

# Grasp Sparrows Tail/13 Original Postures

## Preparation Sequence



Wu Ji posture

Hands Up  
You Down

Lion Plays  
with a Ball

Wardoff  
Left

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## Grasp Sparrow's Tail Right (Opening)



Wardoff

Rollback

Press

Push



Lion Plays  
with a Ball

## Grasp Sparrow's Tail Left



Wardoff



Press



Push

Rollback

## Closing



Cross Hands

Wu Ji posture