

1. Drop 1,000 Pounds

PIEN - SHUEN

L Diao

TWIN DRAGON SNATCH THE

PEARLS - R shu dien bu, R eye poke then grab

DROP 1,000 POUNDS - hands pull to r hip, drop weight into back cat stance (L elbow presses)

BENG CHUAN - r x step with r peng chuan

BENG CHUAN - step with l, R upper block L punch

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

SHAKE THE HEAD - Remove Helmet, Shuang Ta Chang

SCATTER THE ARMS - Sweep back into Yo Shen

DIAO - L hand diao, R ft cross back, R hand diao under L (cross grab), L step double back fists to sides mabu

L kobu, L pien, R palm up, tea cups at shoulder level (palm strikes), R pien and flow into-

CROSS THE WAIST- Flower hidden beneath leaf

Phoenix extends wing

2. Chou Tsang Carries Knife

PIEN - SHUEN

CARRY THE KNIFE - L Diao, R kobu, R Toh under an elbow. L F x back, square off and chop with knife.

PARRY AND PIERCE - step to rear with l then R gungbu, BAN CHUAN

EMBRACE THE BALL - spin & hold ball

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

DIAO

PHOENIX EXTENDS WING

Jo Tsang was a figure that would demand money from people to pass through his mountain. One day Kuang Kung came and refused to pay so they fought. Kuang Kung defeated Jo Tsang and became his student. Wherever Kuang Kung went, Jo Tsang carried his halberd. They both were said to have died at the same moment.

3. The Two Immortals Teach The Tao

PIEN - SHUEN

I DIAO

r CHUAN - r foot steps forward paibu, l hand ends up inside r elbow

REVOLVE THE BODY (Roll) - R thumb down L palm block by R side of face, weight shifts forward onto r foot.

Slight outward pressing povement with hands as if blocking and tilting partner

FRONT AND BACK COME TO

ATTACK (Two Immortals Teach The Tao) - L gung bu, both hands draw to waist then double strike to ribs facing inside of the circle. (wind fills ribs)

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

DIAO

PHOENIX EXTENDS WING

4. Swallow Skims The Water

PIEN - SHUEN

GUARD PALM - R shu dien bu, L palm to r shoulder block - R finger spear under l arm to throat R palm circles to r hip (lift clouds) R gung bu,

r palm strike to abdomen, L palm more power toward right

PUNCH UP STRIKE DOWN - L shu dien bu, r hand up in front of forehead, l fist to l hip L gung bu, R hand palm to sky upward block, L punch

PARRY AND PIERCE - r foot steps up, r hand slap down, L gung bu L chuan finger spear

EMBRACE THE BALL - spin

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

DIAO

PHOENIX EXTENDS WING

5. Invite The Guest In, See Them Out

PIEN - SHUEN

L Diao

R shu dien bu, R cross under diao, l hand to hold an elbow

HOLD UP THE TOP - R ft step back

LOH pull to hip

PUSH AND TOSS - L gung bu, Toh

PARRY & PIERCE - R ban, L chuan

EMBRACE THE BALL hold ball

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

DIAO

PHOENIX EXTENDS WING

6. Lean on the Mt., Search the Air Palm / The Three Continuous Strikes

PIEN - SHUEN

REVOLVE THE BODY (Roll) - R thumb down L palm block by R side of face, weight shifts forward onto r foot.

Slight outward pressing povement with hands as if blocking and tilting partner

CONTINUOUS THREE STRIKES - l ft shun bu, L hand guards upward as Rarm elbows to the rear mid range.

Same posture - L hand slaps down and R back fist to the rear done high to the head.

R ft shun bu, R hand TA ZHANG to tail bone as L hand guards upward. (ride the tiger like).

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

DIAO

PHOENIX EXTENDS WING

7. Liu Quan Advances with the Mellon

PIEN - SHUEN

DEPRESS THE ELBOW - L grab, R cross grab under R, R shu dien bu, R foot back into semi-lunge (pull back, elbow press)

HEAD/SHOULDER STRIKE - weight shifts to L foot, gung bu, shoulder strike

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

DIAO

PHOENIX EXTENDS WING

Liu Quan is a fable of a man who was so devoted to his mother (who loved mellons) that after her death he died in order to bring her a mellon. The death guardian was so touched that he permitted Liu Quan to return to life after delivering the mellon.

8. Ba Wang Presses the Elbow

PIEN - SHUEN

BIND THE ELBOW - l hand diao, r hand cross under l & grab as r ft crosses in front (HO TSO BU), l hand reaches for an elbow and l ft steps SKIM DOWNWARDS - (ikkyo tenkan) turn the wheel clockwise as r ft crosses back and body faced to the rear)

REMOVE THE BODY

SHAKE THE HEAD

SCATTER THE ARMS

DIAO

PHOENIX EXTENDS WING

Ba Wang was a general and martial arts master who lived about 2,000 years ago. He had fought with Liu Ban, 1st emperor of the Han dynasty, many times and won. He became very arrogant and then was beaten by Liu Ban after which he committed suicide.