Ng Lun Ma

**From 12:00**



Seung yom kiu ding yuet seung chum kiu



seung sang kiu gom jin fan sau yet, yi, sam, sei

chai yuet



da boke cat back (diu ma) front snap kick step and slide (square horse)

REPEAT TOTAL 3 TIMES TO 3:00, THEN RETURN 3 TIMES TO 9:00



da boke twist horse (nau ma) front snap kick step and slide (square horse)

REPEAT TOTAL 4 TIMES TO 3:00, THEN RETURN 4 TIMES TO 9:00

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da boke, then retreat in tau ma and uncoil to diu ma (cat stance) to 3:00 total 4 times

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Step and turn to opposite facing cat; then repeat 4 times to 9:00

 

Step to 3:00 and turn to opposite facing cat; (evading a straight poke attack)

then turn to the opposite facing cat (STEP AND TURN)repeat total 4 times

TURN; repeat STEP AND TURN 4 times stepping toward 9:00

 

ding ji ma lok quai ma lok quai ma L step to ding ji ma



seung nap sau peet jong peet jong dan lan

duk lup ma quai ma quai ma square horse



Feet together kuk koon