

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
- 13 R horizontal knife to N (L transverse ding ji ma)

DRAGON portion of Ng Ying Kuen (cont.)

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| 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) |