

LONG 3

Formal Opening

2 Headed Serpent and Reversing Grasp / AB / power to 12
attention hands chambered

2 Headed Serpent and Reversing Grasp / AB / weak to 12
horse hands down

shuffle to right / **Circling Elbows** / horse / **Reaching for the Moon** / power
horse hands down

shuffle to left / **Circling Elbows** / horse / **Reaching for the Moon** / weak
horse hands down

transition **2 Uppercuts** / **Chamber** / **X-Block Low** / **Open Hand Chamber**

Flashing Daggers 12 / power then weak

Bending the Limb 12 / power then weak

right foot steps back to horse facing 12

Wrap Arounds AA BB C D to 12

Crossing Talon 12 / weak then power

Crouching Falcon 7:30 4:30 / power then weak

Darting Serpent 10:30 1:30 / power then weak

Silk Wind 9 3 / power then weak

Full Nelson with **Heel Hook** to 12 set down into a square horse

left foot steps to 12 **Spreading the Leaves** / power then weak

Crossing the Lock 12 / weak then power

Left foot sweeps forward to 12 open hand universal block

Formal Close