

1. Two Winds Strike The Ears

PIEN

SHUEN

REVOLVE THE BODY- 1

diao, R Baibu, r hand
under l extend (tracing), l
kobu body turns to rear

STRIKE THE EARS - R

gung bu, clap palms to
ears

SEVER THE BRAIN - 1 palm

in rolls up as if on
forehead, R knife edge on
mid back, l pull, r push

L PARRY & R PIERCE - L ft

steps up, r gung bu

EMBRACE THE BALL -

spin and hold ball

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

ZUAN - r shu dien bu, l

hand ban, R hand tsuan,
hands spiral (deflect to
left) r jin bu, palms strike
(this is DOU JING shaking
energy)

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

2. Monkey Climbs The Tree

PIEN

SHUEN

LEFT PIERCE, RIGHT

KICK - r ft shunbu, r arm
ban to chest level, & l fist
to l hip, l shunbu, l
sword finger

stab/grab/pull & l sword
finger stab/grab/pull
with l shin kick & r finger
stab

RIGHT PIERCE, LEFT

KICK l ft shunbu, l arm
ban, & r fist to l hip, r
shunbu, r sword finger
stab/grab/pull & r sword
finger stab/grab/pull
with r shin kick & r finger
stab

LEFT PIERCE, RIGHT

KICK

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

ZUAN

PHOENIX EXTENDS
WINGS**3. Lazy Dragon Lies On The Pillow**

PIEN

SHUEN

JOIN & UPHOLD - l diao, r

shunbu r toh

OVERTURN & DEPRESS -

twist arms (turn wheel
left) this is NING ZHUAN

(overturn/twist) - Ya

(push down) l ft back into

lunge, r arm in depress

elbow

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

ZUAN

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

4. Monkey Pulls In The Rope

PIEN

SHUEN

LEFT STAB, RIGHT KICK -

L diao, R elbow catch(Dai)

R shunbu, L Dai(grab

elbow/arm & pull to

waist) L shunbu, R Dai

(grab & pull to waist), L

stab (sword fingers poke)

with R kick

RIGHT STAB, LEFT KICK -

L shunbu R Dai, R shunbu

L Dai, R stab L kick

LEFT STAB, RIGHT KICK -

R shunbu L Dai, L shunbu

R Dai, L stab R kick

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

ZUAN

PHOENIX EXTENDS

WINGS

5. Evil Tiger Pounces On Food

PIEN

SHUEN

SPREAD THE ARMS,

TIGER SITS - L diao, r shu

dien bu, R cros grab under

L arm, R ft steps back pul

to waist and sit

LEAP FORWARD AND

SIEZE - step L & R gung

bu, (hold ball/wheel) L

palm down, r palm up,

turn wheel counter clock

SQUAT, SCOOP, DEPRESS,

AND TOSS - L ft shu dien

bu, R hand scoops an

ankle, L hand to knee,

arms turn and spiral to

Toh L gung bu, R shu

dien bu, both hands palm

down wrists to sky, R

gungbu double palm

strike to chest

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

ZUAN

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

6. Cross Form, Continuous Strikes

PIEN

SHUEN

LEFT CONTINUOUS

STRIKES - R step, R hand

Catch, L step, L hand

catch, Roll hands R jinbu

double palm strike (push)

RIGHT CONTINUOUS

STRIKES - L step, L hand

catch, R step, R hand

catch, roll hands L jinbu

double plam strike

LEFT CONTINUOUS

STRIKES

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

ZUAN

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

7. Walk The Horse, Seize Alive

PIEN

SHUEN

SEIZE - L hand Diao, R

hand spear under L hand

R step, R hand grabs.

Walk R circle.

KICK AND MIX - R hand

pull to Hip (Tsai) while R

shin kick. R foot steps

back, L hand palm block,

R hand strike (TOH)

SEIZE - r hand Diao, L hand

spear under R hand, L

step. L hand grabs. Walk

L Circle.

KICK AND MIX - L hand

Tsai with kick, R hand

plam block & L hand Toh.

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

ZUAN

CROSS THE WAIST

PHOENIX EXTENDS

WINGS

8. Sparrow Hawk Overturns

PIEN

SHUEN

Brush Knee L & R

TRUE GARD PALM (lion

posture) L hand rises to

forehead, R Palm turns

out.

OVERTURN BODY & KICK

- R hand rises and claps to

L hand forehead level,

weight shifts back. R toe

in roll body and L kick to

rear.

RETREAT PENG CHUAN -

l bai bu, R kobu, L hand

grab, R hand Phoenix eye,

L foot step back, Peng

Chuan with Right.

BAN CHUAN - L step

BAN, R step Chuan

BAO SHO - spin to Bao Sho

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

ZUAN

CROSS THE WAIST

PHOENIX EXTENDS

WINGS