

EARTH AND SKY

- Formal Opening
- Roll to 12:00
- Do a low forward Sweep to face 6:00 followed by a Butterfly Kick ending up facing 6:00 (**Climbing the Stairs A**)
- Roll to 6:00, turn to face 12:00 and do a jump front to rear kick (**Falcon A**)
- Fall Backwards towards 6:00
- Stand up with your left foot forward and do a 360 low reverse sweep. You will be facing 12:00 (**Broom Sweeps D**)
- Roll to 12:00. Jump/Fall forward landing on forearms and do a rear thrust kick with your right leg (**Falling Monkey**)
- Push off with your right leg into a forward roll to to 12:00, turn, and do a jump front snap to side kick facing 6:00 (**The Hawk**)
- Roll to 6:00. Jump/fall landing on your right side with a left side kick cocked. Do a left side kick. Flip over onto your left shoulder and do a right side kick. (**Falling Rock**)
- Roll Backwards to a standing position. Forward 360 sweep (**Advancing Sweeps B**)
- Roll to 12:00. Fall landing on your right side, head at 12:00. (**Tibetan Knee**) with three scissors. Push off the last (left) stomp into a back shoulder roll.
- Stand up at attention facing 6:00 with the hands up. Fall flat and do a Right rear kick from the Ground. From kick cross feet while sitting facing 12:00.
- Stand up, turn to face 6:00 and do a right spin rear kick to 12:00. (**Ascending to Heaven B**)
- Roll to 6:00 do dual front snap kicks (**Flying Dragon**)
- Roll to 6:00 stay down and turn to face 12:00 on right knee and do **Crouching Tiger**. Take and adjustment step with right leg and do **Springing Limb**
- Roll to 12 do **Springing Rooster B**
- Formal Close