

Long # 5

Spinning Hammers - Power to 7:30 to 1:30

Spinning Hammers – Weak side on 4:30 to 10:30 line right parry to 6 / transition turn to face 12 as you do a left parry to 12 right drops by right side

Dance of Death – (A) Power to side to 12 / transition right foot crosses to 10:30 both hands chambered left foot steps behind right to 12 as you do a left parry to 12 turn to face 6 / right parry left drops by side

Dance of Death – (A) Weak side to 6 / transition left crosses over right to 9 as you do a right deflection block to 9 left is chambered

Leap of Death – Power side to 9 / transition right crosses over left to 9 left foot steps to 9 as you do a left deflection block to 3

Leap of Death – Weak side to 3 / transition left crosses over right to 3 / right steps to 3 into a square horse facing 12 / left behind right to 3 / turn to horse you are facing 6

Eagle Claw – Power side to 4:30 transition right foot pulls in over left are facing 12 left steps into a square horse to 9 you are facing 12 / right behind left to / turn into a square horse facing 6

Eagle Claw– Weak side to 7:30 / transition turn left foot to face to face 12 as you stand up and chamber / you are facing 12

Foot Rake – Power side to 12 / transition right foot crosses over the left to 10:30 both hands are chambered left steps to 12

Foot Rake – Weak side to 12 / transition left foot crosses over right heel-toe relationship turn to face 6 left parry / right cat stance

Sleeper – (B) – Power side to 6 / right foot sets back as left sets forward do a right ridge hand / finish sleeper to 6 / transition right foot steps back to 6 left foot pulls to a cat stance / right parry

Sleeper-(B) – Weak side to 12 left knee lifts / left foot sets back as right foot sets forward do a left ridge hand / finish sleeper to 12

Startled Cat – (B)- Power side to 6 / left pulls in step back out to 6

Startled Cat (B) – Weak side to 12 / right scoop kick should land at 3 behind left foot face 12 in a square horse

Manchurian Takedown – Power side to 9 / after stomp turn back to face 12 in a square horse

Manchurian Takedown – Weak side to 3 / transition turn to face 12 right cat left parry set right cat down left foot steps to 12

Shaolin Warrior (C) – Power side to 12 / transition turn to face 6:00 left pulls to a cat stance right parry set left foot down step with right

Shaolin Warrior (C) – Weak side to 6 / right crosses over left as you turn to face 12

Springing Tiger – Power side to 12 / left crosses over right to face 12

Springing Tiger – Weak side to 12 / right foot crosses over left to 6 / left foot steps to 6 into a square horse / you are facing 9 / right pulls to left at attention you are still facing 9 right steps to 3 in a square horse

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