

## Small Cross Fan Form

Ready position with closed fan in R hand. Moving back leg first, slide back into L diu ma, L hand blocks down, R hand reaches forward opening fan (chum kiu), sink weight down, fan ends up inside L knee, L snap kick, step forward L leg square horse, L hand reaches forward poon kiu as close fan on hip, step in R leg with R hand behind, R kup sau opening fan, sink weight into square horse and L hand comes up OH. Lean into R ding ji ma and biu jong striking with blades of open 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 (closing fan). L poon kiu step forward R chop choi stabbing with fan in square horse.

Turn head to L (S), L gwa choi, step S with 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 as you slide back into R diu ma. L poon kiu, step in and R chop choi in square horse.

Turn to face E and L nap sau, R hand swings across striking low with open 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 (pushing off of open fan to rear).

### **Small Cross Fan Form (cont.)**

L nap sau, L poon kiu (closing fan on hip), R kup sau (opening fan), L hand OH as you step with R into square horse. R biu jong, slide back into cat stance and L chun shiu in R diu ma, L poon kiu, step in, R chop choi in square horse.

Turn to L (W), L gwa choi, step in to W with 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 open fan in front of body (poon kiu), R leg retreats in stealing horse, L kup sau, open fan OH in square horse. L biu jong closing fan on L arm in L ding ji ma, (closed fan at L elbow). R chun shiu (fan like exclamation point) in L diu ma, R poon kiu (open fan), L vertical chop choi (closing fan). L stealing horse, pek choi. L chum kiu, uncoil as R kup sau (open fan), L hand OH. R biu jong, L chun siu, L poon kiu, R chop choi (closed fan). R leg back stealing horse, pek choi. R chum kiu, uncoil, L kup sau, fan OH. L biu jong, R chun shiu, R poon kiu, L chop choi.

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

## Small Cross Staff Form

Standing position with staff in L hand at waist resting on ground. Reach over with R to begin twirl 3 times. After 3rd twirl, release L hand and allow staff to roll under R side and over back to L shoulder, step to L diu ma and grab staff at shoulder with L. L snap kick, step forward R leg square horse, R sot. R biu jong with small end of the staff higher in R ding ji ma. Play the flute (chun shiu) in R nau ma (big end up high in front with L hand, small end with R hand on R shoulder). R ga (blocking/striking downward with small end) as step back to R diu ma. Chop choi (as step into square horse). (slide staff forward like pool cue ending with R arm outstretched and L hand at R shoulder)(Chun).

Turn head to L (S), L gwa choi (strike with big end of staff first), step in R leg and R sot. Shift weight forward into R ding ji ma and R biu jong, L chun shiu in R nau ma. R ga as step back to R diu ma. Chun in square horse.

Drop staff tip to ground, turn to E and slide R hand (and tip) across blocking low with big end of staff high near L ear (leung jen), L transverse ding ji ma. R knee up and heel thrust, strike with L big end of staff in R nau ma, then R sot in square horse. R biu jong in R ding ji ma. Chun shiu in R nau ma. R ga as step back to R diu ma. Chun in square horse.

Turn to W, L gwa choi, step in with R leg and R sot. Shift weight forward into R ding ji ma and R biu jong, L chun shiu in R nau ma. R ga as step back to R diu ma. Chun in square horse.

### **Small Cross Staff Form (cont.)**

Poon kiu (circle tip of staff by rotating hips and keeping staff at waist). R leg retreats in stealing horse, switch hand grips and L sot in square horse. L biu jong in L ding ji ma. R chun shiu in L nau ma. L ga as step back to L diu ma. Chun in square horse.

L stealing horse, pek choi (strike first with back end of staff then with tip of staff). Uncoil and switch hand grips as R sot. Shift weight forward into R ding ji ma and R biu jong, L chun shiu in R nau ma. R ga as step back to R diu ma. Chun in square horse.

R leg back stealing horse, pek choi. Uncoil and switch hand grips as L sot. Shift weight forward into L ding ji ma and L biu jong, R chun shiu in L nau ma. L ga as step back to L diu ma. Chun in square horse. Step together and begin twirl 3 times.

Step to R diu ma facing N and twirl 2 more times then release L hand and allow staff to roll under R side and over back to L shoulder, step to L diu ma and grab staff at shoulder with L. Push forward with both arms (buddha palm). Retreat with 2 steps as let staff roll forward and slide to just past mid section. R fist rolls, kuk kune.

## **Monkey Steals a Peach**

- <sup>1</sup> From a standing relaxed position, step back with R to a walking stance with open hands held in front of waist, palms to ground. ("STAY BACK"). Slide in L snap kick to groin.
- <sup>2</sup> With monkey fist (about half way between a regular fist and a leopard fist with thumb pushing on the side of the index finger), L chop choi to face, R chop choi to face, L chop choi to face dragging all of opponents energy down scraping down chest to squatting monkey stance. Hop up with high L chop choi to top of head and L jumping snap kick to groin or knees.
- <sup>3</sup> Step forward with R and repeat step #2 on other side.

## **Leopard Climbs a Tree**

- <sup>1</sup> From a standing relaxed position, step back with R to a walking stance with open hands held in front of waist, palms to ground. ("STAY BACK"). Slide in L snap kick to groin.
- <sup>2</sup> As L leg steps forward to L ding ji ma, L fu jau, R fu jau, clap both hands on opponent's ears and grab head. Follow with R knee strike to head. (if opponent escapes grab, this becomes a R snap kick).
- <sup>3</sup> As R knee/kick is completed, step to R ding ji ma and repeat on opposite side.

### **Tiger Looks Back and Stretches his Leg**

- 1 From a standing relaxed position, step back with R to a walking stance with open hands held in front of waist, palms to ground. ("STAY BACK"). Slide in L snap kick to groin.
- 2 As R leg steps forward to gwai ma, (behind L leg in nau ma) L fu jau with R fu jau supporting at elbow. L side kick as L arm does au sau.
- 3 Repeat #2 after kick is retracted.
- 4 Repeat #'s 1, 2, and 3 on opposite side.

### **Dragon Stretches his Claw and Whips his Tail**

- 1 From a standing relaxed position, step back with R to a walking stance with open hands held in front of waist, palms to ground. ("STAY BACK"). Slide in L snap kick to groin.
- 2 Step out to L with L claw scrap across opponents face. R wong sau to ribs in L ding ji ma. R hand hooks opponents face as R round kick to back of opponents knees. Land in R ding ji ma behind opponents leg and R elephant strike to face and immediate L leopard strike to throat. R kup sau.
- 3 Step out to R and repeat #2 on opposite side.

## **Tiger Sweeps Away the Plum Blossoms**

- <sup>1</sup> From a standing relaxed position, step back with R to a walking stance with open hands held in front of waist, palms to ground. ("STAY BACK"). Slide in L snap kick to groin.
- <sup>2</sup> L nop sau as you step in with R behind opponent to square horse and R sau (using tiger claw fist/fu jau). Sweep opponents L leg as you hop back and away to the L with simultaneous R dot choi.
- <sup>3</sup> Repeat #'s 1 and 2 on opposite side.

## **Golden Dragon Kick Defense (Leung Jen) x2**

- <sup>1</sup> From ready position, stealing horse back with L leg, R nop sau, L quan kiu (leung jen). L snap kick followed by L gwa and R chop choi in L ding ji ma.
- <sup>2</sup> From ready position, stealing horse back with leung jen. L nop sau (open drapes) and twist to R diu ma with R quan kiu. R snap kick followed by R gwa and L chop choi in R ding ji ma.