

**1. Open The Door Against
The Wind / Face The
Wind, Push The Wind**

PIEN

SHUEN

RIGHT CHANGE STRIKE -

L Diao, R shu dien bu, R
backhand to L wrist, Tea
cups to L hip

R jin bu, R Pao Chuan

LEFT CHANGE STRIKE - R

Diao, L shu dien bu, L
backhand to slap R wrist,
Teacups to R hip, L jin
bu, L Pao Chuan

RIGHT CHANGE STRIKE

PARRY & PIERCE - L Ban -

L gung bu R Chuan
(FIST)-

EMBRACE THE BALL -

Bao Sho

REMOVE THE BODY -

dragon dives into sea

SHAKE THE HEAD

SCATTER THE ARMS

LING ZHANG - r shu dien

bu, r hand hooks (an

elbow) 2 counterclock

circle, R thumb turns

down (palm out) L hand

to r wrist, r jin bu press

(fajin)

CROSS THE WAIST -

Black bear back hat,

Flower Hidden Under

Leaf

PHOENIX EXTENDS

WINGS

**2. Pull The Boat Against
The Wind / Pull The
Sailboat Sideways**

PIEN

SHUEN

DEPRESS THE ELBOW - L

Diao, R Pai bu, R Diao, L
gung bu, L Ding Jo

PIVOT THE ELBOW - R

foot crosses back, hands
grab arm over l shoulder

HEAD OVERTURNS - Ma

bu break the arm

DEPRESS THE ELBOW R

Diao, L Pai bu, L Diao, R
gung bu, R Ding Jo

PIVOT THE ELBOW - L

foot crosses back, hands
grab arm over r shoulder

HEAD OVERTURNS - Ma

bu break the arm

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

LING ZHANG

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

**3. Second Great Man
Shakes The Mountain /
Shr Lang Carries The
Mountain**

PIEN

SHUEN

REVOLVE THE BODY,
CHANGE THE IMAGE -

L Diao, R shun bu, R arm

extends thumb down

under L diao, L kobu

turn/sweep arm to rear

GRAB SHOULDERS

SWING OUT AND

TURN - Grab/clamp

down on shoulders,

Shake shoulders right &

left

RAISE THE KNEE - L knee

to back, L pai bu

PARRY & PIERCE - L hand

snakes to hip, R foot

steps back L gung bu, L

ban, R chuan (l gung bu)

EMBRACE THE BALL -

Shu dien bu, Bao sho

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

LING ZHANG

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

**4. Cannon Ball Shoots At
The Sun / Fire Explodes
Punch To The Heavens**

PIEN

SHUEN

RIGHT PAO CHUAN - L

Diao & pull to waist

R shu dien bu, R arm fist up

center line (like hawk), R

gung bu, R tsuan

LEFT PAO CHUAN -R Diao

pull to waist, L shu dien

bu, L arm fist up center

line, L gung bu, L tsuan

PARRY PAO CHUAN - L

ban, R gung bu, R Tsuan

PARRY PAO CHUAN -

draw L foot shu dien bu, l

arm ban to rear, L arm

ban again, R gung bu, R

tsuan

EMBRACE THE BALL

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

LING ZHANG

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

**5. Hungry Tiger Grabs
Food / Evil Tiger Seizes
the Heart**

PIEN

SHUEN

DOUBLE PULL - L Diao, R

shu dien bu, R cross grab,

step back shu dien bu pull

to hips

DOUBLE PUSH - R gung

bu, shuang tui to hips

UPPER SEIZE - R pai bu, L

jin bu, catch shoulders

LOWER SEIZE - tea cups to

hips, R gung bu, double

chop to ribs

RAISE THE KNEE - Black

bear back hat to L rear (L

arm catch), R elbow

catch and pull to waist L

chuan, L knee up HWAK

POSTURE

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

LING ZHANG

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

**6. Horse Gallops To And
Fro / Walk the Horse,
Turn Back its Head**

PIEN

SHUEN

RAISE THE FIST - L Diao

R cross grab Shu dien bu

lock down, Retreat shu

dien bu pull to hips, L jin

bu double Tsuan

FRONT SEIZE - R gung bu,

double claw to face

RIGHT STEP UP BRUSH

KNEE - R step up and

out, brush knee right

L BRUSH KNEE

RETREAT R BRUSH KNEE

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

LING ZHANG

CROSS THE WAIST

PHOENIX EXTENDS

WINGS REMOVE THE

BODY

SHAKE THE HEAD

SCATTER THE ARMS

LING ZHANG

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

**7. Circle cuts the grass /
Dull Knife Cuts the
Grass**

PIEN

SHUEN

RIGHT POLISHING PALM

- L Diao, Pull to L hip, L

jin bu, R Za Cha toward

left

LEFT POLISHING PALM -

R diao, R bai bu, R jin

bu, L Za Cha toward right

RIGHT POLISHING PALM

PARRY & PIERCE - L Ban

R chuan R gung bu

EMBRACE THE BALL -

spin to Bao Sho 360

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

LING ZHANG

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

**8. Monk throws on robe /
Old Monk Unrolls the
Cloth**

PIEN

SHUEN

RIGHT THROW STRIKE -

R shu dien bu, L chuan

over L Diao, Arms

counter-clockwise, mabu,

throw coat over R

shoulder

arms counter-clockwise, slap

to R side to ribs

LEFT THROW STRIKE

RIGHT THROW STRIKE

L kobu, R pai bu, black Bear

Back hat

l gung bu, R chuan

R kobu, Bao Sho rear

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

LING ZHANG

CROSS THE WAIST

PHOENIX EXTENDS

WINGS