

## **SMALL CROSS SINGLE SWORD FORM**

- 1 Sword in L arm, R fan sau and buddha palm, L jit jong, R buddha palm push on L wrist into L diu ma.
- 2 Switch sword to R hand, twirl (circling head) and cut to side w/ L downward jit, L snap kick, L poon kiu, R sau as step into sq horse. (wrap sword around waist).
- 3 Lean into R ding ji ma and biu jong.
- 4 Retreat to sei ping ma dragging sword back blade up, circling sword OH (like fan jong) as twist into nau ma.
- 5 Ga, chop N with both hands extended out to sides. (N/S)
- 6 Turn head S and step S with L gwa, repeat sequence to S.
- 7 Leung jen but with L palm in front of chest to E in L transverse ding ji ma, R push kick, land and twist to R nau ma and chen jong (pushing off of sword) NO NOP SAU OR POON KIU
- 8 Uncoil sau, lean in biu jong... (repeat 4 and 5 above)
- 9 Repeat entire sequence to W...
- 10 (at chop) roll sword down and around retreating with tau ma and uncoiling, up to OH (like fan jong).
- 11 Pau in L ding ji ma to W.
- 12 Twirl sword down and around, draw sword back blade up into sieh ma.

### **SMALL CROSS SINGLE SWORD (cont.)**

- 13 Nau ma w/pau, twirl sword, ga, double handed chop (L hand supports at wrist and butt of sword).
- 14 Pek choi retreating in tau ma with L hand supporting back of blade, uncoil sau, biu jong... (repeat 4 and 5 above)
- 15 Pek choi retreating in tau ma with L hand supporting wrist, uncoil... (repeat 10-13 above)
- 16 3 spin rolls of sword to the W in diu ma, 2 spin rolls to N, 1 behind the back, switch sword to L hand, retreat and ging lai (ending bow)

### **SMALL CROSS DOUBLE SWORD FORM**

- 1 Both swords in L arm. R fan sau, R quan kiu, R nap sau, L poon kiu, ging lai in L diu ma (swords separate vertically slightly)
- 2 (take 1 sword in each hand) L poon kiu, R poon kiu, L snap kick
- 3 L poon kiu, R cut (sau) (Left OH, parallel to R)
- 4 Dan lan (in 4 moves, L,R,L,R, and cutting with butt of R sword) in sei ping ma
- 5 Double block (back edge of sword, parallel to each other, R above L) towards the S, circling around head to front then double cut (chi sau) (parallel to each other, L above R) cutting with blades away from body towards S in L sieh ma.
- 6 Double chi sau to S cutting downward and circling forward into chun nau in R nau ma (like foon shiu)
- 7 Double drag back to L sieh ma (chi sau with blades down)

## **SMALL CROSS DOUBLE SWORD (cont.)**

- 8 Scissor swords and turn in R jing ma to point scissors at opponents head (gom jing); open with R cut to head, L to S (scraping swords)
- 9 Turn to S with L gwa, R cut (sau) (L OH) in sei ping ma
- 10 Complete steps 4 thru 8 to S
- 11 Turn to E with leung jen, R push kick, R gwa, L sau in R nau ma, L gwa (all the way around to OH) and R sau back to square horse.
- 12 Complete steps 4 thru 8 to E
- 13 Complete steps 9 and 10 to W
- 14 Roll sword in R hand and complete steps 3 thru 8 with opposite hands to W
- 15 Pek choi in R tau ma with L sword tip to NW and R sword tip to W, uncoil and
- 16 Complete steps 3 thru 8 to W
- 17 Pek choi in L tau ma with R sword tip to SW and L sword tip to W, uncoil and
- 18 Complete steps 3 thru 8 with other hand to W
- 19 3 double handed sword twirls to W
- 20 2 double handed sword twirls to N, yin yang (L sword bottom near left thigh, R sword top at R shoulder) step back to L diu ma
- 21 Hoi sing pek dau, L snap kick, swords together at L forearm, step back kuk kune

## **BAGWA GWON (TING GWON)**

Crossover with nau ma and nop sau

Cross over again as staff slides and begins to fall; use quan kiu (same hand as nop sau) to “catch” the staff.

Use a Z step (starting with the leg furthest from staff) to step around staff and wrap it with the arm (like a headlock).

Throw staff with chen jong

Step with nau ma (quai ma), square horse, tau ma, lun jin and repeat other direction

Also use tiger sweeps away the plum blossom and kam kem with the staff

## **TWO-MAN STICK DRILL**

1. R diu ma to E with high horizontal stick in R hand

2. L diu ma to W with R sau cut, L OH

3. R diu ma to E with L kum sau

4. L diu ma to W with R upward diagonal strike towards L shoulder, Then L nop sau

5. R diu ma to E with R qwa

6. L diu ma to W with R kwan kiu and then “circle the brain” and cut

Opponent starts his #1 at your #5

Opponent grabs your stick at your #2 (his nop sau at his #4)