

1. Black Dragon Turns Its Body - Returning Body Palm

PIEN
SHUEN
L Diao
GRAB AND PIERCE - R gung bu, L Ban, R Chuan
LEFT SEARCH - Shu dien bu to L rear, L Fair Lady Works at Shuttles
RIGHT SEARCH - Shu dien bu to R front, R Fair Lady Works at Shuttles
Shu dien bu, Retreat to Ride Tiger
DEPRESS THE ELBOW - R pai bu, R Diao, L shu dien bu, L elbow press
RAISE THE KNEE - Hawk L snake enters hole, L foot steps back,
REMOVE THE BODY
SHAKE THE HEAD
SCATTERING ARMS
TOH ZHANG - Mabu, Black Bear Back Hat to Left
CROSS THE WAIST
PHOENIX EXTENDS WING

2. Black Bear Strikes Body - Leaning Body Palm

PIEN
SHUEN
LEFT LIFT - L Gwan, cw up to inside block
R ft x's back Twist stance, R palm by L elbow striking
RIGHT LIFT - l arm gwan, L ft steps
R grab & swings to inside block
L ft x's behind into Twist stance
LEFT LIFT - L palm strike under R elbow
R Gwan, L cw up to inside block
R ft x's back Twist stance, R palm by L elbow striking
R ft steps back mabu facing circle Double side Bear palms
REMOVE THE BODY
SHAKE THE HEAD
SCATTERING ARMS
TOH ZHANG
CROSS THE WAIST
PHOENIX EXTENDS WING

3. Golden Phoenix Chops And Cuts - Leaf Turning Palm

PIEN
SHUEN
LEFT LEAF TURNING SPLIT - R x grab under L, pull to R waist
R ft x steps in front pai bu, L hand Pien
L ft steps, L Shuen
RIGHT INTERCEPTING PUNCH - R ft to diagonal into circle, R arm pull to R ear, l punch to crotch, R gung bu
BIG SHAPE SPLIT - R grab & pull to R waist. L Pien, l baibu L shuen
REMOVE THE BODY
SHAKE THE HEAD
SCATTERING ARMS
TOH ZHANG
CROSS THE WAIST
PHOENIX EXTENDS WING

4. Black Tiger Opens Mouth - Tiger's Mouth Palm

PIEN
SHUEN
R ft x back Twists stance, arms snake smashes grass
SCOOPING FOOT - L ft steps, L arm Gwan
R ft hooks, R hand catches a leg,
L arm ban, R Tsuan (on one leg)
R ft steps, L palm up block, R TA
HALF GUARD PALM - L step up, L ban, R step R chuan
HOOK AND INSERT - Turn to rear Gosho (Hawk)
REMOVE THE BODY
SHAKE THE HEAD
SCATTERING ARMS
TOH ZHANG
CROSS THE WAIST
PHOENIX EXTENDS WING

5. Beautiful Phoenix Looks at the Sun - Red Phoenix Rises Upward Palm

PIEN
SHUEN
SEARCHING PALM SEIZES THE FACE - L step back shu dien bu, r palm block to L shoulder, l fingers spear ground
MOVE THE ARM - L st steps out, L arm Liao
PAO CHUAN - R shu dien bu, l arm ban, L leg up, R Tsuan
RISING PALM - Step back L shu dien bu, R hand gwan (Ride the Tiger)
R step pai bu, R diao
PUNCH ELBOW - L shu dien bu L leg up, l elbow press
L step, L elbow poke ding jo
R shu dien bu, Bao sho
REMOVE THE BODY
SHAKE THE HEAD
SCATTERING ARMS
TOH ZHANG
CROSS THE WAIST
PHOENIX EXTENDS WING

6. Phoenix Flying in the Sky - Wind Wheel Splitting Palm

PIEN
SHUEN
OPEN WINGS - L bai bu, R kobu, l shun bu - phoenix circles clouds
GRAB AND PIERCE - L step, l diao, R step L ban, R chuan, R gung bu
ADVANCES STEP SPLIT - R hand to R hip, R pai bu, L hnd Sweep up, l step, L pi Chang, l paibu, R arm Pi zhang, R step, R x step back, arms drop, low cross hands
CROSS SPLIT - Twist stance, swang pi zhang (back is to circle)
RETREAT STEP SPLIT - l step back, R x back R Pi Zhang, l ft x back, l Pi zhang, R step L x back, shuang Pi zhang
CROSS SPLIT - Mabu shuang phoenix poke to earth
REMOVE THE BODY
SHAKE THE HEAD
SCATTERING ARMS
TOH ZHANG
CROSS THE WAIST
PHOENIX EXTENDS WING

7. Quickly Move and Change Body - Shed The Body, Change the Image palm

PIEN
SHUEN
SHED THE BODY, CHANGE THE IMAGE
R Baibu, r hand under l extend (tracing)
DOUBLE PENG - l kobu, double shoulder push
DOUBLE PUSH - L shu dien bu, r jin bu shuang phoenix strike
MOVE AND PIERCE - L bai bu, L guan
L ban, R gung bu, R chuan
EMBRACE THE BALL - L shu dien bu, Bao sho
REMOVE THE BODY
SHAKE THE HEAD
SCATTERING ARMS
TOH ZHANG
CROSS THE WAIST
PHOENIX EXTENDS WING

8. Dragon Grabs Water from the Sea - Four Dragons Bring Water Palm

PIEN
SHUEN
BRING WATER - R shu dien bu, R palm block L shoulder, L snake spits tongue
RIGHT TURNING GUARD PALM - R hand claps L, Circle to R shoulder
LEFT TURNING GUARD PALM - R gungbu, R finger spear abdomen L hand palm strikes chest
L shu dien bu, clap R hand, circle hand to Right shoulder
L gung bu L cha zhang, r palm strike
R hand claps L, Circle to R shoulder
R gungbu, R finger spear abdomen L hand palm strikes chest
DRAGON'S HEAD DRINKS/SHOUTS WATER - Clap hands mabu L punch
Clap hands
REMOVE THE BODY
SHAKE THE HEAD
SCATTERING ARMS
TOH ZHANG
CROSS THE WAIST
PHOENIX EXTENDS WING