



White Cloud Sabre Form

The White Cloud Sabre Form was first designed by Derek Gordon, founder of White Cloud Martial Arts, in 1962, based upon traditional Kung Fu forms studied in Hong Kong. It was taught to LCTKD by Sifu David Pelling, of Silver Wolf Martial Arts in Lancashire, who learnt it while a student of White Cloud.

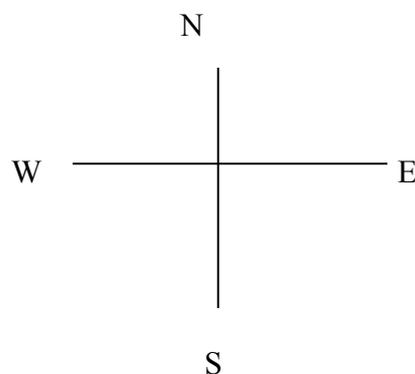
It is the second ensodo weapons pattern, learnt by students who have achieved their 8th Kup (yellow belt).

Notes about the pattern description.

The pattern is designed as if an imaginary combat against multiple opponents.

The movements described and the names used are those used in Chen style Tai Chi, with some modifications to make them clearer for those experienced in Yang Style Tai Chi and Ensodo.

Use points of the compass to learn direction. Moves are described as facing N, S, E, or W.



The pattern should be conducted with the sabre kept close to the body, often brushing the back as it passes, emphasising the rotation in the movements.



Pattern Moves

Starting position: closed stance facing N, with sabre held in the right hand, down, blade to the front.

1. Carry (in left hand), stepping out with left foot, still facing N
2. Turning W, Rise to Seven Stars
3. Ride the Wild Tiger
4. Diagonal Flying
5. Golden Cockerel Stands on Left Leg (sabre parallel to ground)
6. Step and Deflect
7. Brush Knee and Cut Across
8. Protect the Knee
9. Withdraw
10. Three Cuts Upward stepping W
11. Turn and Cleave, facing E, with right foot forward
12. Circle, Parry and High Pat the Horse (2 steps, right moving first), moving NE
13. Reverse and Take the Knee, now facing SW
14. Circle, Parry and High Pat Horse (three steps, left moving first), moving SE
15. Reverse and Take the Knee, finishing back on the starting mark, facing N
16. Phoenix Spreads its Wings
17. Taking right leg back to face E, Withdraw to Cat Stance, sabre parallel to the ground
18. On the spot, rotate sabre anti-clockwise around head into High Pat the Horse
19. Reverse and Take the Knee, finishing facing W
20. Carry with left hand, Parry with right
21. Right leg Front Kick
22. Land with kicking leg forward, facing W, step with left into Tame the Tiger
23. Diagonal Flying
24. Carry with left hand, Parry with right
25. Right leg Front Kick
26. Land with kicking leg forward, facing W
27. Cut down, finishing in Single Whip, facing W
28. Lotus Kick and Cleave, to the W (note that the Lotus Kick is a spinning sweep with the left leg, which equates with turn the body in the Yang Style Tai Chi Short Form as practised by LCTKD, not with Sweep the Lotus). Continue the sweep so in a continuous motion to finish facing E, with the right leg back
29. Three Cuts Upward, moving E
30. Taking right leg back, Withdraw to Cat Stance, sabre parallel to the ground
31. High Pat the Horse, facing E (direct movement, no rotation of Sabre)
32. Rotate to face S, with the sabre rotating behind head and down into Golden Cockerel Stands on Right Leg (sabre pointing to the ground)
33. Turn clockwise to Face N in parallel stance, bringing sabre around the front of the head and down to point to the ground
34. Carry in left hand, circle arms to close, withdrawing left foot into closed stance.