

LONG 4

Formal Opening

Opening: Left foot steps to 10:30 windmill block left right knife-hands
Left spear and right front snap to 12:00
Right foot sets down into a square horse
Left reverse elbow right eye-strike over left shoulder
Right reverse elbow left eye-strike over right shoulder
Right spear high to 12:00 left hammer fist low to 6:00
Left vertical outward to left side – right hammer fist low to 6:00
Left snapping inward block to 12
Double vertical outwards to sides
Extend left claw and right uppercut
Circle claws to side as left foot pulls to attention

Right foot steps to 1:30 windmill block right left knife-hands
Right spear and left front snap to 12:00
Left foot sets down into a square horse
Right reverse elbow left eye-strike over right shoulder
Left reverse elbow right eye-strike over left shoulder
Left spear high to 12:00 right hammer fist low to 6:00
Right vertical outward to right side left hammer fist low to 6:00
Right snapping inward block to 12
Double vertical outwards to sides
Extend right claw and left uppercut

Praying Mantis - Power to 12:00
Weak to 12:00

Drums of Manchu – Weak to 12:00
Power to 12:00

Sowing the Seeds - Power to 12:00
Weak to 12:00

Transition: Right foot crosses in front of left right upward

Flashing Wings – Power to 12:00

Transition: left foot crosses in front of right left upward

Flashing Wings –Weak to 12:00

Parting the Waves –Power to 9:00
Weak to 3:00

Set left scoop behind right to 7:30 into a square horse

Winding Limbs – Power to 7:30

Transition left hand chambered right on top / left foot crosses over right to 1:30

Right foot steps out to 1:30 into a square horse

Winding Limbs – Weak to 1:30

Brushing Wind – Power from 10:30 to 4:30

Weak from 10:30 to 4:30

Transition left foot steps CW to 9

Thundering Hammers – Power to 9

Weak to 3

Checking the Tide – Power to 6

Weak to 6

Transition: Right steps to 6 3 universal blocks

Left steps to 6 3 universal blocks

Crossing the Mountain – Power to 6

Weak to 6 / Set into a square horse

Whirling Leaves – Power to 9

Weak to 3

Transition: Right upward left side hammer fist

Left upward right side hammer fist

Right upward left side hammer fist

Right inward 3 eye rakes hook out to chamber

Left inward 3 eye raked hook out to chamber

Two 2 finger spear 3 claws

Sweeping Wings – Power to 6

Weak to 6

Kneeling Tiger – Power to 6

Weak to 6

Right foot steps up to a cat stance past left to 6 right foot steps back into a square horse facing 6

The Lotus – power to 9

Right crosses over left to 3 left steps up to 6 into a cat stance left steps back into a square horse facing 6

The Lotus – Weak to 4:30 land at 10:30

Attacking the Wall – Power to 12

Right kick from power side spins 360' to end up at 1:30

Attacking the Wall – Weak to 12

7 Swords – Power to 12

Weak to 12

Reversing Hammers – Power to 1:30

Weak to 10:30

Closing: Left crosses over right to 6 as both hands chamber
right foot steps to 6 into a horse left pulls to right at attention left
steps to 9 into a square horse