

## **PING JIANG KUNE**

Facing W hands out to sides with palms facing W.

Look to R step to R (N) in square horse and R fu jau.

Step forward with L foot so now facing E in sieh ma and L chun jong (R hand OH)

Step forward with feet together and R sang kiu, L hand with fingers at R elbow.

R Jit fu backwards as step with R to R lok quai ma. (R hand circles around head first). L hand OH.

Fu jau sot sau in stealing horse.

Uncoil to L cat stance with flower and hoi sing pek dau and L snap kick to N.

Skip in with R chum kiu and lift L leg as you wind up both arms to back. Ging lai to front, ging lai to back, ging lai to front, stepping to side slightly each time (E).

R gwa choy to back (S) in stealing horse.

Uncoil with L gwa and R pek choi to S.

Step with R in quai ma to S with dot choi to N. (L hand protects chest)

Uncoil with seung yum chop to N (open hands, palms out) in L ding ji ma.

2 steps back (step together) and begin salute with fan sau ending with double fists at waist.

Circle arms OH (like poon kiu) ending in seung fu jau at

## PING JIANG KUNE (cont.)

Seung fu jau forward, then circling arms outward OH to gom jing, then pull fists down to waist. Jin ji both hands forward, ping jiang (hands at chest, level with elbows), ding yut, seung chum kiu, sang kiu, gom jing ending with double fists at waist as you stand up and pull feet together quickly.

Turn to W by sliding R leg back to ton ma with L chun siu. Retreat in stealing horse with R gwa and L ding (horizontal blade strike with fingers to R). Ping jiang (slapping R forearm into L hand) as you step with R to L lok quai ma. R Jin ji and R snap kick, R gwa and L ding in R ding ji ma, followed by R chop (45°, typical) in toe ma.

Twist CW into nau ma facing E with peet jong. Switch feet to opposite nau ma with dip jong, step out to R ding ji ma with L gom jong (E). R Fu jau downward (E) as step into square horse. L ding with R wind up and pau (elbow), Unwind L ding to R chop (high and in toe ma).

Turn to N in L diu ma with L chun siu. Stealing horse jit with L forearm, jit with R forearm as uncoil to square horse. Retreat with R (S) to nau ma and R gwa (N). Uncoil with L nap sau, R jin ji. Step in with R gwa, L ding, R chop in toe ma.

Step with L to W with L chun siu in L cat stance.

## **PING JIANG KUNE (cont.)**

Retreat with L to R transverse ding ji ma and dip jong (at R hip). Switch to L transverse ding ji ma and gom jong to W. Step with R on RR tracks with R gwa, L ding, step with L and L gwa and R ding. Step with R and R gwa, L ding and R sau choi in square horse. Step/lean into R ding ji ma with R gwa, L ding, R chop (toe ma).

Stealing horse to W with R gwa choi, uncoil and L dot choi (R at chest).

Stealing horse to E with R gwa, L ding, (both to W). Slide R leg back to L lo quai ma and R ping jiang. Jin ji and R snap kick, landing with R gwa, L ding, R chin ji (into L palm). R biu jong (toe ma), L chun siu as you slide back to R cat stance. L poon kui (la sau), R chop in toe ma.

Retreat with L to R transverse ding ji ma facing E and dip jong (at R hip). Switch to L ding ji ma with gom jong. Step in with R to R ding ji ma and R gwa, L ding, R chop. (toe ma)

R gwa, L chop to S as turn to S (step with L towards N facing S in R ding ji ma).

R au sau, L dot choi as you spin CCW (striking S and stepping S with R leg). Stealing horse and L high pek choi. (horizontal) Retreat again with R to stealing horse and R chin ji into L hand (S).

Step S and R upset chop keeping L hand at R forearm. Slide in to square horse with R elbow chop (with L hand over R fist).

## **PING JIANG KUNE (cont.)**

Turn and L chun siu to N. Cat back with L low jit. Slide into R lo quai ma with R chop choi (vertical leopard, L hand at R shoulder). Stealing horse with seung fu jau (front and back), ging lai and bow.

## **SEI MOON KIU JAU SAN MA**

Gom jing above head, fan sau, hands to waist, kick out R leg.

To the R, da bok (jing ma), sei bok (ton ma), Z step back, da bok, sei bok, Z step forward. REPEAT.

Kick up R heel (like hooking foot into a cat stance), then slide with R foot to R in square horse.

To the L, da bok, sei bok, Z step back, da bok, sei bok, Z step forward. REPEAT.

Kick up L heel then R heel landing in R cat stance facing E with R hand on hip and R elbow extended forward. (like yum chop with the elbow instead of the fist).

Retreat then advance (around the tree) with U step to L side. (Right side of tree), Repeat 3x using U step to alternate cat stances.

Kick up R leg then L leg and switch to L cat on L side with L elbow extended (W), kick up L heel, and repeat 4x using the U step to alternate cat stances.

## **SEI MOON KIU JAU SAN MA (cont.)**

Slide back toward W with R chun siu. Retreat to R transverse ding ji ma facing E with L chun siu. L poon kiu, R vertical leopard chop as continue retreating with Z step to R toe ma. Move forward with Z step, wind up with L chun nau, R don lon to square horse. R kwa, L poon kiu as retreat to R transverse ding ji ma, R chop chui (horizontal fist) as retreat to R toe ma. Move forward with Z step, wind up with L chun nau, R dot chui.

Kick up R heel and slide back with L chun siu to W. Retreat with Z step, R nop sau, L poon kiu, R chan ng chui. Move forward with Z step, wind up, left don lon. Retreat with Z step, R nop sau, L poon kiu, R fu jau (downward from OH). Move forward with Z step, wind up, L yum wat.

Turn to R cat (E) with R biu jong (leopard). U step to L cat with L chan ng chui. U step to R cat with R kwa. U step to L cat with L chun siu and R chan ng chui. U step to R cat with R look kiu (L palm on R forearm).

Switch to L cat facing W and repeat the sequence. (with opposite hands)

Uncoil to E with R kwa, L cup sau . Step with L into L transverse ding ji ma with R sei sau. Shift to R transverse ding ji ma with L chun siu. Step to L cat with R high chop chui (horiz.leopard). Step into R toe ma with R leopard punch rolling under L arm, (L arm protects in front of face like nop sau).

Same sequence to W. (opposite hands)

## **SEI MOON KIU JAU SAN MA (cont.)**

Retreating with L in tau ma and L kum sau, uncoil with R jin ji and R snap kick, L kum sau, R chop (horiz leopard) as you land in R toe ma. Open the drapes in R duk lup ma. Step down to R lok quai ma and L low palm heel strike (hitting R palm to L bicep). Lok kui in L nau mau, step into tut jong in R end horse.

Retreat with R in tau ma with R poon kiu and uncoil up into L jin ji and L snap kick, R kum sau, L chop (horiz leopard) in L toe ma. Wind up with L nop sau, R sau choi as step into R square horse.

Retreat with R gwa, L pek. Retreat again with L gwa, R pek. Cow (sort of like pulling drapes down and around at hips) in R cat stance, R horizontal leopard chop. L poon kiu, R gom jeong as you step with L to L transverse ding ji ma.

Cross over step with R to R nau ma facing W, continuing with step into L ding ji ma with R nop sau and L horizontal leopard chop (R stays up to protect face). Twist in place to L nau ma with R chun siu. Uncoil with R poon kiu, L sau chui (knuckles in). Retreat with L gwa, R pek. Retreat again with R gwa, L pek. Cow in L cat stance, L horizontal leopard chop. R poon kiu, L gom jeong as you step with R to R transverse ding ji ma.

(3 stars) L chun siu in L cat, L poon kiu, R kwan kiu (open handed, hitting L palm) in L transverse ding ji ma, same on other side, L chun siu in L cat.

## **SEI MOON KIU JAU SAN MA (cont.)**

Hopping to opposite side stance (R sei ma) with L nop sau then wind up both arms to middle and sau gyoke (like grab and pull to high rear fu jau) as you strike with R dot chui. Repeat other side.

Turning to 3:00 with R gwa, L cup sau. R sei sau (hitting L palm) in L transverse ding ji ma.

Stepping together with R leg facing N, R dip jong. Step back with R leg, cow ton (like twin palm strike at chest level with all fingers pointed to the R).

R poon kiu, L sei sau (hitting R palm), in R transverse ding ji ma facing E.

Stepping together with L leg facing S, L dip jong. Step back with L leg, cow ton (like twin palm strike at chest level with all fingers pointed to the L).

L poon kiu, R sei sau (hitting L palm), in L transverse ding ji ma facing E. L poon kiu R kum jong (like downward fu jau) (shifting weight R then L in jing ma). Repeat on other side. Step forward with R to quai ma and R chun siu to W.

Step out with L to N into L square horse and L chun siu. Retreat with tau ma and R gwa, L yum chop. Forward with L pak sau, R chop chui (vertical fist) in L lok quai ma. Retreat with tau ma and seung fu ja, ging lai, kuk kune.

## **MUI FA DAHN DO**

Sword in L arm. R fan sau, L poon kiu, R chun.  
Stepping forward in R nau ma, L nop sau. Stepping forward in L nau ma, R nop sau.

X-over with R foot to W, L nop sau then open (R OH).  
R fan sau, L pek, as you cat back (R OH). Hoi sing pek dau (square up to W), L snap kick. Skip in fan sau. Cat back fan sau. Ging lai 3 times. Switch sword to R hand, cut back, neck roll, and open hands to triangle (W) in L cat.

Cut back retreating in tau ma, neck roll, sword strikes upward to the rear (E, eyes to rear also), L buddha palm in front (W).

Retreating to L sei ma as you protect L forearm with cut and circle head to wind up for pek choi. Step with quai ma to the (E), cut, protect arm, push blade with L hand, pek chui to (W). Uncoil CCW, cut, protect arm and head, 2 handed downward strike to (W) in L jing ma. Cut back retreating to L cat stance, neck roll, sword behind, L buddha palm in front.

Cut forward, protect arm, then step to L transverse ding ji ma, neck roll, pau.

Cut back, neck roll, push blade to S as retreat with tau ma (blade ends at hip). Uncoil to square horse with pek chui. (L hand at R wrist)

Full step in with L to square horse as sword protects face then circles underneath and up OH. (L buddha palm at sword tip to S, blade up)



## **MUI FA DAHN DO (cont.)**

R pau (with sword) as lift up to L duk lup ma. Cut down as you hop to other leg then lean back into L sei ma with pek choi. Lean into R ding ji ma with upset hammer (sword) using L hand to push off of R wrist.

Cut with wong sau, protect arm then neck, then pau to N in L ding ji ma. (L hand on R inside elbow)

Cut back as you cross over with R leg towards W in nau ma. Protect neck and push off of sword cutting back. Then uncoil with R sau followed by gwa as you step with L in stealing horse towards W. (gwa is also to W, L OH)

Uncoil and protect, up to R duk lup ma facing E with wong sau. (tuck sword behind back, L OH)

Step down and spin CW ending in sieh ma pushing sword with L hand at R wrist cutting back as you sink into the stance.

Lean into L ding ji ma with slow pau, followed by relaxing of the wrist to complete a small circular pau like movement again, ending in L duk lup ma and sword OH and L Buddha palm at sword tip.

Protect neck as you step down into L nau ma with R sau, switch feet to R nau ma and R gwa to W (L Buddha palm to E)

Cut and protect as you uncoil and step with L to nau ma facing N and R horizontal cut ending with blade tip to N and L palm at heel of sword. Step in with R to ding ji ma with upset hammer (sword) using L hand to push off of R wrist.

## **MUI FA DAHN DO (cont.)**

Cut back and down to the R as you hop to switch feet. Protect neck and cut down **to** front (N) with triangle hands. Cut back again and protect neck as you retreat with tau ma with buddha palm and sword at hip.

Step with L to W with wong sau as you step again W circling CCW. Protect neck and repeat, ending with R duk lup ma facing E with wong sau. (tuck sword behind back, L OH)

Uncoil and step with reverse motion (once, CW) ending in deep R ding ji ma with foon siu forward (E, with L palm on back of blade like chun)

Reverse motion again (CCW) with wong sau, protecting neck, ending in L transverse ding ji ma and pau to N.

Cut low to E, protect neck as step to W with stealing horse and low strike (blade parallel to floor, tip to N, R OH)

Uncoil with wong sau, protect neck and step back (E) to L sieh ma and R pek choi (in front of body, blade near ground, again parallel to floor, tip to E, L palm at R forearm)

Stand up in R duk lup ma with slow R pau.

Two steps in into L cat with reverse flower ending again in pau. (L palm on R inside elbow).

Five times reverse flower, stepping in with R on last one into R cat.

Cut back, protect neck and step in with R to R toe ma as you open to triangle arm position.

Cut with sword back to rest in L elbow as you step with L to L cat facing N.

## **MUI FA DAHN DO (cont.)**

Fan sau then gwa, ging lai, bow to W. (R fist at hip)

### **CHEN STAFF (Seung Gup Dan Gwun - Single and Double Ended Staff)**

Staff held out to the L, R fist at waist/ribs. (staff oriented N/S)

Step with L then R (stepping together), R ging lai to staff.

Retreat to L lo quai ma winding up OH to low R jit.  
Retreat in tau ma, R fu jao sot sau.(pull staff into L hip)

Face w, L snap kick, (L jin ji with staff, R OH), R fan sau skipping into ging lai. Quai ma with R dan lan to rear (E). L inner crescent kick hitting R palm. (L leg returns to rear)

Turning to E with L gwa with staff. Switch grip as grab staff with both hands and row the staff back then forward. Horizontal strike to the R then to the L.(W then E) As you step into R toe ma, strike with the ends of the staff consecutively upward: R, L, R. (ends with R staff end low L end high).

Retreat to L transverse ding ji ma and R forearm sot. Horizontal strike to the R (S) to R transverse ding ji ma. As you step into L toe ma, L chop and R OH (together, and both with staff).

As you retreat with L in stealing horse, strike with the ends of the staff consecutively downward, R then L (hitting ground with L forearm sot).

Step to L transverse ding ji ma with R sot.(R fist upset at waist).

## CHEN STAFF (cont.)

X-over step with R leg to N, high chun to SE. X-over with L to E, ga (pulling L arm behind and R to waist, staff parallel to ground, use waist and execute like chin ji). X-over with R to E and block low with staff to W(pah, like R jit, L above L shoulder).

Jump spinning CCW (falling out of the sky) with staff OH to L seih ma facing S and hit staff to ground to W. X-over R then L with dik soi (staff blocking OH and behind) and step into R toe ma with chun (W).

Helicopter block as you X-over step **L** then **R**, then step with L into transverse ding ji ma and sot facing E. Row and step back 1 time. X-over with R to N, with pek chui to the SE. Step to L transverse lo quai ma with staff blocking overhead (and behind head, **dik soi**). Step to E in R toe ma with cheet (sort of like R trade punch). X-over quai ma with ga, and skip forward to R toe ma and chun. Retreat to R cat with staff blocking low. (SWITCH GRIP R HAND) L hand sot. R hand sot with L snap kick. Row 1 time as you skip in with R then L leg. L sei sau as you retreat in tau ma. Horizontal strike to L as retreat in L ding ji ma. Retreat to L cat with staff held blocking OH and in front.

Turn CW with a forearm sot to the W (hitting the ground) in R ding ji ma. Step with L, quai ma, and monkey shoots pool (to the rear, E)

Step and turn CW back to E and strike ground with L forearm sot. Step with L to L transverse ding ji ma and sot.

## CHEN STAFF (cont.)

Stepping and turning CW to face W and strike high with L end of staff in R duk lup ma. Step down with X-over step, then step out of L transverse ding ji ma and sot. Row and step back 1 time. Step with R to R toe ma and chun. R twist horse with pah (down and to E).

Switch to opposite stance (X-over step) then step out to square horse and R don lon (facing N, striking towards E). Uncoil spinning CCW and skipping with staff OH ending in L lo quai ma (**R leg retreats**) with hung (pushing staff straight ahead horizontal with both hands to N).

Plant the pole to the E near right foot (with L hand hitting end of staff to ground) in R lo quai ma. Retreat with R foot to L transverse ding ji ma (**E**), la (striking low and to N). Step in **to E** with L then R spinning CW as you block down with L end of staff, then poke high with R end of staff. (like shooting pool OH). R end blocks low as slide back to R cat with R snap kick. Turn **CCW (putting R foot down in rear)** then retreat with L in tau ma, poke. Retreat with R foot to L transverse ding ji ma, la. Step to R cat, chun to SE. Retreat with R foot to L transverse ding ji ma, cow. (like a CCW sot pulling staff down towards waist). Step to R cat, tui (fishing pole, using torso). Walking in with L, la, and then niu (striking top of opponents head, both hands OH).

## **CHEN STAFF (cont.)**

Turn to CW and take 2 steps to the W and block with staff held OH and in front in L toe ma. Retreat in tau ma with L forearm sot. (hit ground). Horizontal strike to L in L transverse ding ji ma. Blocking with both ends, (R then L), as you spin CW and stepping to NW (45°) with R don lon.(R HAND REVERSE GRIP). Uncoil and spin CCW with an extra spin of the staff in R hand to L transverse ding ji ma and sot. (hit ground). (R HAND REVERSE GRIP). Row and step back 1 time. Long poke (fists slide together) in R lo quai ma. R twist horse, pah.

X-over step to opposite twist horse, then step out to square horse and R don lon.(facing N, don lon to E). Uncoil spinning CCW with staff overhead (extra spin of staff in each hand, R then L), stealing horse with fu jau sot sau with R hand to E, L hand (and staff) outstretched to W. Ging lai to W in L cat stance, fan sau as you step back 2 times (E) stepping together as R hand circles in front of face and down to waist/side

## **JUMPING REVERSE KICK**

Advance with R poon kiu L kup sau (like gwa sau attack).

Step in with L gwa, R sau choi (knuckles in) Opponent blocks this so draw him in as you hook back up (with backhand), L poon kiu, and continue R arm around with pau strike and jumping R snap kick.

Hop to L round house kick with L yom kiu (fist). (R hand protect groin)

## **KAHN JONG**

From regular standing position, step and turn to R with R pak sau, L hand hooks (along R forearm towards the rear bending the wrist backwards). R gwa choi as shift weight down and protect with L pak sau.

Step out to L diagonally into L ding ji ma. Block with L hand nap sau, stike with R sei sau (thumb fist) to neck

Step with R to diu ma and L high foon kiu (like upward ding), then sink way down in diu ma with R verticle leopard chop to groin.

## **CHEN JONG**

Step back stealing horse with la jau motion. Uncoil to square horse with R cup sau bouncing back up to R leopard chop.

Twist into R nau ma with R gwa, L trade punch. Step in with R to square horse and L gwa, R cup sau.

Lean into R end horse with L fan jong (upper cut), R hand OH. L poon kiu, R sau choi (knuckles in) as you step with R and slide into square horse.

Stealing horse forward (N) with L poon kui, R gwa. Step with R to R end horse and R poon kiu, L fu jau. R pau (like biu jong).

Retreat to R cat with L chun siu. (R fist at waist). Sink way down in the R cat with R pek choi. Slide into R toe ma with chop choi. (double punch, front and back).

## **CHEN JONG (cont.)**

Twist into R nau ma with L pek choi. Step out again with double chop choi in L toe ma. L jit, R cup sau as you step in with R, {and spinning sweep with L leg, L fist blocks low and R high wong sau, ending in L ding ji ma facing N on RR tracks.}

Retreat with L leg on RR tracks and L poon kui. Step back with R leg to L transverse ding ji ma as R cup sau (L hand OH). Foi shu (double hands open up to sides of head, like nap sau, but fingers up, elbows out) with R front snap kick. Step into R toe ma and R chun jong. (L protects ribs). From here there are various follow-ups:

**Square box pattern:** R hand hooks down and L chun jong as twist into R nau ma. L hand hooks down as you uncoil to square horse and R cup sau (L OH). Shift weight forward into R ding ji ma and R pau jong.

**Central Followup:** Double palms striking up (after circling outward) as you skip forward with R snap kick, double hand wong sau (back hand fist) to temple area as you step down into R ding ji ma. R jit fu right (L OH) as you retreat with R to L transverse lo quai ma. Step on RR tracks to R ding ji ma with R gwa, L pau. Step again on RR tracks to L ding ji ma with L gwa, R pau. L choon shu as shift to R transverse ding ji ma, and R wong sau (L OH) as shift back to L transverse ding ji ma.

### **Option Back Kick Portion (for replacing sweep portion between {}'s above)**

{Spinning L back kick, L poon kiu, R yom kiu fist, (L OH)}



## **CENTRAL ATTACK**

Ready stance and slide back ( to load up), R tek geuk continuing with R push kick to ribs.

L poon kiu (like parry) R yute kune leaning forward into low R ding ji ma. (striking opponent's back)

L nap sau (like chun siu) R wong sau (thumb attacks neck) then lean in with L poon kiu and R chan ng choi (horizontal leopard) L protects ribs.

## **TRAP HANDS**

Control opponents leading arm with R and slide in with vertical punch. (opponent blocks punch with his R hand)

If opponent blocks punch with his R, slide R hand underneath punch and catch/trap his R hand against his body as step with R in stealing horse (turning bodyCW)

L yute kune to face, L knee to groin continuing with L heel thrust to side of knee.

(Same motion can be used if opponent is attacking. Start with up down block of his L strike, then continue the same as above.)

## **BACK KICK DEFENSE**

### **If opponent kicks with back leg (R leg):**

Retreat to R diu ma with R chum kiu as you twist to the R spinning the opponent around. (L pak sau protects top)

Step with L behind R in stealing horse straight ahead towards opponents back. L hand blocks down and hooks to catch leg as R hand blocks with chin ji.

R knee to groin continuing with side thrust to knee.

Step and slide into R lok quai ma and attack to groin with L upset fu jau (R at L shoulder)

### **If opponent kicks with front leg (L leg):**

Retreat with L in stealing horse, L chum kui (R pak sau at L shoulder)

Step forward with L then R in stealing horse towards opponent. (R leg moves forward and behind L leg)

R arm/hand scoops up and catches kick, L arm is up and blocks punch with chin ji

L knee to groin continuing with side thrust to back leg.

Step and slide into L lok quai ma and attack to groin with R upset fu jau (L at R shoulder)

**(if no time for the 2 steps forward, then just take 1 step forward and use R knee to groin instead, followed by R thrust kick to back leg.)**

## **BACK KICK DEFENSE (cont.)**

**Optional ending: instead of the 2nd kick (side thrust), step down in front of his back leg (front for you, but behind him), and bump with the hips. When he goes to ground (it should be face first), continue holding onto his leg and step inside of it to trap/lock it against your thigh as you squat down.**

## **BOXER DEFENSE (x3)**

### **Pek Choi**

(From loose fighting stance) Tap opponents jab ( 2 times) with lead hand (L). When he comes in with a heavy blow, twist to L nau ma with R pek choi.

Step in with R then immediately with L in stealing horse and R pau choi.

Pull arm down with R chin ji and R reverse crescent kick, following with R gwa, L chop.

### **Backhand Pau**

(From loose fighting stance) Tap opponents jab ( 2 times) with lead hand (L). When he comes in with a heavy blow, step with R to the R in L jing ma, L gwa and R backhand pau.

Shift stance to R with R gwa and L backhand pau.

Shift stance back to L with L gwa, R cup sau, R snap kick. Follow with R gwa, L chop as you step into R ding ji ma.

## **BOXER DEFENSE (cont.)**

### **Foon Siu**

This time we are not waiting for the first heavy punch, so on opponents first jab, slide in with R nap sau and L foon siu to the opponents head.

Lean into L ding ji ma with L poon kiu to protect ribs, and R trade punch to chest.

R hand circles back up with gwa, as you step in with crossover step (2 steps) with L gwa and R chop.