

DEFENSIVE SET

Start in guard stance. Step forward with L jit and small R kup sau followed by R elephant punch and immediate L punch. (in R ding ji ma)

L jit, R nau kune, L poon kiu, R kup sau as you retreat to L transverse ding ji ma. (like sweep)

Step forward again to R ding ji ma with L fan jong (L pau with R OH).

Retreat with "L" step to L cat stance ("L" step ends facing W) with R then L poon kiu and R wong sau (L pulls opponent's arm to waist).

Step in to deep L ding ji ma to NW with R nap sau high and L upset palm heel strike low.

Slide back to L cat, L hand covers high and R hand covers ribs (like up/down). L hand scrapes the eyes, R upset fist blocks across the top then back across low as you go into L twist horse. R thrust kick.

L poon kiu, R gwa, L poon kiu, R sau. L chun siu (end horse, square horse, end, square, end).

Retreat with L nop sau (ending OH) and R sau. Retreat again with R nop sau (ending OH) and L sau.

Advance with R pau (L OH). Advance again with L pau (R OH) (RR tracks).

Retreat with R pau (L OH). Retreat again with L pau (R OH) (RR tracks). Retreat a 3rd step to L cat stance with L poon kiu then R nap sau.

DEFENSIVE SET (cont.)

Step in deep L ding ji ma with L throat choke. (R pulls opponents arm to waist). Step in with L poon kiu (jit) R kup sau in R square horse (still at 45, NW). Step in again with R nap sau (grab and pull opponent's arm to R waist) and L trade punch in L square horse.

L leg sweep 180 degrees (+) CCW with R high wong sau. (L fist blocks bottom)(Ends in L transverse ding ji ma facing S)

L poon kiu, step with L leg to S with R gwa, L chop (horiz).

Leung jen back to L cat stance. Slide forward in R lok quai ma with R vertical punch (L OH). Hop back to L cat stance with foon siu.

Twist horse with L poon kiu and R sau. Step in to R ding ji ma with R pau/biu jong.

Hop in with leung jen and R thrust kick landing in R ding ji ma with R gwa and L chop.

Step into L ding ji ma with L gwa and R chop.

Step with R into sei ping ma (ton ma) with R low elephant strike then lean into R ding ji ma with high R elephant strike.

Turn to face N in a L cat stance and foon siu. Ging lai, bow.

OFFENSIVE SET

Slide back into L cat stance, leung jen.

Step forward with L gwa, R sau, R snap kick. Same thing on other side. Step in with R fan jong (like pau). Same other side. R small poon kiu, L peet to face, L small poon kiu, R dot choi, R wong sau (L nop sau protects face).

Retreat to L square horse with L horizontal leopard punch (R nop sau (leopard) protects face).

L poon kiu, and R arm hooks the neck (with a large poon kiu motion) with jumping R knee to ribs, then R side kick to knee. R gwa, L shooting star. R open hand strike (holding a plate) while L curved arm protects solar plexus. R low elephant trunk (L open hand protects head) then R hi elephant trunk. L knife hand to face (jin ji) followed by R pau.

R nop sau blocks the top as retreat and L forearm blocks down and across the front. L side kick to knee, retreating cross over hop back to L cat with L open hand low block followed by R high nop sau.

Wind up (like a short R trade punch), R jump snap kick (back leg) with foon siu.

R sau, gwa-sau. L, R, L nau kunes with L snap kick. L gwa-sau, R, L, R nau kunes with a R snap kick landing with a double punch (L low, R hi and upset). Step in with L chun siu. Lean back with R poon kiu. Lean in with L fu jau.(downward to head)

Ging lai, kuk koon.

STAFF SET

Staff in L hand at L hip tilting upward. R fan sau, R chun jeong.

Open (poke staff forward with rear end tucked under upper arm, R hand OH. (R foot turns outward to right angle stance).

L cat stance with R dom kiu. (like an upset ridge hand with fingers pointing down)

Stealing horse, open, R hand OH.

L cat stance with R dom kiu.

R fan sau, step to R diu ma to E with R upset bladehand strike to groin (E), L hand punches out to W.

Step with R to gwai ma, open, R hand OH.

Step with L into ding ji ma and R dom kiu.

Retreat 2 steps (step together) with R fan sau, then R chum kiu over staff (W). R hok choi to R shoulder while L punch extends to W. R yom kiu (under staff), R fan lan (like dan lan E)

R fan sau as retreat to L diu ma and R hand ends OH (W).

Hoi sing pek dau and L snap kick. R fan sau hopping in to toe ma. R fan sau as retreat to L diu ma and R hand OH (W).

Ging lai 3 times to W in L lok quai ma. (R chum kiu over rolling staff) (W)

Step with R to gwai ma, R hand OH, L punch.(W)

L inner crescent kick to R hand in front of staff, to L duk lup ma with both hands on staff. (wider than shoulder width)

STAFF SET (cont.)

Turn 180 CCW, block upward in circular motion (both hands and staff), with L front snap kick. Swing hands to ground (R slightly lower so R end of staff hits ground) in full squat low L lok quai ma to ground.

Drag staff in CW strike along ground 180 degrees to R lok quai ma.

Slide feet together as block OH (both hands and staff) and R snap kick. Swing hands to ground (L slightly lower so L end of staff hits ground) in low R lok quai ma.

Block CCW to the E (180 degrees) L end low R hand near shoulder to L diu ma. Roll L hand over to square horse (sot), R hand end pressed against body. Roll L end CCW then CW. R horizontal wong sau to E in L ding ji ma.

L horizontal wong sau to R ding ji ma 180 degrees (to W). Slide L hand to end of staff, R sot in square horse (W).

Wind up CW to L duk lup ma (facing S) Thrust staff out to W while back kick to E.

R sot to S with L push kick (heel thrust)

Wind up CCW 90 degrees (L leg still up at duk lup ma but to E, facing S). Thrust staff out to S while back kick to N.

Turn to N in L duk lup ma with R hand sliding forward (like shooting pool)

L nau ma with R sot. (N)

Cross over with R leg to quai ma (i.e. switch to opposite stance) and pek chui to N (like fu jau sot sau).

STAFF SET (cont.)

Jump spin (uncoil) land in square horse with R leg in front L in back(N and S), staff with sot all the way to the ground. (L fist half way between your feet) [Falling out of the sky]

Cross over again to rear (S) with dik soi (blocking behind head with staff)

Cross over to front (N) with L leg, peet (both arms extended down, staff parallel to ground), step into square horse with R cheung. (pool cue strike at shoulder height) then back to peet.

Sot to S in L ding ji ma.

R don lon. Uncoil with cross over jump to S and R sot to W.

Retreat with L to square horse (facing S) and R high block (L thumb on R thigh), high block on L side (L thumb on L thigh) . Peet in middle, Cheung. Peet. (all towards W)

R sot to E in L ding ji ma. R foot steps up, L foot retreats, (switch R hand grip) R horizontal strike. Same on other side. Step with R quai ma and strike ground with L end of staff (E). Slide hand and uncoil with R sot to E in square horse. Pa (low strike with staff, R low L high; R hand twists staff until palm faces S) in R duk lup ma. Swing staff R end around to R sot back in square horse. Stealing horse to E with pek choi (like fu jau sot sau)

Step with L back to W in L ding ji ma and R sot (W). Slide hand on staff, cross over with R to quai ma and play the flute. (like chun nau)

STAFF SET (cont.)

Slide hand on staff, step with L to S in L ding ji ma and R sot (W). Slide hand up, sweep L end of staff along ground from S to N into R ding ji ma.

Step in with L to W in L transverse ding ji ma with R pau (NW).

(Switch R hand grip) and block down with both hands in square horse facing N.

Twist into L nau ma and block down with both hands to S. Switch stance (cross over in front) with dik soi (blocking behind head). Uncoil (now block is in front of face in N) and push arms up and L snap kick. Step down into L ding ji ma and drill staff into ground. (under R arm)(W)

(Slide L hand to end of staff and switch R grip) Step in with R to W in toe ma and with R overhead strike to top of head to W (staff at shoulder height parallel to ground)

Cross over jump to S and cast the net. (striking with upper body)

Retreat with L to square horse (facing S) and strike to R, then L, then center, thrust (cheung) then back to center (peet).

L leg retreats as R hand rolls backward and scoops (palm up), R leg retreats to line up in square horse, R hand uncoils and presses down. (peet). Cheung. (REPEAT THIS STEP) (moving N, striking W)

Now move forward with same move (only R hand scoops forward) (REPEAT THIS 3 TIMES) (moving S, striking W)

Repeat above 1 more time backwards. (moving N, striking W)

STAFF SET (cont.)

Turn and sot to E in L ding ji ma.

Step forward with R to square horse and plant the pole (blocking behind R heel). R pau to NE. R don lon.

Hop to opposite square horse then R pau to SE in L end horse (L hand by L hip). (Switch R hand grip) and step forward on RR tracks (ding ji ma at angle) and row the boat 2 long strokes and 3 short strokes stepping in each time. (Backhand sot, all to E)

Retreat with R again on RR tracks toward W with backhand pau, again 2 long and 3 short.

Step with R to line up in square horse facing E with R horizontal then L horizontal.

Block down to R (E) then L (W) (like rowing a boat)

Cross over with R towards W to nau ma with R low block to back to E. Uncoil to square horse & poke to E (winding R arm around staff) Slide L hand to end of staff & R sot (E) in L ding ji ma. R peet to W in square horse. Block up OH with both hands as straighten legs. Block back down to peet in square horse.

Slide R leg back to L and face W & begin flower (twirls) 4 times on each side then hop into L diu ma wrapping staff and L hand under R side and behind back (over L shoulder) with L high chun jong. Grab staff with L hand. Release with R and R fan sau and R chun jong. (both arms & staff parallel to ground at shoulder height)

Turn to 12:00 and retreat with L then R, roll R fist and kuk kune. (letting staff slide down in hand)

CROSS STEP (keyhole for opponent's low right hand punch)

Cat back, L nop sau, R chum kiu (keyhole).

Crossover step with rear (R) leg, rotate body (and both blocks) to the R.

Step into L ding ji ma, L hand cuts across neck, R hand attacks to groin.

KICK COMBO

Slide back, R chum kiu, L kick.

R tho geuk, while L sau jong strikes ear and hooks behind neck. (variation here - L poon kiu R sau jong prior to the L sau jong)

Block down w/ L and drop down to L transverse ding ji ma, R vertical punch to N.

Lean to R with L lau kiu. (like quan kiu)

Lean to L, L horizontal gwa, R wong sau.

KICK COMBO (cont.)

R tho geuk and continue stepping over to the L (W) in nau ma.

L poon kiu, R yute kune (NE).

Turn CCW and take triangle step (around the side of the opponent).

L gwa, R sau, R gwa, L shooting star, R snap kick (NW).

L poon kiu, R trade punch in R toe ma (NW).

LEUNG JEN DOUBLE PAU

Starts with Leung Jen #2, R snap kick.

Step forward to R ding ji ma, L pau (R hand OH).

Step forward to L ding ji ma, R pau (L hand OH).

R hand hooks behind neck and pulls opponent into R knee strike.

Step forward to 45° (NE) R lok quai ma, R hand pulls opponents head to L hip, L hand pushes upward.

LEUNG JEN #3 WITH SIDE THRUST

Start with Leung Jen #2, then #3 (pek chui).

Thrust L leopard strike (like jin jee) and L side thrust kick at the same time.

CHI SAU

Side A:

Cat back and block up with L hand (like Up Down).

Step forward L snake strike.

Lean back L nop sau.

Lean forward L snake strike.

Lean back L elbow blocks up.

(when done together, take a full step back before starting Side A.)

CHI SAU (cont.)

Side B:

Step in with R leg and with R punch.

Lean back R poon kiu.

Lean forward R yute kune.

Lean back snake block (like R poon kiu)

Lean forward with R snake strike.

(when done together, take a full step forward before starting Side B.)

KEYHOLE

Slide back, R chum kiu, L snap kick.

L poon kiu, R sau jong (like open hand wong sau) in L diu ma

R poon kiu, L sau jong (like open hand wong sau) in L diu ma.

R hand comes under L elbow then R yom kiu still in L diu ma.

L foot steps into L square horse, L hand don lon (R hand stays up to protect face)

L nop sau moving into L twist horse, R forearm blocks (palm down) while elbow points forward.

Step in with R knee strike landing in R ding ji ma, R foon siu (like open hand biu jong).

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).

PITCHFORK

To the Split:

Start with Leung Jen #2

R open hand reaches forward, then L open hand reaches forward, (both circle diagonally back to L side - R ribs, L low) R snap kick.

R twist horse, R gwa, L trade punch. (R fist behind you)

L front snap kick, step into R square horse, L gwa, R kup sau (L hand OH).

Left fork:

Stealing horse moving forward with R yom kiu, R reverse crescent kick, into R nau ma with pek chui. L front snap kick, L gwa, R chop in L ding ji ma.

Center fork:

L hand poon kiu, R hand pau as you skip in with a R jumping snap kick, L poon kiu, R kup sau, L poon kiu, R chop. (fist vertical)

PITCHFORK (cont.)

Right fork:

Spin (CCW) with R upset hammer strike and L back heel hook (scorpion) kick; L poon kiu and R pau (yom kiu) in L jing ma, R snap kick, step to square horse with R peet kune (L hand protects/strikes face); R quan kiu gwa, L backhand pau; L poon kiu, R trade punch. (very similar to Leung Jen #2 long form)

7 STARS

...After 5 stars...Retreat with R leg to L cat stance with dip jong at R hip. Step into L ding ji ma with L high leopard punch, R open hand protects ribs. Step with L to the L into a R cat stance and dip jong at L hip. Step into R ding ji ma with R high leopard punch, L open hand protects ribs. Retreat with R to square horse and dip jong at L hip. Repeat all stars on the other side. (mirror image).