

1. Seven Skills Of The**Single Palm / Rolling Wrist
Single Striking Palm**

PIEN - SHUEN

SNAKE HAND - r shu dien
bu, L hands pulls to waist
(walking forward)R pai bu, R palm elbow catch
LAA(tiao,bear position on
kua, thumb up)KO - L pai bu, R palm fingers
down (snake position on
kua needle at sea bottom
hand)LIAO - R pai bu, R palm our
to R thumb down,(fan
through back upper hand
position)DIAO - L pai bu, R diao
directly forward(throat
grab)

PIEN - R pai bu, R PIEN

BAN - L pai bu, R ban

CHUAN - R gung bu, R palm
strike to heart like a fist
under elbow movement

REMOVE BODY

SHAKE THE HEAD

SCATTER THE ARMS

KO ZHANG - R shu dien bu, L
palm block by R shoulder, L
snake darts tongue palm
strikeR palm curls back, R sulieo
bu, R TA Zhang, L hand
guards l head (fan back)L jin bu, Phoenix PAO chuan
YeanR kobu, L pai bu black bear
back hat

CROSS THE WAIST

PHOENIX EXTENDS WING

**2. Fair Lady Works at
Shuttles**

PIEN - SHUEN

L pai bu, L diao

R hand rollback/split forms a
cross with L toward outside
of circle(cross hands) R
hand is blocking a strike to
the face, body twists to the l
(outside of the circle)
weight on LR heel kick/sweep as R elbow
strikes forward, L hand
pulls slightly

R pai bu, R diao

L hand rollback/split forms a
cross with R toward outside
of circle(cross hands) Lhand is blocking a strike to
the face, body twists to the
R (outside of the circle)
weight on RL heel kick/sweep as L elbow
strikes forward, R hand
pulls slightlyREPEAT FIRST DIAO,
ELBOW KICK

FAIR LADY WORKS AT

SHUTTLES R foot steps
back, R hand gwa and
moves to upper block, L ft
crosses behind R, L palm
push (Fair lady)FAIR LADY WORKS AT
SHUTTLES Twist to L
(toward outside of circle),
step with L, L hand gwa, R
foot crosses behind, Fair
Lady

REMOVE BODY

SHAKE THE HEAD

SCATTER THE ARMS

KO ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING

**3. Second Great Man Takes
Head Off / Looking Back
At The Moon**

PIEN - SHUEN

DEPRESS THE ELBOW L

Diao , R diao crossing under
L,R foot crosses Pai bu into
twist stance, L step gung
bu, L arm elbow press on
right side weight shifts back
SHED THE PALATE - L hand
grabs hair pai hui point, R
foot crosses pai bu, R palm
to chin, FAJIN snap the
neck

REMOVE BODY

SHAKE THE HEAD

SCATTER THE ARMS

KO ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING

**4. Holding The Moon /
Tyrant Sheds His Armor**

PIEN - SHUEN

PIERCE THE SHEATH

L pai bu, L diao

R cross step pai bu, R diao
cross under L armBAO SHO holding the ball r
palm up, R twist stance
hands on R side

REMOVE THE ARMOR - L

kobu roll arms/palms into
an arm bar. R hand pullsback as if straightening an
arm L is on the elbowL jin bu, R forearm (Rooster)
strikePIERCE THE SHEATH - R
pai bu, L diao, L cross step
pai bu, L diao under RBAO SHO on L, R kobu, arm
bar pullREMOVE THE ARMOR - R
jin bu, L Rooster strike (3
steps)

REMOVE BODY

SHAKE THE HEAD

SCATTER THE ARMS

KO ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING

5. Take off Watermelon**from Behind / Remove the
Cap from Behind the Head**

PIEN - SHUEN

REVOLVE THE BODY,

CHANGE THE IMAGE - L
Diao, L pai buR step, R spear hand under L
diao(wrists together)SLide L hand back along R
arm to R shoulder, R palm
thumb downL foot big kobu, sweeping R
arm horizontally as body
turns to rear (right)REMOVE THE HELMET -
Monkey holds fruit (grabing
a head from behind), Draw
elbows in and together, sit
backSEVER THE BRAIN - L bai
bu, r arm rolls down, l arm
up, low fair lady at shuttlesPARRY AND PIERCE - R
gung bu, L ban, R chuan
(snapping the head)BAO SHO - R kobu, turning L
to face rear, Bao Sho

REMOVE BODY

SHAKE THE HEAD

SCATTER THE ARMS

KO ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING

**6. Give Person a Belt of Jade
/ Cross the Waist with a
Jade Girdle**

PIEN

SHUEN

LEFT HOOK, RIGHT PIVOT

- L Diao, R cross step in
front, R spear hand palm
up, under L diao

L snake posture,

CROSS CUT THE WAIST - L

jin bu step, L hand thumb
down pushes an elbow to
left, R hand chops
opponents L ribs,

RIGHT HOOK, LEFT PIVOT

CROSS CUT THE WAIST

REMOVE BODY

SHAKE THE HEAD

SCATTER THE ARMS

CROSS THE WAIST

PHOENIX EXTENDS WING

7. Small Yellow Bird Bites**Throat / Yellow Eagle Nips
the Crop**

PIEN - SHUEN

RIGHT NIP THE CROP - L

pai bu, L diao, R shu dien
bu, R jin bu R crab strike,LEFT NIP THE CROP - L shu
dien bu, L jin bu L crab
strike

RIGHT NIP THE CROP

BAN / TSUAN - L pai bu, L
ban, R Tsuan (beak)DOUBLE NIP THE CROP - L
bai bu, R ko bu (spin) Twin
crab strikes to neck

REMOVE BODY

SHAKE THE HEAD

SCATTER THE ARMS

KO ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING

8. Pull the Waist

PIEN - SHUEN

REVOLVE THE BODY - L

palm block, R step, R hand
under L reaching for
shoulder

L kobu, turn to R (rear)

double tea cup into grab the
waist

R foot steps back, pull

opponents waist to R rear,
PARRY & PIERCE - L ban R

step, Chuan

R kobu, Bao Sho,

REMOVE BODY

SHAKE THE HEAD

SCATTER THE ARMS

KO ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING