

NG LUN CHUI

Start feet together hands resting at thighs. Open arms in seung yeung kiu. Ding yuet. Seung chum kiu downward arms extended both sides. Seung sang kiu. Gom jin arms come across body and forearms form X just over head, palms facing body, with L hand closest to face. Fan sau arms come down and end up slightly behind body. Chai yuet, arms come back to body to hands now resting on hips. Kick out R leg in half circle to sei ping ma, rotate fists upset to hips. (N)

Da boke to R (E), slide R leg into low square horse with R yum chop. Slide back to R diu ma with R lau kiu (like qwan kiu). Step out to sei ping ma with R gwa choi, L chan ng choi (as R follows thru to rear). Load R hand to hip and step out to square horse with R yum chop. (repeat 2 more times=3 total to R) (E)

Bring R fist to hip. Da boke to L (W). Slide L(W) to square horse with L yum chop. Slide back to L diu ma with L lau kiu. Step out to square horse with L gwa choi, R chan ng choi (as L follows thru to rear). Load L hand to hip and step out to sei ping ma with L yum chop. (repeat 2 more times=3 total to L) (W)

L leg slides behind R in semicircular arc, and twist body to end up in R diu ma with R arm yum chop (4x, alternating sides). (moving E, facing W)

NG LUN CHUI (cont.)

Turn to E in R diu ma with R yum chop and do same thing 4x in the other direction. (moving W, facing E)

R twist horse with look kiu. Step out in square horse with both hands palms facing up (L on bottom), lean into L ding ji ma with tut jong (L high blade hand stike to front and R low blade hand strike to back); 4x. (E)

Turn to W in L nau ma with look kiu. Step out to sei ping ma, then lean into ding ji ma with tut jong; 4x (W)

Turn to E in R diu ma with R yom kiu. L chun nau. L full poon kiu (L poon kiu, R gwa, L poon kiu). Step into sei ping ma with R vertical chop. (L at elbow) (E)

Turn to W with L fan sau continuing to OH and R wong sau (knuckles towards body). L jit circling around with L poon kiu leaning upper body back and out of the way. Step with R into sei ping ma and R pek choi. (L at R shoulder). (W)

Face E. Step E into quai ma with dip jong at R hip. Step into L ding ji ma with gom jeong. Step E into quai ma with R dan lan (to W). Step E into L ding ji ma with fan jong. L kum sau. R fu jau, R snap kick with tut jong, R gom jeong (WAH, DIK, YUK) (E)

NG LUN CHUI (cont.)

Turn head to W and step W in tau ma with L nap sau and R biu jong. Uncoil with L gwa and R kup sau. Step into R ding ji ma with R biu jong. Step with R (towards N) into L transverse ding ji ma and R jit kiu. Lean into R transverse ding ji ma with L poon kiu. Switch to L transverse lok quai ma with R jit kiu and L blocks OH. Lift up to R duk lup ma with CCW double circular block. Step into L lok quai ma and twei jong. (W)

Cross over with quai ma (towards W) and chun nau (to S). Step W to R transverse ding ji ma with L full poon kiu.(S). Step with L to L transverse lok quai ma and R vertical chop, L OH. (S)

Twist into R nau ma with seung gwa to N.

Switch legs into L nau ma and seung gwa to S.

Step with R to N in R lok quai ma and seung dau fu choi. Retreat to R duk lup ma with R gwa and L poon kiu. Stay in duk lup ma and start with R fist up to R side, R chin ji, R biu jong, L chun nau, L full poon kiu, R channg choi. Step down to W in R nau ma with low peet kune to R (E). Switch legs to L nau ma with shu ting wong sau (W). Step out into sei ping ma with R dot choi. Feet together and bow.

LEOPARD portion of Ng Ying Kuen

- 1 Retreat with L to R diu ma with R leopard high punch, kum sau L leopard high punch, R leopard mid vertical punch, kum sau L leopard mid punch, R leopard high yum chop (chan ng choi) (all facing S)
- 2 Retract R arm and step with R into sei ping ma with R leopard high punch (leaning into toe ma)(L leopard is at chest pointing E like nap sau)
- 3 R retracts (knuckles across face to the L) and retreat with R leg tau ma to sei ping ma crossing fists with L leopard punch to S and R leopard punch hooking then to W
- 4 R arm comes forward and crosses to low gom jim in S (2 leopard claws); opens back up to L leopard claw to S (claw facing E) and R high leopard claw to N (L diu ma to S) (death stance)
- 5 Hop to R diu ma (S) with look kiu (leopard)
- 6 Hop with dip jong (leopard) to R hip opening to double leopard claws E and W (claws facing N) at the same time as a L jump snap kick
- 7 Step in with double leopard claw (R extended to midsection, L at R shoulder) to R diu ma with L quan kiu, gwa; R cup sau (all leopard).
- 8 Step in with double leopard claw (L extended to midsection, R at L shoulder) to L diu ma with R quan kiu, gwa; L cup sau (all leopard).
- 9 Lean in to L ding ji ma (pushing S) with R uppercut hook/elbow (leopard claw hooking all the way back to R ear)(L palm at R bicep)

LEOPARD portion of Ng Ying Kuen (cont.)

- 10 Step in with R to R duk lup ma with L horizontal chum kiu at face height. (R fist at hip); step down in front into R diu ma with R vertical leopard punch (option: leopard trade punch), with L leopard claw at R elbow
- 11 Step with L to E with L gwa, R chop, L chop (all 3 leopard fist) (ding ji ma to ton ma)
- 12 Step to E with upset R punch at face height (R diu ma) (L leopard knuckles at elbow); L kum sau (leopard), R leopard trade punch (still in R diu ma)
- 13 2 handed circular block CW (drive the bus) to dip jong, hop with L snap kick and L leopard punch (simultaneous)
- 14 Drive the bus CCW to dip jong, hop with R snap kick and R leopard jin ji (simultaneous)
- 15 Step down with R qwa L chop, R sau (all leopard) (R ding ji ma to ton ma)
- 16 Retreat with R to W into ton ma with double high square block (leopard w/ palms facing S) (death stance)
- 17 Lean in to L ding ji ma (pushing E) with R uppercut hook/elbow (leopard claw hooking all the way back to R ear)(L palm at R bicep)
- 18 Step E to R duk lup ma with L high punch (leopard) (R leopard at hip); step down to E into R diu ma with R vertical leopard punch (option: leopard trade punch). L claw protects face.

SECONDARY 5

Retreat in tau ma with L jit kiu downward. Uncoil to R ding ji ma with R chin ji downward, while L hand circles around high in an elephant trunk. R fist hooks to the elephant trunk position while L hand opens palm up. Twist blocks and body to the R (CW). Roll over L hand (upon contact, like chi sau) and step out with L foot to R jing ma (45 degrees, NE). L hand snake strike to face. Step forward with R to square horse (45 degrees) and R vertical punch, R gwa, L chop.

LEUNG JEN #1 SNAP THRUST

Retreat in leung jen #1 with L snap kick, R poon kiu, L poon kiu, R heel thrust. Step forward with L poon kiu and R vertical high punch.

LEUNG JEN #2 BACK KICK

Retreat in leung jen #2 with R snap kick. Spin (left, CCW) with upset hammer strike and L back heel thrust kick. L poon kiu and R pau (yom kiu) in L jing ma (45 degrees). R snap kick. Step to square horse (45 degrees) with R peet kune (L hand protects face with open hand wong sau). R quan kiu gwa, L backhand pau. L poon kiu, R trade punch.