

NG LUN MA (Five Wheel Horse)

Start feet together hands resting at thighs. Open arms in seung yeung kiu out in front of body with elbows bent and palms facing body. Ding yuet with arms extended OH and palms facing up. Seung chum kiu downward arms extended both sides palms facing forward fingers pointing down. Seung sang kiu, arms still extended now fingers point upward. Gom jing arms come across body and forearms form X just over head, palms facing body, with L hand closest to face. Fan sau, end up slightly behind body. Chai yuet, arms/hands circle back to hips. Open feet, and count yut, yee, sam, sei into sei ping ma. (toes, heels...)

Now turn to R da boke, turning upper body, (da boke means to hit with the shoulders). Diu ma, pull the leg back into cat stance, 80-90% weight on back leg, toes in line, R elbow forward and lean body slightly to R (same position as if a R trade punch). Front R snap kick (to E, say dik!), step forward and slide back leg into square horse position. 3x total to R then 4th da boke to the R.

Now same thing 3x to L (W). Da boke a 4th time to L

Da boke to the R, wind up and nau ma (twist horse) R toes pointing directly to the S, most of the weight on the R foot, L knee locked to the right calf/ankle, body leaning slightly forward. L front snap kick to E, advance body to sei ping ma. (Repeat L, R, L, 4 times total moving E) Da boke R

NG LUN MA (cont.)

Da boke L and repeat sequence in this direction four times moving W.

L da boke, diu ma, with L leg sliding behind R in twist horse stance, and uncoil body to end up in cat stance 4 times. Step and turn in other direction so that R foot is now forward and do same thing 4 times retreating to the L (W).

Step and turn da boke facing the L in diu ma, turn da boke and face R in diu ma. (Repeat, step and turn, turn a total of 3 times to the R moving E)

Repeat sequence 3 times to L moving W. End in L facing cat.

Now step with the L into L transverse ding ji ma. Turn body R into R transverse lok quai ma. Switch to other side L transverse lok quai ma. Step forward "L" step with R leg into R ding ji ma.

Lift R knee up into duk lup ma with seung nap sau. Cross R leg over to the L quai ma and R low peet jeong to R. L palm comes to R shoulder. Switch stance to the R side, quai ma, L peet jong, R palm comes to L shoulder. Step out R leg into square horse, R hand swings across palm up then snaps over into dan lan, L hand is near R shoulder. Slide R leg to L, seung gwa, kuk kune.

SALUTE SET

Start with feet together hands at thighs. Bring the hands to the sides of the chest, elbows back, thrust the hands forward, jin ji. Roll the hands to palms up position in front of you with arms still outstretched (fan sau). Open arms to sides with palms up. Cross arms in front of body with L arm closest and bend knees, gom jin. Lift arms above eye level and swing L leg out in half circle open to low sei ping ma. Roll hands back and down arms to side, fan sau. Place hands on hips and bring elbows forward in chai yiut position. Turn body to the L three times and end in L ding ji ma (waist twisting/da boke). Face front. Turn three times to the R end in R ding ji ma. Face front.

Bring R hand forward across body in nap sau, like holding a glass, facing the L (W), L elbow comes across in quan kiu, in low square horse (leung jen). Slide R foot across ground to quai ma. R poon kiu and L yute kune. R hand ends up under L elbow. Chum kiu/poon kiu with L (3x, big circles), R fist is tucked at R waist, step in with L pulling L fist to hip, high L knee strike and step into square horse. Repeat motion to R side (E).

L hand goes behind you, shift weight to R leg and step out into sieh ma. Swing L fist over outstretched L leg across to front of body (lau kiu), twist body into L nau ma and pek choi with R hand coming high over head, L fist near R elbow. (blocking to SW)

SALUTE SET (cont.)

L fist to L waist and R chum kiu/poon kiu 3x. Step into square horse (facing S) with R knee strike.

Lean back to L sieh ma, R lau kiu, L pek choi in R nau ma, L chum kiu/poon kiu 3x. L knee strike and step into square horse.

Now leung jen series, step back with L leg into R ding ji ma and reach forward with R nap sau, L quan kiu, then back to L ending with L nap sau and R quan kiu in R diu ma (leung jen 2). Lift R knee high to R duk lup ma. R snap kick, keep balance and step R leg back, leung jen (1) in L diu ma. Lift L knee to L duk lup ma, and L snap kick. Step forward with L and L hand nap sau, R leg steps forward, R low ding ji ma, R hand swings forward to groin (fu jau), chin tucked in close to R shoulder. R hand comes up L to R into a nap sau, step back with R leg to L diu ma, L hand swings across protecting face, poon kiu, ending up against R palm at R hip, ging lai salute, L leg back, feet together and roll fists. Bow, kuk kune. Hands back to sides.

UP DOWN GWA CHOP

Ready position. Small step back with rear leg. Turn upper body slightly R. Slide L leg back into L diu ma as turn hips slightly L and as L hand is brought back toward body with palm up (protecting L side of face). L poon kiu and hook down and past L hip with palm facing L outward from body, pull stomach in (monkey scratches a flea). Step forward into square horse, L yum chop (looks like a trade punch) and R pak sau protecting across face. Step in and large L gwa, R trade punch, ending in L ding ji ma.

POON KIU SAU GWA CHOP

Ready position. Small step back with rear leg then slide back into L diu ma, L arm drops back jit kiu, R hand reaches forward poon kiu, step in square horse and L kup sau. Step in L gwa, R trade punch, in L ding ji ma.

BASIC 5

Ready position. Small step back with rear leg, then leung jen #2 ending with R leg forward, R snap kick, step forward square horse large R gwa, continue shifting weight forward end in R ding ji ma as L hand strikes forward with fingers pointing up, cheet.

BASIC 5 (cont.)

The R hand (which is now behind you) comes over kup sau and sink weight down in square horse, L hand near R elbow.

R hand up into elephant trunk, L hand scoops underneath palm up, turn to R ding ji ma, R elbow swings all the way back down and under and upper cut in fist, L hand circles up and across to L side OH, fan jong (or pau jong), in square horse. R hand slides past R knee as you slide back into R diu ma. L poon kiu with hand ending up inside R knee, R hand at hip, R snap kick. Step in R chop.