

## Horse Set / Horse Stances

Bow. (Sequence of stances each held for a set time period) Square, L End, L Cat, L Crane, L Twist, Square, R End, R Cat, R Crane, R Twist, Square, L Kneeling, R Kneeling, Square

Chinese names:[Square (Sei Ping Ma), Pushing/End (Ding Ji Ma), Cat (Diu Ma), Crane (Duk Lup Ma), Kneeling (Lok Gwai Ma), Twist (Nau Ma)]

Snake (Sieh Ma) not in horse set

## DRAGON portion of Ng Ying Kuen

- 1 Step out prayer bow (facing N)
- 2 Hands rise up as you stand up (Palms down, block upward with back of hands)
- 3 Sit back down, hands on the table
- 4 Push to the E, (jing ma to ding ji ma) push R wrist to E (palm inward)
- 5 R slap (pak sau) to center returning to sei ping ma
- 6 Push to the E, (jing ma to ding ji ma) L wong sau (elbow)
- 7 R kum sau to R chen jong (L face down in front of ribs)
- 8 Bagwa jeung to SW
- 9 Bagwa jeung to NE
- 10 Step to W with fast R poon kiu to W (L ding ji ma), L horizontal knife to N (R transverse ding ji ma)
- 11 L poon kiu, R vertical knife to N (L transverse ding ji ma)
- 12 R hand on table (chi sau), sit down to jing ma

## **DRAGON portion of Ng Ying Kuen (cont.)**

13	R horizontal knife to N (L transverse ding ji ma)
14	L wong sau (elbow) (R transverse ding ji ma)
15	R horizontal knife to N (L transverse ding ji ma)
16	Retreat with R leg in "L" step with L kum sau, L cheung jong to N (ton ma leaning S)
17	R upset knife under chin (supported by L at wrist)(leaning to jing ma)
18	L horizontal knife (slides under R) to N (high)
19	Step in R verticle knife in sei ping ma, lean in with R yum chop knife (toe ma to N)
20	L wong sau (elbow) to N in R ding ji ma, R sau (elbow) as shift back to square horse
21	R low jit, L low jit, then retreat to L transverse ding ji ma with R open hand pek (L hand protects face)
22	Bagwa jeung to SE
23	Step w/ L (sei ping ma facing E), R poon kiu to N, L horizontal knife to E (R transverse ding ji ma)
24	Bagwa jeung to NW
25	Step w/ R to E (sei ping ma facing N), L poon kiu to E, R vertical knife to N (L transverse ding ji ma)

## Small Cross with Closed Fan and Fist

Ready position with closed fan in R hand. Back leg small step back and slide back into L diu ma, L hand blocks down, R hand reaches forward chum kiu with butt end of fan, sink weight down, fan ends up inside L knee, L snap kick, step forward L leg square horse, L hand reaches forward poon kiu, step in R leg with R hand behind, R kup sau striking with butt end of fan, sink weight into square horse and L hand comes up OH. N  
Lean into R ding ji ma and R biu jong striking with blade end of fan, L fingers ending by R elbow. L hand underneath R elbow slide back into R diu ma, R fist to hip and L chun shiu. L poon kiu step forward R chop choi stabbing with fan in square horse.

Turn head to L (S), L gwa choi, step in R leg and R kup sau, L hand OH in square horse. Shift weight forward into R ding ji ma and R biu jong, L chun shiu in R diu ma. S  
L poon kui, step in and R chop choi in square horse.

Turn to L and L nap sau, R hand swings across striking low with blade end of fan (leung jen), L transverse ding ji ma. R knee up and heel thrust, step in and R gwa choi, in square horse, keep turning body into R nau ma, thrust L palm forward cheung jong (fan behind). L nap sau, L poon kiu, R kup sau, L hand OH as you step into square horse. R biu jong, slide back into cat stance and L chun siu in R diu ma, L poon kiu, step in, R chop choi in square horse.

### Small Cross with Closed Fan and Fist (cont.)

Turn to L, L gwa choi, step in R leg and R kup sau, L hand OH in square horse. Shift weight forward into R ding ji ma and R biu jong, L chun shiu in R diu ma. L poon kiu, step in and R chop choi in square horse. R leg retreats in stealing horse, R poon kiu, L kup sau, fan OH in square horse. L biu jong in L ding ji ma, (fan at L elbow). R chun shiu (fan like exclamation point) in L diu ma, R poon kiu striking butt end of fan into opponent's ribs, step in, L vertical chop choi in square horse. Retreat with L, stealing horse, pek choi. L chum kiu, uncoil as R kup sau, L hand OH. R biu jong, L chun shiu, L poon kiu, R chop choi. R leg back stealing horse, pek chui. R chum kiu, uncoil, L kup sau, fan OH. L biu jong, R chun shiu, R poon kui, L chop choi.

Face front, L leg to R roll fists to hips, bow (kuk kune).  
Standing position hands to thighs.

W

N