

SIU MUI FA

Fan sau, stepping in with R leg, R nop sau, L chun jong in L cat (on heel)(R OH). Step together, R sang kiu. Retreat to R tau ma with L poon kiu, then to R lok quai ma and R jit fu (L OH). Retreat to tau ma with R fu jau sot sau.

Flower to the front, hoi sing pek dau, L snap kick, R then L jit (like chum kiu) as you skip in. Ging lai 3x.

Retreating in tau ma with seung chum kiu.

Uncoil with L gwa, R fu jau to S. Quai ma with R dot chui (to N)(L at chest).

Uncoil seung yum jong (double knife poke) to N.

Step back and step together with fan sau.

Step to R transverse ding ji ma with L chun siu. L full poon kiu (poon kiu, gwa, poon kiu). Slide forward to L lok quai ma with R chop choi (L OH)

Retreat with L to tau ma and L poon kiu. In duk lup ma (R leg up), L nop sau with R chan ng chui, L kum sau, R fu jau.

Step down into L ding ji ma facing S with seung fu jau.

Chiu tien won sau (spiraling both hands) as you hop into N with seung yum chop in a deep R ding ji ma.

SIU MUI FA (cont.)

To W, cross over stance with L chun siu, L full poon kiu as step to opposite crossover stance, R sau choi (knuckles in) (L OH) as step into L transverse ding ji ma. R jin jee (double knife hand poke) with R snap kick landing in crossover stance to E with R gwa to W. Uncoil, L gwa, R cup sau (both to W). Step W in quai ma with R gwa, L pau. L poon kiu (la sau), R chop choi in R toe ma.

Slow chun siu to E Step forward (E) with R in quai ma with chi sau. Step to R in L lok quai ma and R ping jiang (elbow horizontal strike). (hitting L palm). R jin jee with R snap kick, land in R ding ji ma, with R gwa, L chun. R chin ji (striking L palm) in R square horse, R biu jong in R ding ji ma. Retreat to R cat stance with L chun siu, L full poon kiu, R leopard chop stepping into R toe ma. R twist horse with dip jong. L jin jee with L snap kick, landing and stepping/hopping behind with R leg to tau ma and L pek choi (E). Uncoil with R don lon in square horse (E).

Cross over stance to E with L peet jeong (to W, R peet at chest). Cross over stance to W with dip jong (at R hip).

N, Step into L transverse ding ji ma with R gum jeong. Step to R cat stance with R chun siu.

Step with L cross over stance to S with L yum wat (to N). Uncoil with R gwa and L kup sau.

SIU MUI FA (cont.)

S, L gwa and R kup sau. Retreat in tau ma with L poon kiu. Step back in with R sei sau (like wong sau with knuckles in, hitting L palm). L kum sau, R snap kick (with L tut jeong), R chan ng choi. Step in with R quai ma and L chun jong. (R open hand behind)

Jump spinning R inner crescent kick (180 degrees, hitting L palm) landing R leg behind, then retreating with tau ma and L poon kiu, la sau. Step forward in R lo quai ma with R vertical leopard chop (R punch over L wrist). Retreat with tau ma and seung chum kiu. Ging lai. Kuk koon.

SNAKE portion of Ng Ying Kuen

Quai ma to N, dip jong at R hip.

Step into L lo quai ma/jing ma, push to N with both hands (R palm strike, L chen jong; all fingers pointing E; twei jong)

Lean back into ton ma with L horizontal snake strike to N and R horizontal snake (wrist at R breast). Jing ma.

Lean in with R high horizontal snake strike in L ding ji ma. Jing ma.

Retreat in tau ma with L horizontal knife strike immediately followed by R high horizontal snake strike as you uncoil into R cat stance/**square horse**. Recoil, R down on table with L horizontal snake at R shoulder.

SNAKE (cont.)

Lean into R ding ji ma (pushing N) with X-strike (double snake). Relax to square horse with snake hands in front of chest.

Immediately lean forward into R ding ji ma with R horizontal snake (L snake protects chest)

L-R climb the ladder back to same strike as previous (very fast), recoil to cat (optional recoil to square horse)

Retreat to L diu ma with R then L snake strike and recoil (Like quick R poon kiu strike followed by L snake strike)

Retreat to R diu ma with L then R snake strike and recoil (Like quick L poon kiu strike followed by R snake strike)

Cross over and step out to W in L ding ji ma with R circular clockwise sweeping hand (7 o'clock all the way around past 7 to 9 o'clock) with L palm supporting at forearm (R nop sau to pau)

Step with R to R diu ma (NW) and L high snake to NW with simultaneous R low snake to SE

As soon as you strike, retreat with R to L dinge ma, R high snake strike to NW with L snake at heart

LA SIU THO GEUK (x7)

La Siu Tho Geuk 1 (make contact with the leg) Cat back, slide into L ding ji ma with L nap sau, and R sau jong strike to face and R tho geuk (**and opponent goes down**) strike back and take down with R dan lan (dot choi) strike to throat or upper chest, bring your R leg back to his hip area, turn (to L, CCW) and block behind you, (L arm down and fist), L heel thrust to face or ribs (**opponent is on ground**) and step down with L then R (above his head), L poon kui and sliding in with R chop choi in L lok quai ma.

La Siu Tho Geuk 2 (make contact with the leg, but now opponent is not taken down) Cat back, L nap sau, R sau jong but miss the face (so no dot choi) and opponent does not go down with R tho geuk, step into R ding ji ma and clear punch with a R nap sau, L gong jong to groin, drop down to toe ma with R elbow strike into ribs.

LA SIU THO GEUK (cont.)

La Siu Tho Geuk 3 (From #3 on, we miss opponent's face and leg, so block back.) Begin with cat back L nop sau, R sau jong and R tho geuk, miss leg and block down with R arm (jit) and protect with L hand in twist horse (X-over with R away from opponent), (**opponent runs away, so chase**) R foon siu and R outer crescent (each twice) and follow through with R gwa, L chop in R ding ji ma. [Application ending includes (after 2nd crescent kick) R nau ma with pek choi, L snap kick, L gwa, R chop L chop]

La Siu Tho Geuk 4 (Miss leg and now opponent is kicking back.) Begin with cat back nap sau, sau jong and tho geuk, miss leg and block down with R arm (jit) and protect with L hand in twist horse (X-over with R away from opponent), (opponent follows with L leg kick) turn to face him with seung gwa (two fisted gwa) in R lo quai ma (both fists to the R of R leg), stand up with L hand chan ng choi, R hand trade punch covering high and low in R ding ji ma, and step in still with R leg forward with L gwa, R backhand pau, step in again but still R leg forward, R gwa, L backhand pau. L poon kiu and R trade punch in L cat stance (reverse leaning).

LA SIU THO GEUK (cont.)

La Siu Tho Geuk 5 Begins similar to #4, begin with cat back nap sau, sau jong and tho geuk, miss leg and block down with R arm and protect with L hand in twist horse, turn seung kwa (two fisted kwa on R side of R leg) kneeling in R lok quai ma, (**now opponent is further away**), L nap sau as stand in cat stance with R leg forward and bring R fist over in chin ji and R chi geuk (bringing knee across body), (**if feel pressure on arms blocking**) then turn around to L (CCW) and lean over while bringing L back fist from underneath and L scorpion kick to groin, L poon kui, R yong kiu (fist), R front snap kick, R peet elephant trunk, R gwa, L backhand pau, L poon kui, R trade punch in square horse (option: reverse leaning L cat stance.)

La Siu Tho Geuk 6 Begins similar to #5, begin with cat back nap sau, sau jong and tho geuk, miss leg and block down with R arm and protect with L hand in twist horse, turn seung kwa (two fisted kwa) kneeling in R lok quai ma, (**now opponent is further away**), L nap sau as stand in cat stance with R leg forward and bring R fist over in chin ji and chi geuk with R leg bringing knee across body, (**now you feel a kick**) so kick back with R leg side thrust, keep moving forward (E) with stealing horse by sliding L leg behind R with R upset hammer fist and R back thrust kick, R gwa, L chop.

LA SIU THO GEUK (cont.)

La Siu Tho Geuk 7 (Now opponent is kicking with R leg), begin with cat back L nop sau, R sau jong and R tho geuk, miss leg and block down with R arm and protect with L hand in twist horse, step with L leg to NW into L ding ji ma and open up groin with leung jen and L hand is protecting face, R front snap kick, lin wan chop ending in R chop in ma bu.

BASIC 8

From ready position, cat back as L hand brought back toward body with palm up. (like Up Down Gwa Chop). L poon kiu, R chop (high horiz. leopard). R cup sau rolling into yute kune. L chun siu. R cup sau as you twist into nau ma (L OH). R pau, R high snap kick (upward striking to throat or armpit) as you bring R chin ji down and L hand protects face. Keep R leg up and continue with R side thrust kick. Land in R ding ji ma with R gwa and L chop.

SECONDARY 8

(**opponent coming in with R kick**) so start with secondary block (like secondary 5) (**but was fake and instead the L kick comes in**) so continue with R gwa choi and L sau choi (knuckles in) L yute kuen, R chop choi (horiz leopard). R poon kiu then bring L knee up together with L snake hand, L snap kick with L jin ji. L fist elephant hook down block as you strike with R then L elephant strike to temple in diu ma leaning in (i.e. weight on L leg in front with light R leg in rear)

BACK SWEEP DEFENSE

Step front leg to R side going with opponents sweep of front leg. L fist protects the bottom and R hand covering face. Turn into diu ma with R leg forward (to W) to protect against back sweep. (from opponent's other leg) L nap sau and R jit fu in L lok quai ma. Follow with R gwa to head (or R elbow to spine.) as you lean to opposite stance, R lok quai ma (or ding ji ma, depending on how low opponent is)

LEFT SIDE ATTACK

Ready stance. Step in with R to quai ma keeping R fist/forearm in front of groin and L cup sau (red leaf), L front snap kick. L gwa as stepping in and R cup sau with L hand OH in square horse. Jump in R pau and same time jumping R front snap kick. L poon kiu, R cup sau, L poon kiu, R chop vertical fist in toe ma.

REVERSE CRESCENT ATTACK

Ready stance. Advance aggressively sliding forward and R poon kiu, L cup sau. L gwa, R sau stepping in to square horse. R upper cut pau as R outer crescent kick with R au sau, R gwa, L chop vertical punch in R ding ji ma. (optional ending: after kick, pek choi in R nau ma, L snap kick, L gwa, R chop, L chop)

GWA SAU ATTACK

Moving forward R poon kui and L cup sau in square horse. L gwa and R cup sau as you step into square horse. R gwa in stealing horse, and spin around (uncoil) to L gwa R cup sau, R front snap kick.

CENTRAL COUNTER ATTACK

Ready stance, retreating in tau ma with L poon kiu, R cup sau as you uncoil to square horse. Skip in R pau, R jumping snap kick, L poon kiu, R sau, L poon kiu, R chop. Twist to R nau ma with L pek chui. Step to L transverse ding ji ma, R sau chui (L hand OH), R snap kick to NE.

Stealing horse forward to NE with R upset hammer fist, R back thrust kick. Spin CCW with L upset hammer fist, L back hook kick. L poon kiu, R fu jau in L ding ji ma. Step in 2 times with L gwa, R pau. Stepping in 3 more times with alternating pau's (opposite hand open OH). L,R,L

Retreating with R elephant trunk hook (across face high), then retreating with same on L side. R elephant trunk hook with no step but turn/lean into L ding ji ma.

R X-over step to W, R jit. R backhand pau, R back thrust kick. (both to E)

Block up OH with both open hands (break opponents arm) X-over with L (quai ma) to E with L upset hooking hand (tiger tail hook, like poon kiu with crane fist) to W, L back thrust kick to W. Without putting leg down, jump R snap kick to W with L poon kiu. R cup sau rolling over to gwa, L shooting star with R snap kick. Step into R square horse, L poon kiu, R trade.

LEUNG JEN THO GEUK

Leung Jen #1, step forward and out to L side and block bottom with L arm coming across and R high wong sau, tho geuk R leg, X-over in twist horse with L poon kui and R yute kune. (**Next part is like follow up in kick combo**) bending over and spinning around with L gwa, R cup in L ding ji ma, R gwa, L shooting star with R front snap kick, L poon kui and R trade punch.

FU JAU KWA PAU

Leung jen #2, delayed kick and missed the leg so L chum kui, step in with L leg and L poon kui, R fu jau in L ding ji ma. Crossover with R and L gwa, R pau in L ding ji ma.