

1. Three Golden Needles/ Golden Needles Point South

PIEN - SHUEN
LEFT HAND DOTTING
STAB - L Diao, R paibu, R
Diao x under L, L kobu, R
pull(level), L sword
fingers poke temple
Twist 270, R elbow strike
R sulieo bu, R elbow
RIGHT HAND DOTTING
STAB - R Diao, L paibu, L
Diao x under R, R kobu, L
pull(level), R sword
fingers poke temple
Twist 270, L elbow strike
L sulieo bu, L elbow
LEFT HAND DOTTING
STAB
REMOVE THE BODY -
dragon dives into sea
SHAKE THE HEAD
SCATTER THE ARMS
DAI - I Brush Knee and R
palm strike to groin, R pull
back, L palm covering an
elbow, R stomp kick, R
palm strike to a face, mabu
L Backfist
CROSS THE WAIST - Yean,
Black bear back hat
Flower Hidden Under Leaf
PHOENIX EXTENDS
WINGS

2. Black Bear Striking Palm Round Striking Palm

PIEN - SHUEN
ROUND PALMS - L DiaoR
cross grab, R shu dien bu
RIGHT ROUND STRIKE -
Hands open to sides in
front of shoulders, R jin bu
shuang tui - pushing chest
LEFT ROUND - STRIKE - R
diao, L cross grab, L shu
dien bu, L jin bu shuang
tui
STRIKE UP, PUNCH
DOWN - L diao, R cross
grab, R shu dien bu, R
gung bu shuang tui
R hand grabs hair, draw in r
foot, pound mortar
R step ma bu, R back fist
L kobu, R pai bu, L ko bu
Bear palm push R gung bu

L hair grab, L foot steps up,
pound mortar, step with L
ma bu, L back fist
R kobu, L pai bu, R kobu
Bear palm push L gung bu
R shu dien bu, hold ball
REMOVE THE BODY
SHAKE THE HEAD
SCATTER THE ARMS
DAI
PHOENIX EXTENDS
WINGS

3. Blue Dragon Swings Tail

PIEN - SHUEN
RIGHT SWING TAIL -
Circle L arm clockwise,
cross step R, Circle L arm
clockwise, step L foot, R
palm smash to face TIAO,
L palm to hip
LEFT SWING TAIL - R step,
R arm ccwise, L palm Tiao
RIGHT SWING TAIL
ROUND ELBOW DEPRESS
- draw in L foot, L fist to
ground, circle and punch
ground again stepping
forward with l foot
REVOLVING BODY
SEARCHING PUSH - Step
R fan through the back
REMOVE THE BODY
SHAKE THE HEAD
SCATTER THE ARMS
DAI
PHOENIX EXTENDS
WINGS

4. Lion Rolls The Ball

PIEN - SHUEN
RIGHT ROLL THE BALL -
Reach for ball under L
hand and hold ball R
LEFT ROLL THE BALL - R
kobu, hold ball L
RIGHT ROLL THE BALL - L
kobu, hold ball R
R kobu, hold ball L
REVOLVING BODY, BIG
ROLL THE BALL - L
paibu roll ball on ground
to rear, R shunbu lift ball
face level
ROLL THE BALL, PARRY
AND PIERCE - L paibu
(rear) hold ball overhead
R kobu, L pai bu, jin bu lion
open's mouth

EMBRACE THE BALL - L
paibu, R shu dien bu hold
ball
REMOVE THE BODY
SHAKE THE HEAD
SCATTER THE ARMS
DAI
PHOENIX EXTENDS
WINGS

5. White Snake Spits Out Tongue

PIEN - SHUEN
GRAB AND PIERCE - L
Ban, R gung bu Chuan
LEFT PIERCING STAB -
turn left, GOSHO (hawk
posture) left knee up.
Gung bu L twin dragons
seek pearls
RIGHT PIERCING STAB - L
grab & pull to waist, R
knee up, coiled snake, R
gung bu, Twin Dragons
LEFT PIERCING STAB - R
grab & pull to waist, L
knee up, coiled snake, L
gung bu Twin Dragons
Turn to R GOSHO
RIGHT PIERCING STAB
LEFT PIERCING STAB
RIGHT PIERCING STAB
REMOVE THE BODY
SHAKE THE HEAD
SCATTER THE ARMS
DAI
PHOENIX EXTENDS
WINGS

6. Striking Backfists / Returning Back Thunder Hammer

PIEN - SHUEN
GRAB & PIERCE - L Ban, R
gung bu, R chuan
DOUBLE DIVIDING
STRIKE - R foot crosses
back arms drop, L foot
steps back Mabu shuang
za chuei
L kobu hands clap, R step
back mabu shuang jin shin
chuei (to sides)
R kobu, hands clap,, L step
back mabu shuang jin shin
chuei
RIGHT REVOLVING
STRIKE - L chop with fist,
R step, R temple strike &
back fist

LEFT REVOLVING STRIKE
- L step, L temple strike &
back fist
LEFT REVOLVING STRIKE
- R pai bu to rear,
RIGHT REVOLVING
STRIKE
SHAKE THE HEAD
SCATTER THE ARMS
DAI
PHOENIX EXTENDS
WINGS

7. Wild Goose Leaves Flock

PIEN - SHUEN
RIGHT & LEFT DEPRESS
ELBOW - L diao, R shu
dien bu, R elbow press, R
paibu R diao, L shu dien
bu, L elbow press
PENG CHUAN - L gung bu,
R hair grab, R shu dien bu,
L rising block, R shun bu,
R peng chuan, L peng
chuan, R peng chuan
REMOVE THE BODY
SHAKE THE HEAD
SCATTER THE ARMS
DAI
PHOENIX EXTENDS
WINGS

8. Whirlwind Palm

PIEN - SHUEN
RIGHT WHIRLWIND - L
diao, R pai bu, R Tiao
circle, L kobu R paibu L
kobu, R gung bu, R Ding
jo (elbow), R hand to waist
then PIEN, L step, L & R
PIEN
LEFT WHIRLWIND - R pai
bu, R diao, L kobu, L Tiao
turning R kobu L paibu R
kobu, L gung bu L ding jo
L hand to waist then PIEN,
R step, R & L PIEN
RIGHT WHIRLWIND
REMOVE THE BODY
SHAKE THE HEAD
SCATTER THE ARMS
DAI
PHOENIX EXTENDS
WINGS

THE TECHNIQUE OF DAI IS A
PULL WITH A TWISTING
MOTION - TSAI, BIG PULL
BACK IN TAI CHI