

### 1. Black Dragon Extends Claws / Black Dragon Tries Its Claws

PIEN  
SHUEN  
LIFT UP AND PRESENT - (bao sho, lu & toh) R shooting palm to Bao Sho circle ball clockwise to chest, L back hand, pull down draw in L foot, TOH L gungbu  
RIGHT SIDE REACH THE CLAW - R Pai Bu, R GWA (Bear carries sun & moon), spin R, L gung bu, L BAN, R TAN (extend claws)  
DOUBLE DIVIDED OPEN SPLIT - MABU facing circle, SHUANG TAN claw sides  
LEFT SIDE REACH THE CLAWS - R Pai Bu, R BAN, L gung bu, L TAN  
DOUBLE DIVIDED OPEN SPLIT - MABU back to circle, SHUANG PI to sides  
REMOVE THE BODY - dragon dives into sea  
SHAKE THE HEAD - take off the helmet  
SCATTER THE ARMS  
step up L BAN, 3 BENG CHUAN rlr  
CROSS THE WAIST  
BIRD LEAVES THE FLOCK

### 2. Gin Ssu Monkey Touches Eyebrow / Golden Thread Touches the Eyebrow

PIEN  
SHUEN  
RIGHT BRUSH THE EYEBROW - L Diao & pull to waist, R Shu dien bu, R Willow leaf palm thrust to temple  
LEFT BRUSH THE EYEBROW - R gung bu, R Diao & Lu, L Shu dien bu, L Monkey Touches Eyebrow  
RIGHT BRUSH THE EYEBROW - L kung bu, L Diao & pull to waist, R Shu dien bu, R Willow leaf palm thrust to temple  
BAN & CHUAN - L cross step, L Ban, R gung bu, R Chuan  
BAO SHO - spin to hold the ball  
REMOVE THE BODY  
SHAKE THE HEAD  
SCATTER THE ARMS  
BAN & 3 PENG CHUAN  
CROSS THE WAIST  
BIRD LEAVES THE FLOCK

### 3. White Monkey Offers Fruit

PIEN  
SHUEN

HOLD THE FRUIT - R kobu, R pien to L corner, pull elbow back to side  
L kobu, L pien to R corner, pull elbow back to side  
OFFER FRUIT - R ginbu, Monkey offers fruit  
HOLD THE FRUIT - L kobu, L pien to R corner, pull elbow back to side  
R kobu, R pien to L corner, pull elbow back to side  
OFFER FRUIT - monkey offers fruit  
RAISE THE KNEE, PUNCH THE ELBOW - step back with L, both elbows pull to rear, l paibu, L gwa, R kobu, L paibu, L gwa, L ban, R chuan Mabu(back to center)

REMOVE THE BODY  
SHAKE THE HEAD  
SCATTER THE ARMS  
BAN & 3 PENG CHUAN  
CROSS THE WAIST  
BIRD LEAVES THE FLOCK

### 4. Disperse the Clouds To See The Sun

PIEN  
SHUEN  
LEFT DODGE - Draw L foot in, L hand brush knee, L hand brush knee, Twist into snake stance, R elbow wraps, R gungbu, L Ban, R chuan  
RIGHT DODGE - Draw R foot in, R hand brush knee, R hand brush knee, twist into snake stance, L elbow wraps, L gungbu, R Ban, L chuan  
CLOUDS OPEN TO SEE THE SUN - AN humb down, L kobu hands chop ginbu  
DOUBLE SLAP UP, r ta ZHANG,  
BAN & CHUAN  
BAO SHO

REMOVE THE BODY  
SHAKE THE HEAD  
SCATTER THE ARMS  
BAN & 3 PENG CHUAN  
CROSS THE WAIST  
BIRD LEAVES THE FLOCK

### 5. Sweeping The Long Robe / Flowing Step, Lift the Cloth

PIEN  
SHUEN  
RIGHT LIFT UP THE CLOTH - L Diao & Lu, R Tsuan & R foot hook to knee  
LEFT LIFT UP THE CLOTH - R hand (clockwise circle) & Diao & Lu (like fist under

elbow) L Tsuan & L foot hook

RIGHT LIFT UP THE CLOTH - L hand counter clockwise & Diao & Lu, R Tsuan & R foot hook to knee  
R hand (clockwise circle) & Diao & Lu  
L ginbu, double Phoenix eye strike (like xing i horse)

REMOVE THE BODY  
SHAKE THE HEAD  
SCATTER THE ARMS  
BAN & 3 PENG CHUAN  
CROSS THE WAIST  
BIRD LEAVES THE FLOCK

### 6. Lift The Spear To Thrust The Tiger

PIEN  
SHUEN  
REVOLVE THE BODY,  
DEPRESS THE ELBOW - L Diao. R kobu, Ya Jo (R elbow ban), L paibu Black Bear Back Hat  
RAISE THE KNEE, PUNCH THE ELBOW - L Hawk (L hand forward, R hand at hip), Dragon Dives into sea, L gungbu, L Rising block, R hand trade block (dblup), R foot cross step, L TA zhang, L kobu, R hand pull from L elbow & spin (r paibu, l kobu), L ginbu, monkey offers fruit, L gunbu, wind fills ears/OR double chop to ribs shuen  
REMOVE THE BODY  
SHAKE THE HEAD  
SCATTER THE ARMS  
BAN & 3 PENG CHUAN  
CROSS THE WAIST  
BIRD LEAVES THE FLOCK

### 7. Play The Pi pa

PIEN  
SHUEN  
LEFT EMBRACE, RIGHT GRASP - L Paibu, L Diao, L pull to waist, R Kobu, R hand to an elbow (tien), Turn R to throw (L hand moves forward like temple strike, R hand pulls to R waist with elbow hook)  
RIGHT EMBRACE, LEFT GRASP - R gungbu, R Diao, R Paibu, R Pull to Waist, L Kobu, L hand elbow hook, Turn L to throw  
LEFT EMBRACE, RIGHT GRASP - L gungbu, L Diao, L pull to waist, R Kobu, R hand to an elbow (tien), Turn

R to throw (L hand moves forward like temple strike, R hand pulls to R waist with elbow hook)  
R lunge (like groin punch) go under arm to throw, pivot to L rear (take off helmet)  
R ban, L claw, adjust L foot,  
LEFT EMBRACE, RIGHT GRASP  
RIGHT EMBRACE, LEFT GRASP  
Lion Rolls ball (facing to circle) arm throw mabu, kobu, mabu, kobu  
REMOVE THE BODY  
SHAKE THE HEAD  
SCATTER THE ARMS  
BAN & 3 PENG CHUAN  
CROSS THE WAIST  
BIRD LEAVES THE FLOCK

### 8. Pull Tree From The Ground / Lower Part the Heavy Aspen

PIEN  
SHUEN  
REVOLVE THE BODY,  
CHANGE THE IMAGE - diao (no paibu), R paibu, finger spear to eyes over L diao, L kobu spin (same direction back to circle) into mabu, sweep arms left-  
PART THE ROOTS, DROP THE ASPEN - X step R hand hooks, L pushes  
FLING AWAY THE HEAVY ASPEN - Draw in L foot, pull down, & thrust(poke) L gungbu  
REVOLVE THE BODY,  
CHANGE THE IMAGE - R paibu, l kobu, r diao, arm sweep pull 360 turn mabu  
PART THE ROOTS, DROP THE ASPEN - X step back, R hand hooks, L pushes  
FLING AWAY THE HEAVY ASPEN - Draw in L foot, Pull down & thrust  
REMOVE THE BODY  
SHAKE THE HEAD  
SCATTER THE ARMS  
BAN & 3 PENG CHUAN  
CROSS THE WAIST  
BIRD LEAVES THE FLOCK