

PART II

3rd Sequence

- 22) Facing N, bend both knees, shift weight over in L leg, turn on ball of L foot, R heel to E. Draw arms down in parallel palms down, and draw in, R foot steps onto parallel line (E). L arm pushes forward, shoulder height, R arm down to hip (palm down). Turn L palm inwards, lift R arm up sideways and Single push in front, then repeat 5 and 6, Single and Double push.
- 23) Weight on L leg, turn on R heel to NW, weight on R, arms sweeping in front, turn on L heel and L foot steps onto L parallel line (W), L arm makes ½ circle to L, step out sideways on R leg, R arm makes ½ circle.
- 24) Weight on R, fist R hand, L heel on floor (W) Fist Under Elbow
- 25) Lower L arm in front, then R arm moves down to R hip and lifts up to shoulder height, step back on L foot (E), push R arms forward, draw L arm down and lift up sideways, turn R palm up and step back on R. Step Back and Repulse Monkey.
- 26),
27),
28),
29) Repeat Monkey steps.
- 29) On 5th step weight is on L foot, R arm moves down over to L side, palm up, L arm over to hold circle at L side of Body (body faces W), turn inwards on ball of L foot to NW.
- 30) R leg steps into R front diag. NE, straighten up on R leg with L foot off the floor, R arm above head, L arm by hip Magic Bird Stands on One Leg.
- 31) Step down on L leg (N). Strum Lute, R heel on floor.
- 32) Repeat 10. Bird Spreads Out Wings
- 33) Repeat 11. Brush Knee and Push
- 34) Step back on R leg, facing W, draw in R arm, L arm stretches forward and then draw in L arm and leg, weight on R foot, bend knee, L toes on floor, empty step, R hand points to floor, L hand by L hip, palm down.
Looking for Golden Needle at the Bottom of the Sea
- 35) Lift arms up parallel to shoulder height, palms facing each other. Turn on ball of R foot to N, draw both arms into Diamond, palms facing out. Step on to parallel line with L leg (W), and L arm Shoots out the Arrow or Fan through the Back
- 36) Weight in R leg, turn on L heel to N, weight in L leg, L arm above head, palm out; R arm down to waist palm down.
- 37) Open step with R leg onto R front parallel E, L arm down to shoulder height, palm up; R arm lifts to side and up, fist R hand, turn on L heel to NE, weight back on L leg, arms

over to L, · twisted step with R, toes facing S, body facing E; both arms over to R, step with L (E), prepare with L arm, punch with R fist, turn R foot to SE

38) R fist faces down, body into R back diag. (SE). L arm over and under R arm in 1/2 circle for Spoke of the Wheel. Weight over on L leg, (E), arms brush past each other, L arm to shoulder, R arm to hip, palm down, body facing E, turn on ball of L foot to NE, then R arm comes under with palm up holding circle; body faces NE. Repeat 4), 5), 6), 7). Ward off, Single, Single & Double push.

39) Repeat 8) Single Whip

4th Sequence

40) Shift weight over on R leg, as L arm scoops down, turn in on L heel face N, weight on L leg as R arm scoops down in front, bring R foot in parallel as L arm scoops down, step out sideways with L foot (W) as R arm scoops down, small step in to parallel with R foot as L arm scoops down, step out sideways with L foot (W) as R arm scoops down, small step in to parallel with R foot as L arm scoops down to hold the circle. (7 scoops or 2 steps to W) No Beginning No End or Wave Hands Like Clouds

41) Repeat Single Whip

5th Sequence: Kicking section

42) Turn L palm up, turn in on R heel W, weight on R. Draw in L arm and leg, R arm moves forward, palm down High Pat on Horse Turn R palm in, lift L arm out sideways.

43) L leg steps into L back diag. SW, cross L arm, then R arm over chest, turn on ball of L foot to NW, kick R leg to NW (loose foot or soft kick), R arm over R leg, L arm sideways bend R leg and

44) Step with R into L front diag. NW, cross over R arm, cross over L arm. Turn on ball of R foot SW, kick L leg (soft) into back diag. SW, L arm over L leg and R arm sideways.

45) Put L toes on floor behind L hip (empty), turn on ball of R foot to SE cross arms over chest (L arm in front), kick out with L leg (full kick), L arm follows leg, R arm out to side.

46) Step on parallel line with L foot, L arm over to R hip, L arm in ½ circle over to L hip, R arm pushes forward (Brush Knee push step); R arm over to L hip to hold the ball, lift L arm, step with R leg, ½ circle with R arm over to R and push with L arm (Brush Knee push step).

47) L arm over to R side, fist R hand. Step with L leg into lunge E, L arm 1/2 circle over to L knee, brush knee, and deep punch with R fist, turning R leg and foot out to S.

- 48) Lift arms parallel to shoulder height, hands facing each other, R hand fisted, weight over in R, S, (pulling the string of the bow), turn on L heel to S, weight in L, L arm above head, palm out. R arm down to t'an t'ien, fist down.
- 49) R foot steps onto parallel line W for Open step, L arm to shoulder level, palm up, R arm, fisted, lifts sideways up; turn on L heel to SW, weight in L leg, both arms over to L side, twisted step with R leg to N, arms over to R, step with L leg W, prepare with L arm, punch with R and yield with L arm, turn on R heel to NW, weight over in R leg, palms down, arms lift over head and down with L wrist under R wrist (Swan Lake); weight on L leg (W), arms cross in front, R arm over.
- 50) Kick R leg W, R arm follows leg, L arm sideways, step with R into L front diag. NW, lower R arm to shoulder height, palm down, L arm scoops under over to R side, palm up.
- 51) Step on L leg into back diag. lunge (SW), both arms down in front of body, L arm above head, fist out; R arm by t'an t'ien, fist in. Twist Tiger's Ear to Left
- 52) Shift weight over in R leg, turn in on L heel to NW, unclench hands and both arms come down in front. Step with R leg into R front diag. lunge (NE), R arm above head, fist out, L arm by t'an t'ien, fist in. Twist Tiger's Ear to Right
- 53) Weight back in L leg, turn on R heel to NW, weight in R, turn on L heel to SW, weight in L, arms cross in front of chest, R arm in front. Kick with R leg to W, R arm follows leg, L arm to side.
- 54) Step on R leg into L front diag. lunge (NW) arms come down to sides; lift both arms up sideways and fist both hands above forehead, fists turned out. Grip Tiger's Ears or Strike Opponent's Ears with Both Fists
- 55) Weight back in L leg, arms come down to sides, weight forward in R leg (NW), cross arms with L arm in front, kick L leg out to W, L arm follows leg, R arm to R side.
- 56) Move L leg in front and behind R leg to turn to right side, place ball of L foot SE and finish turn with weight on L foot to face W, R toe on floor, empty, cross arms, R arm over, kick with R leg, R arm follows leg, L arm to side.
- 57) R leg down in twisted step (toes to N) arms over to R side, step forward with L (W) prepare with L arm, punch with R fist and yield with L arm. R leg to NW
- 58) Brush under elbow, undo fist, weight in R leg; lift arms to shoulder height and draw in, palms down, weight in L leg (W) and double push arms forward.
- 59) Weight in R leg (NW), turn on L heel to N, weight on L, both arms in front.
- 60) Arms float up above head and down in front. Put R foot parallel weight on both legs, cross arms over chest with R arm in front. Carry Tiger to Mountain