

Yun Fang Ri Yue Lun

[Cloud House Sun and Moon Wheels]

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The Sun and Moon Wheels are a rare type of short weapon. There are 12 Ways and 36 Forms. Its methods are short, small, crisp, quick, agile, strong, and stable. The striking methods have cover, push, pull, hang, split, wipe, deflect, and block. From Embrace the Center to Defend One, the qi permeates through the whole body.

The Song of the Wheels

*Embrace the Center, Sit on the Mountain, head, Descending Dragon,
Jade Lady Offers the Book, skill, Drill the Clouds;*

*Subdue the Tiger, Turning Wheels, Pull the Bow,
Gaze Toward Heaven, Offer the Diagram, Extend the Wings, victory;*

*Sparrow Hawk Penetrates the Forest, Lift up to Heaven,
Who shouts at Search the Sea, also Recognize the Needle;*

*Beauty Gazes into the Mirror, add to Offer the Sword;
Strong Man Opens the Mountain, Search the Sea is important*

*Diagonal Flying, Double Tao, Offer the Diagram 2,
Black Tiger Raise the Leg, Grip the Punt-pole brace,*

*Spouting Tide, Take Possession of the Mountain, Brace the Punt-pole again,
Hold the Banner, Remove the Helmet, Play with the Toad continuously,*

*Part the Water, Observe the Battle Array, Double Open the Road,
Toss the Arms, Split the Mountain, Defend One end,*

If you ask what this song is about?

It is about the Daoist Cloud Home Sun and Moon Wheels

1. Embrace the Center posture (乾)

The feet are together. Stand straight. Both arms hang down by the sides of the body. Both hands hold the wheels. Look levelly towards the front. (#1) Both arms bend the elbows and raise the wheels up with the palms facing upwards causing the wheels to be level with the waist. The distance is about one fist from the waist. This form has the appearance of the zhong character [中]. (#2)



图 1



图 2

2. Sit on the Mountain posture (乾)

Stamp the right foot and stretch out the left leg making an empty step. Both arms pass in front of the body and cross the body to the two sides with the left moving on the inside and the right moving on the outside. The left wheel is by the outside of the left hip. The right wheel is by the upper front of the right shoulder. The palms face each other. Look towards the front. (#3)



图 3

3. Descending Dragon posture (乾)

Pivoting on the heel, the left foot opens 45 degrees. The body turns left. The right leg rises up making a single standing step. The right wheel by the front of the body arcs and hangs down by the outside of the right foot. The wheel mouth faces downwards. The left wheel arcs towards the left rear direction and rises up above the head. The wheel mouth faces the front. Look at the right wheel. (#4)



图 4

4. Offer the Book posture (乾)

The right foot drops down to the ground and opens to the right 45 degrees. The left foot advances half a step making a crouching cross step. The left knee is closely behind the bow of the right leg. The right wheel arcs outwards, rotates along the body's center line by the chest area, and pushes out towards the front. The elbow is slightly bent. The wheel is level with the chin. The palm faces upwards. The left wheel arcs and drops down below the right elbow with the palm facing downwards. Look at the right wheel. (#5)



图 5

5. Drill the Clouds posture (乾)

The right wheel rotates inwards and hooks downwards. The left wheel rotates inwards and overturns upwards. The left leg goes to the front. The right leg follows to make a bow step. The right wheel is placed outside the right hip with the palm facing downwards. The left wheel is placed diagonally above the forehead with the palm facing upwards. Look at the left wheel. (#6)



图 6

The above makes the First Road, qian position (乾). (That is, face toward that direction.)

6. Subdue the Tiger posture (艮)

Turn right to make a right bow step. The right wheel is pushed down and placed by the front of the lower right leg. The left wheel rotates towards the rear and rises up with the palm facing the rear. The body leans forward. Look at the right wheel. (#7)



图 7

7. Turning Wheels posture (艮)

The right leg straightens. The left leg bends the knee and rises up. The left wheel bends the arm. It arcs and scoops up outside the left leg, making a vertical circle with the palm facing right. The eyes gaze levelly. (#8)



图 8

The left foot drops down to the front. Raise the right knee. The right wheel bends the arm. It arcs and scoops up outside the right leg, making a vertical circle with the palm facing left. The eyes gaze levelly. (#9)



图 9

8. Pull the Bow posture (艮)

The right foot drops down to the front. The left foot follows and advances half a step making a bow step. The left wheel bends the left arm and pulls back. The right wheel simultaneously pushes towards the front. Look at the right wheel. (#10)



图 10

9. Gaze toward Heaven posture (乾)

Turn back the body and lean backwards. The right leg bends. The left leg is straight. Both wheels arc in front of the body and cross. The left wheel pierces under the right armpit, passes the body and drops downwards with the palm facing the body. The right wheel passes outside the left forearm towards the upper rear of the body. It then goes downwards and covers. The arm is straight. The palm faces upwards. Look at the right wheel. (#11)



图 11

10. Offer the Diagram posture 1. (艮)

Quickly turn back. The right turn makes a cross step sitting down posture. The left knee is close behind the bend of the right leg. Both arms arc in front of the body and cross. The right wheel is pulled to the outside of the right waist with the palm up. The left wheel goes by the right forearm and pushes out in a straight line to the upper front direction with the palm facing downwards. Look at the left wheel. (#12)



图 12

The above makes the Second Road. *Gaze toward Heaven* faces outside the qian position (乾). All the rest face the gen position (艮).

11. Spread the Wings posture (兑)

Turn the body left and raise the left leg to make a single standing step. The right wheel pierces below the left elbow and arcs diagonally up. The palm faces left. The left wheel pares towards the lower left. The palm faces right. The eyes gaze levelly. (#13)



图 13

12. Pierce the Forest Form. (震, 巽, 艮, 兑)

The left foot drops down to the left front. The right foot closely follows and makes a left twisted stance. The right wheel splits diagonally the left front. The palm faces left. The left wheel flows along the right arm and deflects toward the upper front. The center of the fist faces inward. The hand is close to the upper front of the right shoulder. Look at the right wheel. (#14)



图 14

The right foot takes a big step toward the right front direction making a right bow step. The right wheel follows and flicks diagonally toward the right front direction. The palm faces up. The left wheel cuts diagonally down to the left rear. The palm faces down. Both arms make a diagonal straight line. The eyes gaze at the right wheel. (#15)



图 15

The right foot takes a big step toward the left front. The right wheel goes to the left front direction and does an upper hang. The palm faces down. The left wheel goes to the right front direction and deflects downward. The palm faces up. Both arms cross. Look at the left wheel. (#16)



图 16

The left foot takes a big step toward the left front direction and makes a left bow step. The left wheel follows and flicks diagonally toward the left front direction. The palm faces up. The right wheel follows and cuts diagonally down toward the right rear. The palm faces down. Both arms form a diagonal straight line. Look at the left wheel. (#17)



图 17

Using the above makes the Third Road. The Spreading the Wings posture makes the dui position (兑). The Piercing the Forest posture is sectioned to face the zhen, sun, gen and dui positions (震, 巽, 艮, 兑).

13. Lift Up to Heaven posture (震)

The right foot steps toward the front. The body turns left. Raise the left knee to make the single standing step. The right wheel rises up with a straight arm. The palm faces left. The left wheel is close below the right armpit. The palm faces the body. The eyes gaze levelly. (#18)



图 18

14. Search the Sea posture 1 (震)

The left leg drops down in front of the right leg. Crouch down to make a right twisted step. Both wheels pass the front of the chest. They cross each other and go to the sides of the body. The palms face each other. The left is on top and the right on the bottom. The left deflects and the right blocks. Look at the right wheel. (#19)



图 19

15. Recognize the Needle posture (震)

The left leg goes to the front and makes a left bow step. The left wheel, by the left side, arcs to the front to cover and is pulled back. The right wheel, by the right side, rotates outward. It overturns the wrist and stretches out to the front. The left is on top and the right is on the bottom. The right wheel is slightly higher than the neck. The left wheel is by the front of the right shoulder. The right palm faces up. The left palm faces down. Look at the right wheel. (#20)



图 20

The right leg goes to the front making a right bow step. The right wheel, by the right side, arcs to the front to cover and is pulled back. The left wheel, by the left side rotates outward, overturns the wrist, and stretches out to the front. The right is on top and the left is on the bottom. The left wheel is slightly higher than the neck. The right wheel is by the front of the left shoulder. The left palm faces up. The right palm faces down. Look at the left wheel. (#21)



图 21

Use the above to make the Fourth Road, zhen position (震). *Recognize the Needle* uses a single posture that can be repeated several times.

16. Look in the Mirror posture (巽)

The left foot steps up and makes an empty step. Both wheels twist the wrists and rotate inward. The palms face inward. They form an arc and mutually face each other. Both arms embrace like a ring. They are slightly higher than the shoulders. Look between the two wheels. (#22)



图 22

17. Offer the Sword posture (巽)

The right leg goes forward and makes a right bow step. Both wheels rotate the wrists outward and spread. The palms face outward. Then they separate to the left and right drawing a circle. They turn causing the palms to face up. Both arms are slightly bent. They are slightly wider and slightly higher than the shoulders. The eyes gaze levelly. (#23)



图 23

18. Open the Mountain posture (巽)

Raise the left leg to make the single standing step. Both wheels rise up. The palms face each other. Their width is even with the shoulders. They arc in two vertical circles by both sides of the left knee. (#24)



图 24

The left leg drops. The right leg takes a big step forward making a right bow step. Both wheels go straight out, level with the shoulders. The right wheel is slightly in front. The eyes gaze levelly. (#25)



图 25

19. Search the Sea posture 2 (巽)

The left leg diagonally inserts behind the right leg to make an inserting step. Both wheels cross in front of the chest. The left is on the inside and the right in on the outside. The left is on top and the right in on the bottom. The palms face each other. Then they diagonally separate drawing a straight line. Look at the right wheel. (#26)



图 26

20. Diagonal Flying posture (巽)

The right leg takes a big step toward the right making a right bow step. Both wheels cross in front of the chest. The right is on the inside and the left in on the outside. The right is on top and the left in on the bottom. The palms face each other. They diagonally separate drawing a straight line. Look at the right wheel. (#27)



图 27

Use the above to make the Fifth Road, sun position (巽).

21. Double Tao posture (坤)

The left foot takes a big step toward the right legs right front direction. The foot hooks inward. The body turns right. Move the right leg to make a horse step. Both wheels cross in front of the chest. The left is on the inside and the right in on the outside. They separate to both side and arc to cover downward. The palms face up. The arms are slightly bent. The wheels are level with the shoulders. Look levelly forward. (#28)



图 28

22. Offer the Diagram posture 2

The body turns right making a sitting coiling step. Both wheels are mutually brought to the front of the body. The left wheel proceeds to the center of the body and goes diagonally up. The right wheel moves to a position below the left elbow. Both arms mutually press. The palms face up. Look at the left wheel. (#29)



图 29

Use the above to make the Sixth Road. The *Double Tao* posture is in the kun position (坤), *Offer the Diagram posture 2* is in the li position.

23. Raise the Leg posture (震)

Raise the left leg and kick out. Quickly retract it to make the standing on one leg step. Both wheels circle to embrace opposite each other in front of the body. The palms face the body. They are slightly higher than the shoulders. The eyes gaze levelly. (#30)



图 30

24. Brace the Punt-pole posture (震)

The left leg drops down in front of the right leg making a crossed step. Both wheels simultaneously, from being held high, insert down toward the left side. The palms face each other. It is like strongly bracing a punt-pole. Look at the wheels. (#31)



图 31

The right leg steps in front of the left leg making a cross step. Both wheels are simultaneously lifted high to the left rear. Then they are inserted down toward the right side. The palms face each other. It is like strongly bracing a punt-pole. Look at the wheels. (#32)



图 32

Use the above to make the Seventh Road, in the zhen position (震).

25. Spouting Tide posture (乾)

The left leg steps in front of the right leg. The foot hooks inward. The body turns right 135 degrees making a right empty step. Both wheels rotate outward. By the wrist area they appear to fold. Quickly the right wheel pushes downward. The palm faces up. The left wheel rises up. The palm faces down. The right arm moves simultaneously with the right leg. The left wheel flows along the right arm and comes up under the right armpit. Look at the right wheel. (#33)



图 33

The left foot steps forward making a left empty step. Both wheels alternately flow along the straight line of the right arm. The left arm and the left leg move together. The right arm bends the elbow. The wheel is in front of the lower abdomen. Look at the left wheel. (#34)



图 34

26. Take Possession of the Mountain posture (乾)

Raise the right leg, making the single standing step. The right wheel rises in front. The palm faces the body. The elbow and the knee are close to each other. The left wheel arcs up. The palm faces down. Look at the right wheel. (#35)



图 35

27. Brace the Punt-pole posture 2 (乾)

The right leg drops down. The left leg inserts behind the right leg. Both wheels rise up in front of the body. The palms face each other. They arc down to insert diagonally to the lower right side. Look at both wheels. (#36)



图 36

28. Hold the Banner posture (乾)

The body turns right. The right foot takes a big step toward the right, making a right bow step. The right wheel is raised high with a straight arm. The palm faces left. The left wheel arrives below the right armpit. The palm faces the rear. Look towards the left. (#37)



图 37

29. Remove the Helmet posture (乾)

The body turns left. The left leg stretches to the front making an empty step. Simultaneously, the right wheel overturns the wrist. The palm faces up. From the back of the head, it revolves around the top. It changes to make the palm face down. The arm stretches out to the front to cover and then is pulled back to the front of the right hip. The left wheel follows below the right arm. It goes toward the front to mutually lock. The palm faces up. The elbow is slightly bent. It is slightly higher than the shoulder. The left elbow is directly above the left knee. The eyes gaze levelly. (#38)



图 38

The right foot steps up, making an empty step. The left wheel overturns the wrist. The palm faces up. It circles around the back of the head and passes the top. It changes to make the palm face down. It stretches out the arm to the front to cover and is pulled back to the front of the left hip. The right wheel follows below the left arm, toward the front to mutually lock. The palm faces up. The elbow is slightly bent. It is slightly higher than the shoulder. The right elbow is directly above the right knee. The eyes gaze levelly. (#39)



图 39

Use the above to make the Ninth Road, qian position (乾).

30. Play with the Toad posture (坤)

The left foot steps up and toes-in. The body turns right 135 degrees. Raise the right leg to make the single standing step. It is like strongly lifting a ball. Each wheel separately and draws a circle in front of the body. The right wheel is by the right upper side. The left wheel is by the left lower side. The right palm diagonally faces outward. The left palm faces down. Look toward the left front direction. (#40)



图 40

31. Divide the Water posture (坤)

The right foot drops down toward the left front direction. The left leg then drops down by the right front direction. It is like advancing forward in a criss-cross pattern. Both wheels alternately separate and cross by the front of the body, drawing circles. The eyes follow the turning actions. (#41, #42)



图 41



图 42

Use the above to make the Tenth Road, kun position (坤).

32. Look at the Battle Array posture (兑)

The right leg stretches out to the front making a right empty step. Both wheels cross in front of the body. Look to the right side of the body. The palms face each other. The left is up and the right is down. They separate diagonally and open up. The left palm faces the front. The palm faces the rear. (#43)



图 43

33. Open up the Road (兑)

The body turns right 135 degrees. The left leg takes a big step towards the left front direction, making a left bow step. Both palms face each other. From the left, they go up. Then they go to the right and go down. They return to their origin and arrive at the left, drawing a big circle. The left wheel is on top; its height is level with the head. The palm faces down. The right wheel is on the bottom. The palm faces up. Both are directly above the left knee. The eyes look right. (#44)



图 44

The right leg takes a big step toward the right front direction, making a right bow step. Both palms face each other. From down, they go right. Then they go up and go left. They return to arrive at the right, drawing a big circle. The right wheel is on top; its height is level with the head. The palm faces down. The left wheel is on the bottom, the palm faces up. Both are directly above the right knee. Look toward the left. (#45)



图 45

34. Cast the Arms posture (兑)

The left foot steps toward the front making a left bow step. The right wheel overturns the wrist. The center of the fist faces down. Both wheels separate and cut to both sides of the body. The arms are slightly bent. The eyes look right. (#46)



图 46

Use the above form to make the Eleventh Road, dui position (兑).

35. Split the Mountain posture.

The body turns right 135 degrees. The right leg stretches out to the front making a right empty step. Both palms face each other. From the left, they arc and split toward the front. The right wheel, with the arm straight, is level with the shoulder. The left wheel, with a bent elbow, is by the inside of the right forearm. Look at the right wheel. (#47)



图 47

36. Guard One posture

The left foot steps to the front and makes a left bow step. The left wheel stretches out straight. The right wheel is pulled back. The left wheel is level with the shoulder. The right arm is bent. The right wheel is next to the front of the right shoulder.

The eyes gaze levelly. (#48) The body turns right. The right leg steps up next to the left leg. Both legs stand straight. Both wheels are level with the shoulder opposite each other. The centers of the fists face the body. The arms are round, embracing. The eyes gaze levelly. (#49)



图 48



图 49

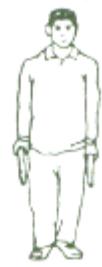


图 50

Both arms hang down next to the sides of the legs. Return to origin makes the Beginning posture. (#50)



图 51