



Part 1	Move	Correct
	Greeting	
	Down block and twist	
	Front block	
	Pull and hit neck	
	Grasp hand on shoulder	
	Grasp elbow and hit neck	
	Breath	
	Hold hands and twist	
	Breath	
	Catch arm neck and twist	
	Block right up	
	Grab and twist/ project	
	Position hand up and back	
	Lock elbows bilateral	
	Jump forward lock right hit left neck	
	Left on right hand, step back	
	Breath	
	Hands on head	
	Breath	



Part 2	Block hit st9	
	Lock elbow, grasp through	
	Pull head and twist	
	Breath	
	Grasp, shake and bend down	
	Hand chest, elbow over	
	Hand right shoulder, elbow over	
	Breath	
	Absorb kick	
	Hold leg, knee in sp11, kick ki10	
	Breath	
	Block, Fly and turn	
	Breath	
	Hold right, left knife arm, neck	
	Kick in testicles	
	Breath	
	Grasp chest, bend elbow to elbow	
	Breath	



<b>Part 3</b>	Block high, bend knee – left hand	
	Right hand on left shoulder	
	Bend with left elbow	
	Breath	
	Hold chest, down/ up, twist	
	Breath	
	Neck, elbow sp10	
	Hold/ lift leg, hit st12	
	Grasp hand, step back	
	Breath	
	Right hand on head, twist, press elbow	
	Block yin, double hold, hit neck	
	Rotate kick genitals	
	Breath	
	Hold, step back, press li11	
	Hold head, step back, press li11	
	Breath	
	Meet kick, elbow sp11	
	Press st12, kick behind right leg	
	Breath	
	Block, twist, elbow on left shoulder	
	Block, twist, control wrist	
	Breath	
	Greeting	