

Seven Star Women's Kung Fu

Forms Manual

Katas 1-4

Kata One

All stances in Kata One are forward stances unless otherwise indicated.

Begin in set position.

Kempo stance with double downward blocks.

Step back right, left downward block.

Step back left, right downward block.

Step forward left, right brush, left outward block.

Step forward right, left brush, right outward block.

Step forward left, right brush, left inward block.

Step forward right, left brush, right inward block.

Step back right, left downward block.

Step back left, right downward block.

Step back into kempo stance with double downward blocks.

Return to set position.

Kata Two

All stances in Kata Two are forward stances unless otherwise indicated.

Begin in set position.

Kempo stance with double downward blocks.

Step back right, left downward block, right full twisting punch.

Step back left, right downward block, left full twisting punch.

Step forward left, right brush, left outward block, right full twisting punch.

Step forward right, left brush, right outward block, left full twisting punch.

Step forward left, right brush, left inward block, right full twisting punch.

Step forward right, left brush, right inward block, left full twisting punch.

Step back right, left downward block, right full twisting punch.

Step back left, right downward block, left full twisting punch.

Step back into kempo stance with double downward blocks.

Return to set position.

Kata Three

Begin in set position.

Kempo stance with double downward blocks.

Step forward into left forward stance, right brush, left upward block, right full twisting punch.

Step forward into right forward stance, left brush, right upward block, left full twisting punch.

Step back into left forward stance, right inward block, left full twisting punch.

Step back into right forward stance, left inward block, right full twisting punch.

Remaining stationary, left full twisting punch, right full twisting punch.

Step forward into left forward stance, left full twisting punch.

Step forward into right forward stance, right full twisting punch.

Look over left shoulder, pivot 180 degrees into left forward stance, left downward block.

Remaining stationary, right full twisting punch, left full twisting punch.

Step forward into right forward stance, right full twisting punch.

Step forward into left forward stance, left full twisting punch.

Look over right shoulder, pivot 180 degrees into right forward stance, right downward block.

Remaining stationary, left full twisting punch, right full twisting punch.

Step forward into left forward stance, left full twisting punch.

Step forward into right forward stance, right full twisting punch.

With hands on hips, left front snap kick, step forward into left forward stance.

With hands on hips, right front snap kick, step forward into right forward stance.

Step back into left forward stance, right brush block, left shoto chop.

Step back into right forward stance, left brush block, right shoto chop.

Step back into kempo stance with double downward blocks.

Return to set position.

Kata Four

Begin in set position.

Kempo stance with double downward blocks.

Step back into right forward stance, left brush, right extended inward block.

Step back into left forward stance, right brush, left extended inward block.

Remaining stationary, right full twisting punch, left full twisting punch.

Advance to right forward stance, right full twisting punch, left full twisting punch.

Shift 180 degrees to left forward stance. Left downward block. Left figure-four.

Advance to right forward stance. Right downward block. Right figure-four.

Advance to left glass horse (facing left). Left scroll block 3. Right side-to-side. Advance to left forward stance. Left figure-four.

Advance to right glass horse (facing right). Right scroll block 3. Left side-to-side. Advance to right forward stance. Right figure-four.

Shift 180 degrees into left forward stance. Right inward block. Left full twisting punch.

Right front snap kick. Advance to right forward stance. Right full twisting punch.

Left front snap kick. Advance to left forward stance. Left full twisting punch.

Advance to horse stance (facing left). Left outward arc block. Right bottom fist.

Advance to horse stance (facing right). Right outward arc block. Left bottom fist.

Step back into horse stance facing forward. Left outward block with one-half beat right full twisting punch.

Upper cross block.

Return to set position.

Pinyons 1 - 14

Squatting Position

Most of the pinyons begin with squatting position:

- Begin in set.
- Look left.
- Turn 90 degrees into a right cat stance with hands in chamber, left hand is open.
- Right front snap kick, left ear slap, right roundhouse punch.
- Step behind turning into horse stance facing front, open hand upper cross block.
- Hands return to chamber.

Pinyon One

Begin in set position.

Squatting position.

Step back into right forward stance, left brush, right outward block.

Step back into left forward stance, right brush, left upward block.

Step back into right forward stance, left brush, right inward block.

Pivot 90 degrees to right into extended right forward stance, lower cross block.

Pivot 180 degrees to left, step out right into horse stance, lower cross block. Open hand upper cross block. Left side-to-side punch.

Step through into left forward stance, left full twisting punch.

Step forward into right forward stance, right elbow smash.

Look over left shoulder, pivot 180 degrees into left forward stance, right brush, left outward block.

Left hand grabs punch, step through right into horse stance, right bottom fist.

Left downward brush, right back knuckle.

Shift 180 degrees left into horse stance, open hand upper cross block.

Return to set position.

Pinyon Two

Begin in set position.

Squatting position.

Remaining in horse stance, double downward punch, double back knuckle.

Shift 90 degrees to left into left horse stance, right downward punch block.

Cross behind and shift 180 degrees into horse stance, right side-to-side punch.

Draw up into left side thrust kick, left eye rake, stepping across front into twisted horse stance, left side-to-side punch.

Step out into horse stance, right side-to-side punch.

Pivot left as you do left outward arc block, right bottom fist, right front snap kick, stepping into horse stance, right bottom fist (horizontal to solar plexus).

Cross behind into twisted horse stance, left brush block, right extended outward block with left rib cover.

Step out into left chuan fa drop stance, circling hands ending in right spear hand and left face cover.

Shift to left cat stance, left spear hand.

Step forward into right forward stance, right elbow smash.

Step forward into left forward stance, right brush block, left back knuckle.

Step forward into right forward stance, right full twisting punch.

Pull back into horse stance, open hand upper cross block.

Return to set position.

Pinyon Three

Begin in set position.

Squatting position.

Remaining in horse stance, double downward punch. Double back knuckle.

Figure-four on the right side. Left jab, right back knuckle.

Shift left into left forward stance, left downward block.

Left outward arc block. Right bottom fist, right front snap kick. Step into horse stance, right bottom fist.

Right side-to-side punch.

Jumping crossover step to the left, left side-to-side punch.

Look right, step through into left forward stance, left full twisting punch.

Step forward into right forward stance, right elbow smash.

Pivot 180 degrees into hanging horse (shooting star block and crane stance).

Step out into left forward stance, left upward block, right reverse punch.

Pull back into right cat stance, left palm heel, right peacock block.

Step out 90 degrees to left into drop stance, circling hands ending in right spear hand and left face cover.

Shift into left cat stance, left spear hand. Right hook punch.

Step through into right forward stance, right elbow strike.

Step forward into left forward stance, left full twisting punch

Step forward into right forward stance, right full twisting punch.

Pull back into left cat stance, left brush block, right back knuckle.

Pivot 90 degrees to left into horse stance, open hand upper cross block.

Return to set position.

Pinyon Four

Begin in set position.

Squatting position.

Remaining in horse stance:

- Left side-to-side punch.
- Left downward punch.
- Left figure-four.
- Left side-to-side punch.
- Right figure-four to the right.
- Left jab, right back knuckle.
- Right side-to-side punch.
- Left figure-four.
- Open hand upper cross block.

Squatting position to the right.

Remaining in horse stance:

- Right side-to-side punch.
- Right downward punch.
- Right figure-four.
- Right side-to-side punch.
- Left figure-four to the left.
- Right jab, left back knuckle
- Left side-to-side punch.
- Right figure-four.
- Open hand upper cross block.

Return to set position.

Pinyon Five

Begin in set position.

Squatting position.

Back to set, moving right foot to left, double palm fist blocks.

Double rising punch.

Horse stance, double bottom fist strikes. Closed-fist upper cross block, returning to center, not chamber.

Step forward into right forward stance, circle the arms into right extended outward block, left palm fist block.

Step into left forward stance, left extended outward block, right palm fist block.

Step into right extended forward stance, circle the arms into right hook punch, left open-hand face cover.

Pull back into left cat stance, left brush block, right back knuckle strike.

Right forward stance, right elbow smash.

Horse stance, right elbow strike.

Right forward stance U-punch (left hand on top). Right extended outward block, left palm fist block.

Shift 180 degrees into left forward stance, left extended outward block, right palm fist block.

Shift back into boxer stance, break grab into center cover.

Pull back foot up into left drop stance, right hook punch, left face cover.

Left forward stance, right hook punch, left chamber.

Look left, shift 90 degrees into left forward stance (right leg moves), right upward block, right inward block, right back knuckle.

Look left, shift 90 degrees to the left (right leg moves) into left forward stance, left downward block, right full twisting punch, left full twisting punch.

Look right to the 45 degree angle. Right inward block, left open-hand rib cover.

Right side thrust kick, right upward block, left hand into chamber.

Step into right forward stance looking left to the 45 degree angle with left inward block, right open-hand rib cover.

Left side thrust kick, left upward block, right hand into chamber. Left forward stance, U-punch (right hand on top).

Pivot right leg 180 degrees into left forward stance, left downward block. Right full twisting punch, left full twisting punch.

Left outward arc block. Right front snap kick, right bottom fist. Land in horse stance with a right elbow strike. Left hand moves into chamber.

Shift right foot into horse stance facing the direction you started in with an open-hand upper cross block.

Return to set position.

Pinyon 6

Begin in set position.

Squatting position.

Right foot moves into left foot in set position, double palm heel blocks.

Double upward slaps.

Horse stance, double knife hands to the ribs. Upper cross block returning to center, not chamber.

Step forward into right forward stance, circle the arms into right extended ridgehand block, left palm heel block.

Step into left forward stance, left extended ridge hand block, right palm heel block.

Step into right extended forward stance, circle the arms into right spear hand strike, left open hand face cover.

Pull back into left cat stance, left brush block, right spear hand strike.

Right forward stance, right elbow smash.

Horse stance, right elbow strike.

Right forward stance, U-spear, left hand on top. Right extended ridge hand block, left palm heel block.

Shift 180 degrees into left forward stance, left extended ridge hand block, right palm heel block.

Shift back into boxer stance, break grab into center cover.

Pull back foot up into left drop stance, right spear hand strike, left face cover.

Left forward stance, right spear hand thrust, left chamber.

Look left, shift 90 degrees into left forward stance (right leg moves), right open hand upward block, right open hand inward block, right spear hand strike.

Shift 90 degrees to the left (right leg moves) into left forward stance, left open hand downward block, right spear hand thrust, left spear hand thrust.

Look right to the 45 degree angle. Right open hand inward block, left rib cover.

Right side thrust kick, right open hand upward block, left chamber.

Right forward stance, left open hand inward block, right cover.

Left side thrust kick, left open hand upward block, right chamber. Left forward stance, right U-spear.

Pivot 180 degrees into left forward stance, left open hand downward block. Right spear hand thrust. Left spear hand thrust.

Left outward arc block. Right front snap kick. Left palm heel. Land in horse stance with a right elbow strike. Left hand is in chamber.

Shift right foot into horse stance facing the direction you started in, open hand upper cross block.

Return to set position.

Pinyon 7

Begin in set position.

Squatting position.

Left side-to-side punch. Right back fist block and left hook punch block on the right side.

Left back fist block and right hook punch block on the left side. Right side-to-side punch.

Left back fist block and right punch block on the left side. Right back fist block and left punch block on the right side. Left side-to-side punch.

Look right to fake. Step out left into left forward stance, left full twisting punch, look ahead.

Look left. Shift 90 degrees into left forward stance, left downward block. Right full twisting punch. Left full twisting punch.

Look left. Moving the right leg, shift into horse stance, wedge block.

Left cat stance, left palm heel block, right peacock block.

Horse stance, right palm heel block, left hand covers the face.

Left cat stance, left brush block, right spear hand strike, left cover.

Step into right forward stance with right shoto chop, left cover.

Advance to left forward stance with left shoto chop long. Right hand goes into chamber with the second chop.

Right football kick. Right leg returns to center but doesn't touch floor.

Pivot into left forward stance with right brush block, left back fist strike or block.

Step through into right forward stance, right bear claw.

Pull back into left cat stance with right figure-eight bearclaw.

Advance into left forward stance, left rising punch.

Right leg steps up into horse stance, back knuckle set position, right back knuckle strike to the right, left back knuckle strike to the left.

Chamber. Advance into right forward stance, double full twisting punch.

Shift right foot into horse stance facing the direction you started in, open hand upper cross block.

Return to set position.

Pinyon 8

Begin in set position.

Squatting position.

Right side thrust kick, right upward block. Right front thrust kick, left upward block. Right back thrust kick, right full twisting punch.

Shift 90 degrees stepping forward into horse stance with scroll block three.

Chamber left leg, left face cover. Left side thrust kick, left eye rake.

Look right. Step across the front into twisted horse stance, shield block to the right.

Step through into horse stance, scroll block two to the left.

Duck, stepping left foot across front into a low twisted horse stance, palms on floor, in front of the feet.

Right jumping front snap kick, land in forward stance with scroll block one.

Step up right side thrust kick and right back fist strike.

Turn 180 degrees and step forward into right forward stance with double downward punch. Break the grab by pulling arms into outward block position.

Left back thrust kick, hands stay up, advance to left forward stance as hands circle down and up around to head grab with double ear slaps.

Right knee strike stepping forward into horse stance with scroll block three to the left.

Shift through glass horse stance on the way to right roundhouse thrust kick (hands become right chamber and left face cover). Step down into left forward stance (facing the front), right palm heel strike, left downward block.

Right kempo kick. Step out into horse stance, left brush block, right outward block.

Left full twisting punch, right full twisting punch.
Upper cross block.

Return to set position.

Pinyon 9

Begin in set position.
Squatting position.

Evade back on a 45 degree angle into right cat stance, left outward block, right upward block.
Right hook punch.

Step out left into horse stance, left bottom fist.

Left foot pulls back into set.

Evade back on a 45 degree angle into left cat stance, right outward block, left upward block.
Left hook punch.

Step out into right horse stance, right bottom fist.

Draw up to right side thrust kick, right back fist.

Cross behind into twisted horse stance, unwinding into horse stance with right side-to-side punch.

Shift into left forward stance, lower cross block. Open hands, rotate clockwise as you pull back to right side of waist. Left figure-four.

Step forward into right forward stance, lower cross block. Open hands, rotate counter-clockwise as you pull back to left side of waist. Right figure-four.

Advance to left forward, circle arms into left face cover, right spear hand thrust.

Pull back into right classical cat stance, right upward block, left bottom fist.

Shift 90 degrees into horse stance, right inward block. Right front snap kick. Left full twisting punch. Left side-to-side punch. Right back fist, left hook punch.

Shift into left forward stance, right hook punch.

Right front snap kick. Step down into right forward stance, left full twisting punch.

Pull left foot into cat stance, pivoting 90 degrees to left with left side-to-side punch.

Step out into horse stance, right side-to-side punch.

Jumping crossover step to the left, left side-to-side punch.

Shift to right forward stance, right face cover, left spear hand thrust.

Pull back into left classical cat stance, left upward block, right bottom fist.

Shift 90 degrees into horse stance, left inward block. Left front snap kick. Right full twisting punch. Right side-to-side punch. Left back fist, right hook punch.

Shift into right forward stance, left hook punch.

Left front snap kick. Step down into left forward stance, right full twisting punch.

Left brush block, right upward block. Step back into right extended forward stance, left brush block, right outward block.

Right brush block, left upward block. Step back into left extended forward stance, right brush block, left outward block.

Step up into horse stance, open hand upper cross block.

Return to set position.

Pinyon Ten

Begin in set position.

Squatting position.

Left drop stance, left hand face cover, right vertical punch.

Left brush block, right vertical punch.

Right leg moves 90 degrees into horse stance, scroll block three to the left.

Left side thrust kick, left eye rake.

Cross in front into twisted horse stance, shield block.

Horse stance, scroll block two.

Pivot on left foot 180 degrees into horse stance, double forearm blocks.

Left peacock block, right palm heel block.

Right peacock block, left palm heel block.

Step into right forward stance, right hand circles the head, ear slap.

Left full twisting punch.

Look left, left foot shifts 270 degrees into left forward stance, left downward block.

Simultaneous figure-four, right front snap kick.

Step back into horse stance, right side-to-side punch.

Left side-to-side punch.

Jumping crossover step to right, right ridge hand to 45 degrees, then left knife hand to other 45 degrees.

Right forward stance on the 45 degree angle, right shoto chop, left cover.

Right leg evades a sweep by pulling back into cat stance, right forward stance, right kempo punch.

Pivot 135 degrees to the left, pulling into cat stance with chamber so you can step forward into left forward stance, left figure-four.

Right front snap kick to the right, step down in that direction into right forward stance, right figure-four, left jab and right back knuckle.

Look left, shift 270 degrees to left forward stance, left downward block, left figure-four.

Right front snap kick to the right, step down in that direction into right forward stance, right figure-four, left jab and right back knuckle.

Advance into horse stance on 45 degree angle to the left, scroll block two.

Advance into horse stance on 45 degree angle to the right, scroll block two.

Step back into left forward stance, right brush block, left upward block, right full twisting punch.

Step back into right forward stance, left brush block, right upward block, left full twisting punch.

Step forward into left forward stance on 45 degree angle, left kempo punch.

Step forward into right forward stance on 45 degree angle, right kempo punch.

Step back into horse stance, open hand upper cross block.

Return to set position.

Pinyon Eleven

Begin with hands at sides.

Salutation without stepping forward: Left brush block, right full twisting punch, hands circle overhead and then down to sides, then up above head, push down by ears till hands reach hips.

Double rising ridge hands. Double knife hands to the sides, both in sanchin slow breathing movement. Head and eyes follow right knife hand.

Left foot steps across into twisted horse stance, right inward block, left rib cover.

Step out into horse stance, right backhand slap, left chamber.

Shift into right forward stance, left elbow smash.

Pull back into left cat stance, left peacock block, right palm heel block. Right peacock block, left palm heel. Right front snap kick, left brush block, right spear hand strike.

Left foot shifts into horse stance, with a left extended ridge hand block and a right palm heel block. Right open hand upward block, left rib level palm heel block. Right side-to-side punch.

Jumping cross over step, left side-to-side punch.

Left downward punch with right outward block

Shift into left drop stance, left upward block, right downward block.

Shift back to horse stance, left extended inward block. Left front snap kick. Left bottom fist rake with bent wrist. Right front snap kick. Left extended inward block. Left back knuckle strike. Right upward block, left chamber.

Slow sanchin style: Hands out to 45 degree angles in bear claws (rt high, left low), circle clockwise.

Quickly draw hands in to shoulder and hip and strike to center and draw back to shoulder and hip.

Slow sanchin style again: Hands out to 45 degree angles in bear claws (left high, rt low), circle counterclockwise.

Quickly draw hands in to shoulder and hip and strike to center and draw back to shoulder and hip.

Left kempo punch to 45 degree angle on left, left backhand slap, right chamber (still in horse stance).

Shift into left forward stance, right elbow smash.

Pull back into right cat stance, right peacock block, left palm heel block.

Left peacock block, right palm heel block. Left front snap kick. Right brush block, left spear hand strike.

Right foot shifts into horse stance, right extended ridge hand block, left palm heel block. Left open handed upward block, right rib level palm heel block. Left side-to-side punch.

Jumping cross over step, right side-to-side punch.

Right downward punch left outward block

Shift into right drop stance, right upward block, left downward block.

Shift back to horse stance, right extended inward block. Right front snap kick. Right bottom fist rake with bent wrist. Left front snap kick. Right extended inward block. Right back knuckle strike. Left upward block, right chamber.

Slow sanchin style: Hands out to 45 degree angles in bear claws (left high, rt low), circle counterclockwise.

Quickly draw hands in to shoulder and hip and strike to center and draw back to shoulder and hip.

Slow sanchin style again: Hands out to 45 degree angles in bear claws (tt high, left low), circle clockwise.

Quickly draw hands in to shoulder and hip and strike to center and draw back to shoulder and hip.

Kempo punch to 45 degree angle to the right (still in horse stance).

Return to set position with same salute as in the beginning: Left brush block, right full twisting punch, hands circle overhead and return to sides, then up above head, push down by ears till hands reach hips.

Pinyon Twelve

Begin in set position.

Kempo stance with double downward blocks.

Shift left 90 degrees into forward stance, left downward block.

Step forward into forward stance, right full twisting punch.

Step forward into forward stance with simultaneous left peacock block to the front, right peacock strike to the rear.

Pivot 180 degrees into right forward stance, left brush block, right outward block.

Pull back into left cat stance, right back knuckle punch.

Step forward into left forward stance, left full twisting punch.

Pull back into right cat stance, left back knuckle punch.

Advance into left cat stance, right peacock block, left palm heel block.

Shift left 90 degrees into right cat stance, left peacock block, right palm heel block.

Step forward into left forward stance, left brush block, right full twisting punch.

Step into right forward stance, left brush block, right upward block.

Left front snap kick, right brush block, left upward block.

Right front snap kick, left brush block, right upward block.

Retreat into left forward stance, left downward block, right full twisting punch, left full twisting punch.

Shift right 90 degrees into left cat stance, left palm heel block.

Step forward into right forward stance, right full twisting punch.

Pull back into left cat stance, right back knuckle strike.

While moving into left forward stance, do left peacock, right palm heel block, then right peacock, left palm heel block, ending with simultaneous left open handed upward block to the front and right knife hand to the rear.

Shift right into left cat stance, left brush block, right back knuckle punch.

Pivot 180 degrees into horse stance, left brush block, right roundhouse punch.

Pivot 180 degrees into right forward stance with right brush block, left full twisting punch.

Pivot 180 degrees into horse stance, left scroll block three.

Pivot 180 degrees into horse stance (stepping across the front), right scroll block two.

Left scroll block two.

Right leg crosses behind into twisted horse stance. As you pivot 180 degrees into horse stance, right scroll block two.

Pivot 180 degrees into horse stance (stepping across the front), left scroll block two.

Pivot 180 degrees into left forward stance, left brush block, right shoto shop.

Step back into kempo stance with double downward blocks.

Return to set position.

Pinyon 13

Squatting position.

Return to set position (rt foot draws in), hands at waist, fingers pointing forwards.

Right drop stance to the right, set position, left drop stance to the left, set position.

Right horse stance to the right, set position, left horse stance to the left, set position.

Right horse stance to the front 45 degree angle on the right, set position, right horse stance to the back 45 degree angle on the right, set position.

Left horse stance to the front 45 degree angle on the left, set position, left horse stance to the back 45 degree angle on the left, set position.

Right horse stance to the front, set position, left horse stance to the front, set position.

Advancing:

Right forward stance with left brush block, right outward block.

Left forward stance with right brush block, left outward block.

Right forward stance with left brush block, right inward block.

Left forward stance with right brush block, left inward block.

Retreating:

Right forward stance with left brush block, right upward block.

Left forward stance with right brush block, left upward block.

Step up into horse stance with upper cross block.

Left brush block, right outward block, left front snap kick.

Right brush block, left outward block, right front snap kick.

Left brush block, right inward block, left front snap kick.

Right brush block, left inward block, right front snap kick.

Left brush block, right upward block, left front snap kick.

Right brush block, left upward block.

Step forward with rt foot turning 90 degrees to the left into horse stance with circling double forearm blocks.

Shift 180 degrees to the right (advancing left foot) into horse stance with circling double forearm blocks.

Retreat 180 degrees to the left (stepping behind with left foot) into horse stance with circling double forearm blocks.

Draw back to left cat with right peacock and left palm heel.

Step out to horse stance with upper cross block.

Return to set position.

Pinyon 14

Begin in set position.

Double palm heel strikes to the rear. Right back heel kick. Tipping forward, step through into right cat stance with double peacock strikes to the front, left on top, right under.

Draw back to the left 45 angle into left cat stance with double peacock strikes to the 45 degree angle off shoulders to right front and left rear.

Pull up into left crane stance, double peacock strikes in the front next to each other.

Step out into horse stance with double hook punches to the ribs.

Look left and turn into right cat stance with simultaneous left scroll block one, and right upward block. Left hanging elbow block. Circle through chamber into simultaneous left palm heel strike, right full twisting punch.

Look right. Turn 180 degrees into left cat stance with right scroll block one, and left upward block. Right hanging elbow block. Circle through chamber into simultaneous right palm heel strike, left full twisting punch.

Look left. Shift weight onto right foot with right brush to the front. Step out left (to front) with left back knuckle and land in left forward stance with right full twisting punch.

Left hand comes in, palm toward cheek. Shift 180 degrees into right forward stance with left knife hand block to your left side (the front).

Left low ridge hand block circles up into outward arc block as you shift 180 degrees into left drop stance with the right hand doing a circling bottom fist strike.

Shift 180 degrees into right forward stance with left full twisting punch off your left side. Left brush block, right upward block toward the front of your stance.

Left front snap kick. Step down into left forward stance with double peacock strikes to front (left hand) and back (right hand).

Shift 180 degrees into left glass horse stance (pivoting on left foot, right leg stepping forward) with left hooking peacock block, followed by right peacock wrist block. Come back through the center again with a right peacock wrist block. Open hand lower cross block, hands circle up over head to return to chamber.

Right front snap kick, advance into right forward stance double punch.

Draw left hand into palm toward face. Left knife hand strike to left side.

Shift 180 degrees into left forward stance with right palm heel strike.

Shift 180 degrees into right forward stance with left knife hand strike to left side.

Left ridge hand block to front then circles back around and through chamber into simultaneous left palm heel strike, right full twisting punch.

Right hand pulls back to chamber, left hand covers the face.

Left front snap kick. Step down with left as you do left shoto chop short and advance into right forward stance with right full twisting punch.

Pull back into left cat stance with right back knuckle strike, left back knuckle strike.

Shift 180 degrees into left forward stance with left downward block. Right hooking peacock, left hooking peacock, deflecting low kicks. Right bear claw to the groin, left bear claw to the face.

Step through into right forward stance with double peacock strikes front and rear.

Step through into left forward stance with double peacock strikes front and rear.

Shift your focus 45 degrees to the left and step through into horse stance, left hooking peacock block, right roundhouse punch, right elbow strike.

Left brush block, right outward block, left front snap kick, left full twisting punch.

Shift 180 degrees into horse stance with left brush, right inward block. Left peacock block, right palm heel block. Right peacock block, left palm heel block.

Step into right forward stance. Right hand circles the head, right ear slap.

Step through into left forward stance with left full twisting punch.

Look 45 degrees to the right. Simultaneous right side thrust kick, right eye rake. Step down into right forward stance (at 45 degree angle) with a left full twisting punch.

Shift 225 degrees into left forward stance, left downward block.

Left ear slap, right inside crescent kick thru the ear slap hand. Right elbow smash as you step down into horse stance circling into right elbow strike.

Shift 90 degrees to the left into horse stance, right upward block, left back knuckle strike (both to the front). Circling overhead into spring block off the left hip.

Cross behind into twisted horse stance, circle the hands above the head into spring block off the left hip again.

Right rib cover. Unwind into horse stance, left back hand slap. Right upward block, right back knuckle strike (both off the right side). Look left. Left spring block.

Draw back up to right crane stance, as hands circle overhead into double tiger claw claws down thru face.

Shift 90 degrees to the left into forward stance, left upward block, right hook punch, right back fist, left palm fist, left back fist, right palm fist, left brush block, simultaneous right back knuckle strike and right front snap kick.

Original ending

Place right foot down next to the left and step out 90 degrees to the left into left forward stance with upper cross block.

Advance into right forward with double full twisting punch.

Double elbow strikes to rear as you lean forward slightly and look to the left (front).

Double palm heel strikes to the rear as you lean forward more.

Salute with left brush as you shift into right cat stance (facing the front), right full twisting punch and step into left cat. Step forward with the right foot into set as hands circle and come into chamber and set.

Long ending created by Professor Bones for a tournament:

Place right foot down next to the left and step out 90 degrees to the left into left forward stance with right full twisting punch.

Drop and advance with 180 degree front sweep, then 180 degree rear sweep. Step up to wun hop drop stance, left back fist, right vertical punch. Right back fist, left hook.

Jump spinning right inside crescent kick with focus point 180 degrees to the rear.

Land on the right foot and cross behind with the left into twisted horse stance, right bottom fist, left open hand upward block.

Right rib cover. Unwind into horse stance, left back hand slap, rt chamber.

Step forward into right forward stance, double ear slaps.

Left knee strike with hands slapping through knees. Step forward into left forward stance with spring block.

Right side stomp kick, right open hand downward block.

Turn left 90 degrees into right cat stance with left peacock block and right palm heel block.

Left forward stance with double punch, double elbow strikes to the rear, double palm heel strikes to the rear.

Shift 90 degrees to the right into left cat stance, salute with left brush, rt punch.
Right foot steps back to pull you into set as hands circle and come to chamber.