

**HUNG KUNE** (Performed with tension. Quick breaths in through the nose, and long exhale through the mouth on the tension moves. Tension moves are underlined below.)

Fan sau and ging lai as you step into L cat stance.

Fan sau as you step back and step together, ending with fists upset at waist.

Seung chun jong (bending knees)

Seung yom kiu, then tuck fists at waist.

Seung pak sau (crossing in front of chest, R in front)

Seung yom kiu.

Seung chi sau followed by jin ji.

Seung gwa and roll fists to waist.

Kick out L leg to square horse. L chop (horizontal). Roll fist to waist, R chop. Roll the fist to waist.

Dip jong to R hip. Lean to L ding ji ma with double fu jau to NW. (L above upset R).

Dip jong to L hip. Lean to R ding ji ma with double fu jau to NE (R above upset L).

Lean back to L sieh ma with R low jit kiu (L OH).

Lean to R ding ji ma with L poon kiu, R gwa, L back hand pau. (all to NE) (R fist behind)

Same on opposite side.

Lean to R ding ji ma with R large poon kiu, L vertical punch. (R palm draws back the bow, palm facing away from body)

Same on opposite side.

Step with L to L cat stance as you fan sau and ging lai. Step back and step together, seung gwa and kuk koon.

## SAH BAU JONG - Hanging Bag

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 to N/bag. (R open hand to rear)

Step forward with feet together and R sang kiu, L hand with fingers at R elbow. (hitting bag both on the way up and then again on the way down)

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. {so far just like Ping Jiang}

Skip in with double push (fingers up) in L ding ji ma.

Fan sau as you cat back and move back in with strike in gom jing. (open hand X-strike)

R knee strike as you hook bag with R.

Land in R djm with R forearm/elbow strike.

Retreat with R gwa and L chop (horizontal) to L square horse.

11 Hop to opposite side; L nap sau, R high jit kiu, R dan lan.

12 Repeat on opposite side. (ending back in L square horse)

13 Retreat spinning CW, then stepping in with R and R dot choi. (L palm protects at chest).

14 Repeat on opposite side. (ending back in L square horse)

## SAH BAU JONG - Continued

- 15 Retreat with R gwa, L cheet, R sau (open hand) as you slide back into R square horse.
- 16 R dot choi followed immediately by L chop (R yom kiu fist stays up to protect face), then L snap kick.
- 17 Repeat on opposite side.
- 18 Before putting R leg down (in back), R continuous sau gwa, then L chop. (L toe ma).
- 19 L gwa (like fan sau) then step in with R leg and R forearm strike to bag.
- 20 R gwa (like fan sau), L wong sau (open hand), R sau (open hand) as you retreat with R to L transverse djm.
- 21 Step in with R to R djm and gom jim strike to bag (leopard fist X-strike).
- 22 Retreat with R gwa and L chop (horizontal) to L square horse.
- 23 Step into R cat stance with R high chan ng choi (leopard), L foon siu, R chop (leopard,high).
- 24 L jit/foon siu (striking mid section), R trade punch.
- 25 L face high hook to bag, then L knee strike.
- 26 Retreat with L gwa and R chop (horizontal) to R square horse.
- 27 Cross over step to L (W) then step around bag to L cat stance with R gwa, L sau (knuckles in).
- 28 Repeat to other side.
- 29 Retreat with R to SE in L square horse with R gwa and L chop (horizontal). (R stays up in fist yom kiu to protect face.)
- 30 X-over step with R to NW with R open hand sau, then step and uncoil with L to square horse (facing SE) with L dot choi.

## SAH BAU JONG - Continued

- 31 Step/spin CW to R ding ji ma (N) with R gwa then L chop.
- 32 Step to L transverse ding ji ma with R sei sau (L protects face)
- 33 Lean to R transverse ding ji ma with L chop (R fist yom kiu protects face)
- 34 Same to opposite side.
- 35 R gwa, L chop, R chop, then slide back to R square horse as you R open hand sau (dragging back and downwards)
- 36 Stealing horse towards bag with high R pek choi, followed by R au sau and R side kick.
- 37 Step down to R square horse with R gwa, L chop, R chop.
- 38 Step into L square horse with R gwa and L open hand sau. (R behind).
- 39 Lean into L ding ji ma with R fan jong.(like pau, L OH)
- 40 Lean back to L square horse with L dan lan, then lean into L ding ji ma with R chan ng choi (high leopard)
- 41 Spin CW with R dot choi.
- 42 Uncoil with L dot choi.
- 43 Spin CW with R upward elbow strike and R back kick.
- 44 Step down to R ding ji ma with R gwa, L chop.
- 45 Lean to L transverse ding ji ma with R chop (L fist yom kiu protects face)
- 46 Retreat with R to L square horse and L chun jong. (R at hip)
- 47 R chop (L OH) as you lean into L lo quai ma.

## SAH BAU JONG - Continued

48 Stealing horse retreat with seung fu jau. Then step back in with L and 2 hand push.

Step back 2 times (step together) fan sau, roll fists to waist.

## TIGER VS. LEOPARD (SIDE A (Facing N))

Feet together, fan sau and roll fists to waist. Bow.

1 Step in with L to nau ma, R pit kiu (like quan kiu but attacking)

2 Step with R to R square horse with R gwa choi.

3 Lean to R ding ji ma with "chun jong". (Looks like L chop choi, R fist behind)

4 Step out to W with L to L transverse ding ji ma and R sau choi (wong sau with knuckles in)(L fist behind)

5 Lean to R transverse ding ji ma with high L sau choi (sei sau) (R fist behind)

6 Lean to L transverse ding ji ma with high R sau choi (sei sau) (L fist behind)

7 Retreat with L to R square horse and R chun nau (L protects ribs)

8 Nau kiu (3x) (circular motion forward and back CCW)

9 R quan kiu (L nap sau protects face)

10 Cross over step with R to W in R nau ma with R yum wat.

11 Uncoil to square horse facing S with L gwa choi.

12 Step with L to N in L transverse  
ding ji ma (facing E), R chop choi.

13 Switch to R transverse ding ji ma  
with L jit kiu (R at R hip)

14 Lean to L transverse ding ji ma  
with R chin ji (L hand at R elbow)

15 Step with R to E in R square horse  
with R dan lan.

16 Twist into R nau ma with L chun  
jong. (R fist behind)

17 Step in with L to L ding ji ma and  
R sau choi (sei sau) (L fist behind)

18 Retreat with L to R square horse  
and R chun nau (L protects ribs)

19 Twist into R nau ma with L chin ji  
(R fist below L elbow)

20 Retreat with R to L transverse  
ding ji ma and R chin ji.

21 Step in with R to R square horse  
and fu jao sot sau.

22 Step with L to N with L chun nau,  
then cross over step with R  
(stealing horse to N) with dot choi  
to S.

23 Uncoil to L square horse with L  
dot choi. (to S)

24 R kum sau, L gwa, as you retreat  
with L to L transverse ding ji ma,  
and

25 R pau jong (sei sau).

26 Lean to R transverse ding ji ma  
with high L sau choi (sei sau) (R  
fist behind)

27 R yom kiu and R reverse crescent kick to S.

28 Step R leg down in back (spinning CCW) to L cat stance with fan sau then double fu jao to ears as you step into R ding ji ma.

29 Double sau choi (like pau) to kidneys.

30 Upper sau choi (sei sau) to ears.

31 Cat back to R diu ma and seung chun nau.

32 Step/lean to L transverse ding ji ma with R gong jong (shows high chop choi)

33 L kum sau, R gwa to the W,

34 R reverse crescent kick to W.

35 Step down spinning CCW landing  
R foot in E in L square horse with  
L dot choi (R protects face)

36 Retreat with L to R square horse  
and R low jit kiu (L protects high)

37 R nap sau protects high...

38 As you twist into R nau ma with L  
lau kiu (W).

39 Step into R square horse with R  
quan kiu (W) (L protects high -  
elbows together, no gap)

40 L chun nau (like pak sau), R  
protects high as you...

41 Retreat with R to L transverse  
ding ji ma and R chin ji.

42 R nap sau as you...

43 Step in with the L, L choke (R hand behind) in L square horse.

44 Step in with R to R square horse and R chin ji downward (like pek choi), as you are pushed, continue spinning CCW...

45 Step with R to S in L cat stance (facing N) with fan sau followed by double fu jau to the ears in L ding ji ma (N).

46 Retreat to R cat with seung chun nau.

47 Seung poon kiu (shown with fists)

48 Seung dau fu choi (like yom kiu with fists)

49 Step to L transverse ding ji ma  
with R chan ng choi (L protects  
ribs)

50 Lean to R transverse ding ji ma  
with L chop (trade) (R hand  
protects face)

51 Lean to L transverse ding ji ma  
with R quan kiu (L nop sau  
protects high)

52 Step in with R to R square horse,  
L hand grab and R hand chokes.

53 Step together, R reverse crescent  
kick to N.

54 Step down/spin CCW landing in S  
then retreating to R nau ma with  
chum kiu [L in front (N) and R in  
back (S)]

Ging lai, kuk koon.

## **CRANE portion of Ng Ying Kuen**

- 1 Step N with R to R diu ma and L crane strike to temple (R crane behind back)
- 2 Turn CCW to L diu ma facing W with R crane strike to temple (L crane in front of chin pointing away from body)
- 3 R duk lup ma to N with double crane strikes E-W (beaks to S)
- 4 Step down to R diu ma with L poon kiu (crane) then look kiu (crane) (L crane bounces back up near chin)
- 5 Hop to L diu ma with look kiu (crane) (R crane bounces back up near chin)
- 6 Lean in to L dinge ma with double cranes opening to sides (beaks to S)
- 7 Cat back to L diu ma with R poon kiu (crane) then L look kiu (crane) (R crane bounces back up near chin)
- 8 Twist into L nau ma with double cranes opening to sides (beaks to S)
- 9 R snap kick
- 10 Step down to R diu ma with L chum kiu (crane) then look kiu (crane) (L crane bounces back up near chin)
- 11 Cross arms (missed prayer), retreat to tau ma while opening wings in a full circle, missing the prayer again and continuing back to L diu ma and palms behind you facing back (S)
- 12 Lean in to L dinge ma crossing arms (missing beaks with L over R) then with double cranes opening to sides (beaks to S)

## **CRANE (continued)**

- 13 Step back to R diu ma with L poon kiu (crane) and R pau (crane) up and over R shoulder (L beak under R elbow and pointing down)
- 14 Spread beaks front and back (N-S) with L beak chop (high) to front pointing down and R beak in back pointing up
- 15 Step forward with R to SPM and R chop to N (crane, but strike with back of wrist) (L crane at chest)
- 16 Cross beaks in W then twist into R nau ma with double cranes opening to sides (beaks to S)
- 17 L snap kick
- 18 Retreat to R diu ma (before setting kick down) with L poon kiu (crane) and look kiu (crane) (L crane bounces back up near chin)

## **BEI JEN FOON SIU (x8+)**

**Bei Jen Foon Siu #1 - Kem Na Siu.** [Retreat with L in an "L" step with L la jau motion. Advance with R in an "L" step with R high leopard punch (chan ng choi) as L protect ribs.] = **[U-step]**

R arm hooks and grabs and pulls opponent in (lai sau) as L high leopard punch, L poon kiu, R horizontal leopard punch (L at chest) (lin wan chop)

**Bei Jen Foon Siu #2 - Wing Block Hok Choi.**

**U-step.** Lai sau (but opponent's L punch is already coming as you lai sau)

Block up with R elbow, R hok choi underneath.

L chun siu as slide back to R cat.

L poon kiu, R sau, R gwa with L shooting star and L snap kick.

R trade punch as step into R toe ma.

**Bei Jen Foon Siu #3A - vs. High Round Kick.**

**U-step.** (opponent comes with his L high round house kick)

Twist into R nau ma, L pek choi.

L dan lan to throat, R upset fu jao to groin as you step into L ding ji ma.

**Bei Jen Foon Siu #3B - vs. Low Round Kick.**

**U-step.** (opponent comes with his L low round house kick)

Twist into R nau ma, L pek choi.

L snap kick to groin. L gwa, R kup sau.

R snap kick. R gwa, L chop.

**Bei Jen Foon Siu #4 - vs. Strong Arm.**

**U-step.** (against opponent strong arm that does not deflect easily. So instead of trying to plow through with the R chan ng choi...)

Pull R arm back down as you skip in with low R crescent kick.

Step into square horse (45 degrees) with R yute kune. (L protects face)

**Bei Jen Foon Siu #5 - Overpowering Arm.**

**U-step.** (against opponent overpowering arm)

Slide back to R cat and hook his arm with L as you retract R. R gwa choi. (like start of kahn jong).

Step in with L poon kiu, R sau, R gwa with L shooting star and L snap kick.

R trade punch as step into R toe ma.

**Bei Jen Foon Siu #6 - Weak Arm.**

**U-step.** (against a weak arm)

Hook back with R wong sau.

Twist CCW with R upset hammer fist (NE), L back hook kick up to groin. L poon kiu, R yom kiu, R snap kick. R peet kune (L pak sau across top). L gwa, R backhand pau as you step into R ding ji ma. R trade punch as step into R toe ma. (lung jen #2 long form)

**Bei Jen Foon Siu #7 - vs. Low Left Kick.**

**U-step.** (attack on low R side)

R gwa blocks straight down as L chan ng choi in R ding ji ma.

Roll over L fist and block straight down with gwa as you slide in R snap kick with R pau.

**Bei Jen Foon Siu #8 vs. Low Right Kick.**

**U-step.** (opponent kicks to low L side)

Slide back to R cat with lung jen, R snap kick.

Step down, then forward into stealing horse (with L leg), upset R jit to groin.

Open up in a half circle with R leg and R pau (biu jong).

L nop sau as R arm hooks back of opponent's neck, and pull him into L knee strike. Drop L leg back behind and block low and high with R jit and L pak sau. Continue R jit over and around locking opponent's arm. (like large poon kiu)

Slide in with R knee strike.

**BACK SWEEP ATTACK**

Slide back to L cat with L low jit (3x).

L foon kiu high (red leaf).

Step in with R foot to R square horse and L poon kiu, R sau.

Step to closed stance (L foot comes forward to R foot) as you L poon kiu, R gwa.

Step to R ding ji ma as you strike with L cheet.

Skip in with jumping R snap kick. Lean into R ding ji ma with R upset punch.

Turn/spin CCW with L back sweep followed by L jit and R high wong sau.

## **MONKEY STEALS PEACH**

Up down movement in L cat. ("up" like holding a plate protecting L side of head while R hand hooks downward at L elbow. "down" like small poon kiu to protect low L side as R nop sau protects high R side).

Step in with L foot and L backhand pau (R gwa).

Step in with R foot and R backhand pau (L gwa).

R nau kune as squat down low. (optional: 3 nau kunes, R, L, R) Hop/bounce up with high R chan ng choi and low R skip in snap kick.

Land and crouch down low (monkey stance with both monkey fists up protecting head)

**Technique is performed very quickly**

## **SAN SAU (x3)**

### **San Sau #1**

(Ready stance is R fighting stance with R fist protecting low and L palm [outwards] protecting high). Slide in with R nap sau and L cheet. Retreat with R to L transverse ding ji ma and R sei sau (sweep, hitting L palm in practice). Step back in with R to R toe ma and lin wan chop.

**Optional starting position is L transverse jing ma. This makes it easier to step in behind the opponents leg for the sweep.**

## **San Sau #2**

Ready stance. Step forward in stealing horse (tau ma) with R pek choi. R au sau, R side kick, lin wan chop. R au sau spinning CCW with L dot choi, uncoil with R dot choi.

## **San Sau #3**

Begin with "death stance" (in L square horse, L open palm [facing you] extended out front, and R open palm [facing you] extended in front of chest (to E, i.e. 90 degrees from L arm). Step in with R and R sau rolling into R gwa, L chan ng choi continuing into lin wan chop as you step to the L into L transverse jing ma. L chun siu (coming from under R arm). Follow up with R pau (elbow) as you step into R toe ma. Block down with R, L ding, ... and around with R pek choi in ton ma. R ping chop (horizontal leopard) in toe ma (L hand protects ribs)

## **CHUM KIU KAM KEM**

Cat back and jit with L and chum kiu with R. Step in with R leg behind opponent and L hand comes across face like pak sau to protect head. (Lean in close with head behind opponents back, with R arm out to side)  
Kam kem with R open hand to face and L hand to kidney in fist, then throw/sweep by stepping back with R leg (R sau, L OH).

(option-If opponent rolls his R punch into an elbow or yute kune before you can step in, catch/grab his hand with R, and bring it to your L shoulder for a joint lock.)

## **KIU SIU THROW**

Slide back to L cat with L au sau (knuckles in) (catching opponents R punch) and R nop sau.

L nop sau (catches opponents L punch then slides down opponent's wrist).

R hui siu (like full nop sau with scoop) as you lean into L jing ma.

Step in with R to R transverse ding ji ma and L pau.\*\*

Turn into L transverse jing ma putting your R palm into opponent's elbow (joint lock / throw) as you pull L arm (and opponent's wrist) into L hip.

Can throw opponent any direction by spinning on L foot in L jing ma

\*\* if you cannot move the opponent's arm (too rigid), L  
kick to the groin, then step into L toe ma and L elbow  
strike to ribs (switch and grab his L arm with your R)









## Two Man Set)

### SIDE B (Facing S)

Feet together, fan sau and roll fists to waist. Bow.

Step in with L to nau ma, R pit kiu (like quan kiu but attacking)

Step into R ding ji ma and upper gom jing (L closest to body)

R jit jong downward to R side (L protects chest)

Retreat with R to L transverse ding ji ma and R quan kiu (L at chest)

1

2

3

4

R chun nau as you lean back to square horse. (L fingertips at R elbow)

Lean back to L ding ji ma with R chin ji (L nap sau)

Step in with R to R square horse and R dan lan.

Nau kiu (3x) (circular motion forward and back CCW)

Lean into R ding ji ma with R gom jong.

Step forward with R then L (siu ting wong sau) to square horse facing W and push forward (on the opponents back) followed by lower gom jing.

Upper gom jing.

5

6

7

8

9

10

11

Lean to R transverse ding ji ma  
and L jit kiu low (R at R hip)

12

Lean to L transverse ding ji ma  
and R vertical chop choi (L  
protects chest/face)

13

Upper R sau choi to temple. (sei  
sau - CCW circular motion)

14

Retreat with L to R square horse  
and R chun nau.

15

R low jit jong. (L protects chest)

16

Retreat with R in stealing horse  
and R chin ji.

17

Step back into R square horse with  
R dan lan.

18

L upper sau choi (sei sau) as you  
lean into R ding ji ma.

19

Step into L ding ji ma with R upper sau choi (sei sau) (L fist behind)

20

Retreat back to R square horse with R chun nau.

21

Twist into R nau ma with R quan kiu (lung jen)

22

Step with R to N in R square horse with R quan kiu (L protects at R shoulder)

23

R chun nau (to N)

24

Retreat with R to L transverse ding ji ma and R chin ji (L OH)

25

Lean into R ding ji ma with L high gom jong. (R OH)

26

L lau kiu (like quan kiu). Step in with R to R square horse and R chun jong to N (L palm protects chest)

27

Retreat with R to L ding ji ma and seung chun nau (high)

28

Retreat with L to R cat and seung poon kiu

29

Seung chun nau (high)

30

Step/lean into R ding ji ma with seung gom jong (high)

31

Retreat with R to L transverse ding ji ma and R chin ji. (L OH)

32

Step with R to R cat facing E with R chun nau.

33

Twist into R nau ma with R lau kiu

34

Step into R square horse with R quan kiu. (L hand protects face)

35

Step again into R square horse with R yum wat

36

R reverse crescent kick

37

38

Spin/retreat CCW and land in L square horse with L dot choi.

39

Step with L to R transverse ding ji ma and L gwa choi (R behind)

40

Lean into L transverse ding ji ma with R gong jong (sihing shows wong sau) (L behind)

41

???

Lean into R transverse ding ji ma with L pek choi (sihing shows sau choi)

42

Slide back with L to R square horse and R chun nau.

43

Cat back with R lau kiu (to nap sau) as you twist to R nau ma then step out to square horse facing N with L push.

44

Step into L ding ji ma with seung chun nau.

45

Step into R ding ji ma with seung gong jong (high)

46

Lower double sau choi to kidneys (like pau)

47

Double upper sau choi (sei sau)

48

Retreat with R to L transverse  
ding ji ma and R chin ji (L nap  
sau)

49

R jit jong downward to R side (L  
protects chest)

50

Lean to R transverse ding ji ma  
and L chun jong (R at R hip)

51

Retreat with L to R square horse  
and R chun nau. (L protects ribs)

52

Step together, R reverse crescent  
kick to N.

53

Step down/spin CCW landing in  
N then retreating to R nau ma with  
chum kiu [L in front (S) and R in  
back (N)]

54

Ging lai, kuk koon.