block, shift forward stab, left hand pat dog

5. Cloud hands with fan

Swat across left/step out right, shift right/left hand up, left hand low/side stab right

6. Sword block right (Rosie the riveter)

Turn left, lift veil, punch up, snap with closed fan

7. Sword block left

Pull fan to waist, step right, sweep up with left hand at right wrist

8. White Crane with wrap

Wrap over (opponents arm), step out left foot/touch big toe, three fan snaps

9. Flat thrust

Lower left heel, shift forward, thrust open fan out, left hand high block (above head)

10. Fan trap and throw

Shift back turn left foot to front (V feet), Turn fan down (over opponent's wrist)

Turn right foot to right, with hand at wrist roll fan (and opponent) over shoulder

11. Wild Horse Parts Mane

Shift back, hold ball, shift forward, chop with closed fan, left hand pat dog

12. Hidden heel kick

Shift back, turn right foot to front, open fan downwards, raise left knee, close fan and kick

13. Conclusion

Lower foot, lower hands, feet together