

Salutation - Buddha Palm

Feet together, fan sau; R quan kiu; R nap sau; trap with L open palm at R hip, ging lai (salute) in L cat stance; step back with L then step together with R as you roll both fists (seung gwa). Bow (kuk kune).

Spinning Dragon Defends Against A Tiger Push or Choke

(to Left or Right side - use Left for this example) As opponent reaches forward to choke or push, step forward with L in walking stance and ding yut (to the L of opponents hands). R foot slides behind L in stealing horse (moving forward) to opponents R side. Uncoil keeping contact with opponents R shoulder and execute R elbow strike to his back. Continue spinning/hopping and stepping away from opponent...STAY BACK.

Buddha Bows – Defense Against Front Shirt Push/Grab

As opponent grabs shirt collar from front with both hands, clap hands together above opponents arms. Trap his wrists against your chest (holding them there firmly). Bow then squat down and back up in squatted position until you are above opponents back and he/she is in a layed out face down position.

Wrist Snapper – Defense Against Front Shirt Grab

As opponent grabs shirt collar from front with one arm. (use opponents R arm for example) Trap opponents wrist on your chest as you step back with your R leg to pull the opponent off balance. L slide kick to shin/instep and simultaneously strike to opponents face with R fu jau. Flip opponents hand over (keeping it tight to your chest) and dig in your fingers and thumbs in between opponents hand bones. Spin counterclockwise several times as you squat down. Force opponents hand into the ground and trap his elbow w/ L hand as you punch to opponent's face with your R fist. Stand up and retreat behind opponents head...**STAY BACK.**