

## SIU SUP JI

Feet together facing front, fists out in front of body. Roll arms and fists to sides while slightly turning L and back to the R ending in R twist horse. Step forward with L leg into square horse facing E. L fan sau. Step together with L high cheung jong. R chum kiu over extended L hand and bring L hand in under R elbow. R hand circles over and step with R leg fu jau sat sau to rear (S) in square horse. (**WOK**) L nap sau back to front turning into L cat stance and R high jit jong. Gum jin with arms crossed R closest to body still in cat. Hoi sing peck dau and L snap kick jumping into fan sau in square horse, (**DIK**) slide back into L cat and fan sau again. Ging lai 3 times in lok quai ma. (L-R-L) Fu jau sat sau to rear in stealing horse. Turn back to front with L chun shiu that comes all the way across as R leg retreats to L end horse.

Turn to S and gom jin downward L hand closest to body in R end horse. L leg retreats to W in stealing horse and seung chum kiu facing E. L pak sau, R sang kiu in L cat, seung chum kiu again in stealing horse, pak sau, R sang kiu in L cat. Chi sau in L cat.

## **SIU SUP JI (cont.)**

L nap sau turning to N as L leg moves at the same time as the arm into L cat stance (facing N). Then R sau jong (like open hand wong sau) at same time as R leg swings forward into R cat (reverse leaning cat). R leg continues S across L leg into twist horse as R dot choi, L hand OH. Uncoil, L nap sau facing N and R sau choi (sei sau) in L end horse. L leg shifts back stealing horse and L chun shiu, R fist is behind body. L la sau (big circle ending with forearm parallel to floor at waist level). Pull L fist to rear and R sau choi sinking into low square horse. (knuckles towards body). R biu jong, L hand at R elbow, L chun shiu in R cat, R fist at waist, L la sau, step into square horse and R chop choi, L hand guarding at R upper arm. R quan kiu, gwa comes all the way back behind body, L chun as twist horse in place (R nau ma). Step in fan jong (strike up over head and relax), L hand OH, in square horse.

Slide back to L cat (facing S), L lau kui in front of body, L nap sau, R sau choi, as you twist horse in place to L nau ma (S). Step in to R end horse, R gwa, L chun, L la sau, R sau choi in square horse. R biu jong in square horse. L chun shiu in R cat, L la sau, R chop choi. L gwa, R chun to S in R nau ma, step with R to S in square horse and fan jong.

Repeat same motion going to E.

Turn and repeat same motion to the W.

## **SIU SUP JI (cont.)**

(Previous step ended in fan jong) Now slide back L hand by R shoulder, R arm blocks similar to leung jin but open hand and palm up. Twist to the R in R nau ma now facing N with R hand still blocking the lower body. Cross over switch to opposite nau ma and dip jeong at L waist, step out with R into square horse (facing W) and R dan lan. Dip jeong to R waist still in square horse, slide R leg back into L ding ji ma, R gom jong. R leg forward into R cat, L jit jong, R hand blocks low to rear.

Step and turn and face E in L cat and R jit jong. Chi sau. Step forward, L hand on top, open hands in half circle across and seung fu jau in R end horse (L fu jau to N, R to S) (head facing N). Wind up and fu jau sot sau to E in square horse. R cat, L chun shiu, L la sau, step in R chop choi in square horse.

R fist to hip, step and turn into L cat (W) as L fan sau. L la sau stepping into L end horse and R sau choi (sei sau). R la sau, R inner crescent kick and slap with L hand, R leg goes back into square horse, L lau sau, R yum chop coming from hip in L end horse, L fist at waist.

Step and turn to opposite side (E) in R cat, R fan sau, R la sau, L sau choi in R end horse. L la sau, L crescent kick and slap with R hand, L leg goes back into square horse, R la sau, L yum chop. R chan ng choi.

## SIU SUP JI (cont.)

Turn now and face N in square horse and L poon kui, R fu jau, L fist to hip, L yum chop in R lok quai ma, R yum chop in L lok quai ma, step R leg forward in square horse ("L" step) big R gwa choi.

Look S, L nap sau, R sau choi as step to S with R leg into square horse. R biu jong to S, R cat, L chun shiu, L la sau, R chop choi. L gwa, R chun in twist horse in place, L la sau, bring feet together, step out 45 degrees to SE in L end horse and R pau jong, L fist swings back. R la sau, feet together, R end horse 45 degrees to SW, L pau jong. L la sau, feet together, L end horse, R pau jong to SE. Retreating with R gwa, L sau as step backwards with L into R end horse, now R leg comes back L end horse and L gwa, R sau, one more time R gwa, L sau into R end horse. Bring R leg back so legs are even in square horse facing S and L poon kiu R jit fu in L lok quai ma, L hand OH. Step to rear into R end horse and R gwa, L chun. L la sau, R sau choi, R biu jong all to S, R cat, L chun shiu, L la sau, R chop choi in square horse.

L gwa, R kup sau to N in L end horse. Slide L leg back in stealing horse and seung chum kiu, ging lai in L cat. Step forward bringing feet together and close.

## **LA JAU KICK DEFENSES**

### **#1** (for a R front snap kick)

Stealing horse with L hand blocking down and fist bouncing back to block high. L front snap kick, R poon kiu, L poon kiu, R heel thrust kick. Step in to R toe ma with L poon kiu, R chop.

### **#2** (for a low front kick fake then a high kick)

Stealing horse with L hand blocking down and fist bouncing back to block high. Step with L leg to L at 45 degrees (NW), scoop upward with R fist, R snap kick. Step in with R leg to the R at 45 degrees (NE), lin wan chop.

### **#3** (for a kick coming in towards your R side)

Step back with the L leg to a R cat stance, wind R elbow up. R gwa as L open hand blocks OH.

L hand pulls down (like poon kiu), R hand pau as you skip in with a R jumping snap kick, L poon kiu, R sau, L poon kiu, R chop. (fist at 45 degrees)

### **#4** (for fake to your R side with opponents L kick, then he kicks to your L side with a R kick)

Same beginning as #3. Leung jen to L.

R snap kick. Step with R into square horse, R back knuckle strike to head. (like yute kune or dot choi) L chop (as R fist does yom kiu). Drop down into a low square horse as R knuckles block down, R hand immediately comes back to protect your head. Step in with L gwa, R pau.

## **LA JAU KICK DEFENSES (cont.)**

**#5** (for fake to your R side but a delayed kick)

Same beginning as #4. R hand hooks back to the R (like chum kiu) as you cross over step with R to W. Bring opponents leg all the way up to the shoulder, L open hand blocks down and strikes in front of the body (cheung jong) as you sink into R lok quai ma. Cross your arms and stand up with seung nap sau and R skip in snap kick. L poon kiu, R chop. (or double pau, R chun jong)

## **BASIC 7**

Cat back with L hand jit downward, R chum kiu, L snap kick. L poon kiu, R sau (L hand OH). Slide back R gwa, L poon kiu, R snap kick, R chop (fist at 45 degrees). R elephant block upward, L leopard fist strike, R pau in a low square horse. Shift weight back to sieh ma, R fist blocks down to the R with L pak sau, L fist blocks down to the L, R elephant fist strikes/blocks across. Crossover step to the L (W) (with R foot), R fist blocks down to the R, L pak sau. L hand chum kiu, step in with R leg (sweeping) to 45 degrees, with L poon kiu and R wong sau. Slide L leg forward to closed stance, L poon kiu, R yute kune.

## **7 BLOCK PUNCH**

From standing position, step to the L side (R cat), L poon kiu.

Step and turn to the R (to L cat) with R trade punch. R quan gwa (small quan kiu and gwa)...

L backhand pau as you step into R ding ji ma. L quan gwa...

R backhand pau as you step into L ding ji ma. L poon kiu, R gwa...

L backhand pau as you step into R ding ji ma.

L hand blocks down with jit, R chum kiu as you switch to L ding ji ma. R knee strike up and across with L pak sau, and step into kam kem. Sweep.

Open up (double high nop sau), R reverse crescent kick. R nop sau, L pek chui as you turn into a R twist horse. Step into L square horse, double dot choi (N and S).

Step back with the L leg to stealing horse, L poon kiu, then forward (v-step) to L ding ji ma at 45 degrees (NW) with L poon kiu, (leaning to the L slipping the opponents punch), R sau. R front snap kick, R foon siu (like open hand biu jong).

## **10 BASIC BLOCKS**

From standing position, step to the L side (R cat), L poon kiu,

R trade punch (as you step and turn to L cat). 1) R yom kiu,

2) R open hand blocking down L up nop sau),

## **10 BASIC BLOCKS (cont.)**

3) R yom kiu,

4) R elbow block upward (like pau, L open hand covers ribs),

5) R hand blocks low as you step and turn to R cat stance and L jit jong.

6) L hand blocks low as you step and turn to L cat stance and R horizontal palm heel strike (sau jong).

7) Same stance, block up with R elbow (tricep) L hand protects ribs, tuck head.

8) R hok chui (crane beak) upward strike straight ahead,

9) L hand hooks arm (like short nap sau), R circles CW and strikes open hand upward in an arm bar.

10) R hand blocks down palm down (chi sau) (L hand protects high), R hand bounces back up and strikes with leopard fist high (L hand protect the ribs).

## **LEFT HAND BLOCK (you feel pressure on your left arm)**

Slide back with L nap sau, R chum kiu (keyhole) R fist slides up L arm and around to leung jen, R front snap kick. Reach in R ding ji ma with a L fu jau. Recoil the L arm, R gwa, L pau. (L gwa extends at same time as R, but to rear)

### **RIGHT HAND BLOCK** (feel pressure on right arm)

Slide back with L nap sau, R chum kiu. (keyhole) Step forward in L ding ji ma, R backhand pau, R fu jau. Step in to R square horse, L gwa, R pau. (R gwa extends at same time as L, but to rear)

### **WALK-IN KICK DEFENSES**

Step back with the L leg into stealing horse, R chum kiu. Step forward to low L square horse with L chun jong, R hand hooks opponents leg up. (**light leg follow-up**) Turn R shoulder forward as you lean into L ding ji ma and follow with a R heel thrust kick. (**heavy leg follow-up**) Let the leg go, control opponents arm with your R arm, L yute kune. L poon kiu and hook, R wong sau in L end horse.

### **GRAB DEFENSES**

**Same Side Wrist Grab** - Roll the wrist in the direction of the opponents thumb, point that same elbow at the opponent and drop into a low square horse, gwa with that arm, chop with other arm. (**Variation** - Step forward punching hand downward, reach over with the other hand and grab opponent's wrist. Turn it over as you step back and push his hand (with both thumbs) towards his back.)

## **GRAB DEFENSES (cont.)**

**Opposite Side Wrist Grab** - Place other palm on top of opponent's fingers. Bring grabbed hand up to yom kiu, turn palm towards opponent and hook over his arm and pull down as you step back. Kick to head.

**Double Arm Grab** - Push arms apart, then as opponent resists, force them together and grab one of his opposite side wrists (e.g. your L grabs his L by breaking his hold.) Turn your back to the opponent rolling his arm to your shoulder in an arm bar.

**Front Choke** - Step back with the R leg, R poon kiu, L fu jau to the face (inside of the opponents R arm), L poon kiu, R wong sau.