

SMALL CROSS

- 1 Ready position. Back leg small step back and then slide back into L diu ma, L hand blocks down jit, R hand reaches forward chum kiu, sink weight down hand ends up inside L knee, L snap kick, step forward L leg sei ping ma, L hand reaches forward poon kiu, step in R leg with R hand behind R kup sau sink weight sei ping ma and L hand continues up OH. Lean into R ding ji ma and R biu jong, L fingers at R elbow. L hand underneath elbow slide back into R diu ma, R fist to hip and L chun shiu. L poon kiu, step forward R vertical chop choi in sei ping ma. (to N)
- 2 Turn head to rear (S), L gwa choi, step in R leg and R kup sau, L hand OH in sei ping ma. Shift weight forward and R biu jong, R ding ji ma, L chun shiu in R diu ma, L poon kiu, step in and R chop choi in sei ping ma.
- 3 Turn to E and L leung jen in L transverse ding ji ma, R knee up and heel thrust, step in and R gwa choi, in square horse, keep turning body into nau ma, thrust L palm forward, cheung jeong. L nap sau, L poon kui, R kup sau, L hand OH in square horse. R biu jong, slide back into R diu ma and L chun shiu, L poon kiu, step in, R chop choi in sei ping ma.
- 4 Repeat #2 to the West.

SMALL CROSS (cont.)

5 R leg retreats in stealing horse (tau ma), R poon kiu, L kup sau, R hand OH in square horse (facing N). L biu jong in L ding ji ma, R chun shiu in L diu ma, R poon kiu, L chop. L pek chui in tau ma. Uncoil to square horse (facing S) with L chum kiu, circling around OH as R kup sau. R biu jong, L chun shiu, L poon kui, R chop. R leg retreats in tau ma, pek chui. Uncoil to square horse (facing N) with R chum kiu, circling back OH, L kup sau. L biu jong R chun shiu, R poon kiu, L chop. Face front, feet together (L leg to R), roll fists to hips, bow kuk kuen. Standing position hands to thighs.

TIGER portion of Ng Ying Kuen

- 1 R gwa (fu jau) retreat to E facing sei ping ma w/L fu jau to N (R at hip)
- 2 Lean in L ding ji ma w/ R fu jau (L at elbow)
- 3 Step in gwai ma w/ L fu jau (R behind)
- 4 Quick uncoil to sei ping ma w/ R sau (fu jau) (L protects face)
- 5 Retreat with tau ma to E facing sei ping ma and L sau (fu jau) (R protects face)
- 6 Retreat with tau ma to W facing sei ping ma and R sau (fu jau) (L protects face)
- 7 Lean in R ding ji ma w/ double fu jau
- 8 Twist clockwise to nau ma w/ R elbow to chin (S) and R side kick to S
- 9 Hop and switch feet, land w/ dip jong, then san fu jau (N high-S low) in W facing ton ma (or sieh ma)

TIGER portion of Ng Ying Kuen (cont.)

- 10 Lean in L ding ji ma w/ R fu jau
- 11 Step with R to R ding ji ma (RR tracks) w/ L pau jong (fu jau) (R fu jau upset behind back)
- 12 Step with L to L ding ji ma (RR tracks) w/ R pau jong (fu jau) (L fu jau upset behind back)
- 13 Retreat with L to tau ma (facing S) w/ R claw across face, L wong sau (fu jau), R wong sau (fu jau) into E facing sei ping ma (leaving L fu jau to S...like gom jin)
- 14 Lean S into R ding ji ma looking S with double fu jau opening to sides toward N (i.e. backwards)
- 15 Step w/ R in to another ding ji ma looking S with double pau (like gom jin)
- 16 Lean back to R diu ma facing S and double fists scratching table top
- 17 Lean into R ding ji ma with double punch to S at face height
- 18 Quan kiu (leaning back temporarily to sei ping ma) R gwa, L chop (back in R ding ji ma)
- 19 Retreat with R to L transverse dinge ma and R sei sau around L forearm
- 20 Step in with R to S, R twist horse and R nap sau (fu jau), continue stepping in with L into W facing sei ping ma and L fu jau (R fu jau faces down at R hip)

LEUNG JEN KICK DEFENSE (Golden Dragon) X 4

From ready position #1 leung jen stealing horse back with L leg R nop sau L arm covers across low body - quan kiu. L snap kick followed by L gwa and R chop choi in L ding ji ma.

#2 switch to R cat stance L nap sau and R arm covers across low body.

#3 pek choi in twist horse from #2. (or from start like #1)

#4 pek choi with R arm in square horse twisted out of twist horse from #3. (or in cat stance like #2)

DOUBLE BLOCK

Ready position. Slide back to L diu ma, R poon kiu, L hand blocks forward and down past R elbow (like another small poon kiu), R yute kune, keeping R shoulder forward in L cat stance. Step forward R ding ji ma, R hand hooking across R side of face as thrust forward with L horizontal leopard fist, in L ding ji ma striking into throat area. R poon kiu protecting groin, drop down into square horse and L kup sau (scraping down opponent's chest). Cross arms stand up and pull hands back and down to sides and rear, whoi siu, R heel thrust. Continue stepping forward and L poon kui, R chop choi in square horse.

KAM KEM

Ready position. Leung jen #2, (but opponent is faking kick, so no followup kick). Continue with R gwa, R ding ji ma, L cheet. L hand slides down and step forward with R hand open and high to face (fu jau), L fist wong (kum) sau to kidney, in R ding ji ma. R leg slides back as upper body turns L, into L transverse ding ji ma with L hand pulling back, R sau choi (sweep opponent).

CHI GEUK (circling leg)

Ready position. Step back leung jen #2, (opponent with low kick) so right knee comes up to block across body from R to L, body pivots around to L. Now kick opponent's rear leg with R side thrust, chang geuk. Step into square horse, R gwa, L hand comes from L hip swings underneath with fingers pointed forward in chang choi to opponent's throat. Keep elbow slightly bent. Ending in R ding ji ma.