

1. Single Palm Change

PIEN - R kobu, LF steps to center of circle toe down, LH side chop to a neck, RH palm up at R hip.

SHUEN - silio bu to left along circle, L palm down chop, RH palm down at R hip (Black Bear Looks Back)

CROSS THE WAIST - Yo shen Flower Hidden Beneath Leaf

PHOENIX EXTENDS WING - walk circle

2. Black Dragon Winds Waist

PIEN

SHUEN

RAISE THE KNEE, PAO CHUAN - L Ban, R foot steps up, R Tsuan, L knee up

WINDING PUSH - Palms push heaven and earth

WIND THE WAIST - L foot steps back, L hand snake enters hole into embracing palm, R step to gung bu, R bear palm strike to chest

REMOVE THE BODY- Spin to Xia Cha Zhang, L gung bu

SHAKE THE HEAD- Remove Helmet

Shuang Ta Chang SCATTERING ARMS- Sweep back into Yo Shen

TUI ZHANG - R shu dien bu, R snake darts out tongue (under l arm)

Roll hands up into Jin bu Shuang TUI ZHANG Black Bear Looks Back to Left

CROSS THE WAIST- Flower hidden beneath leaf

PHOENIX EXTENDS WING

3. Black Bear Turns**Body - Grinding Heart/Body Palm**

PIEN

SHUEN

TURN AND JOIN - L arm circles 2x's counter clockwise

ELBOW STRIKE - L pai bu, L Diao, R shu dien bu, R Ding Jo (1 hand pulls)

R foot steps back silio bu, L Pi Chuan (pull down)

MOVE AND PIERCE - R gung bu, L Ban, R Chuan (fingers tsuan)

RETURNING GUARD PALM - L pai bu weight shifts back, L hand pulls to over head (in front of eye brow), R XIA TA Zhang

REMOVE THE BODY

SHAKE THE HEAD

SCATTERING ARMS

TUI ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING

4. Gold Phoenix Circles The Clouds Advantageous Palm

PIEN

SHUEN

L Diao, shu dien bu PIERCE AND KICK - L kick, R sword finger strike

STROKE THE CLOUDS - R palm to sky, L earth, L cross step

HALF GUARD PALM - R gung bu, L Ban, R Chuan, R palm to sky, L earth, L foot cross step, R step, R Ta Zhang, L up block

PIERCE AND KICK - Turn, L Diao, R sword hand L Kick

STROKE THE CLOUDS - L cross step, R palm to sky, L Earth

R gung bu, L Ban, R Chuan

Turn to rear, R palm sky, L by L hip

REMOVE THE BODY

SHAKE THE HEAD

SCATTERING ARMS

TUI ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING

5. White Tiger Pounces On Food - Double Striking Palm

PIEN

SHUEN

L Diao

shu dien bu, R cross grab retreat,

DRAW BACK SITTING

TIGER - arm bar - pull to waist

DOUBLE STRIKE - L gung bu, double palm push to waist, R gung bu, R ban, L Chuan

HENG CHUAN - mabu, R back fist

REMOVE THE BODY

SHAKE THE HEAD

SCATTERING ARMS

TUI ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING

6. Spears Fly Through The Sleeves - Face The Wind, Pierce The Cloth

Pien - Shuen

RIGHT PIERCING PALM

- L Diao, R shu dien

bu, R jin bu, R Chuan Zhang (finger spear to eyes)

LEFT PIERCING PALM -

R Diao, L shu dien bu

L jin bu, L Chuan Zhang

RIGHT PIERCING PALM

- L Diao, R shu dien

bu, R jin bu, R Chuan

Zhang

REMOVE THE BODY-

SHAKE THE HEAD

SCATTERING ARMS

TUI ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING

7. Continuous Phoenix Eyes - Four Standing Pillars

PIEN

SHUEN

R cross step pai bu, L hand blocks R shoulder, R hand spears to stomach

L Diao, R shu dien bu

R PENG CHUAN - R Jin

bu, R Phoenix eye

strike to l eye

R Diao, L jin bu, L

L PENG CHUAN -

Phoenix Eye strike to R eye

L Diao, R Jin Bu, R

R PENG CHUAN -

Phoenix Eye

REMOVE THE BODY

SHAKE THE HEAD

SCATTERING ARMS

TUI ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WINGS

8. Two Spirits Teach The Tao - White Robe Cuts The Grass

PIEN

SHUEN

L Diao

R shu dien bu, R cross grab under L

Step back, Roll back with left arm pulling hands to waist, teacups

R gung bu (R knee comes high) Wind Fills Ears, R fist, L sword fingers

REMOVE THE BODY

SHAKE THE HEAD

SCATTERING ARMS

TUI ZHANG

CROSS THE WAIST

PHOENIX EXTENDS WING