

LONG 7

Formal Opening

Opening: From attention step forward with right foot into a cat stance, right hand apple picks as you position left hand in front of elbow (fingers pointing to 3:00), claw as you set your right foot flat. Repeat this for a total of six times alternating between right and left, the sixth claw should be done with the left side. Step up with right foot even with left on the seventh apple pick/claw, both hands claw simultaneously

WINDING ELBOWS (E) (#19 1ST BLACK)-Power to 10:30/Weak to 1:30

CIRCLE OF GLASS (#11 2ND BROWN)-Power to 12:00/Weak to 6:00

Turn to a square horse facing 3:00

CLAWING PANTHER (#24 3RD BROWN)-Power to 3:00 (add kick)/Weak to 9:00 (add kick)

After kick set foot down to 12:00

THE PHEONIX (#29 3RD BROWN)-Weak to 7:30/Power to 10:30

After Knife-Edge set foot down to 10:30

REVERSING WIND (#18 1ST BROWN)-Power to 9:00/Weak to 3:00

Left foot crosses behind the right, turn to face 9:00

SPINNING LOG (C) (#8 1ST BLACK)-Power to 9:00/Weak to 3:00

Set in a square horse facing 6:00

THE PYTHON (#23 1ST BLACK)-Power to 9:00/Weak to 3:00

WATERFALL (#26 2ND BROWN)-Power to 4:30/Weak to 7:30

WATERWHEEL (#13 2ND BROWN)-Power to 3:/Weak to 9:00

Step in with the left foot to 7:30

ADVANCING HAMMERS (#8 1ST BROWN)-Power to 7:30

Step behind with right foot to 1:30

ADVANCING HAMMERS (#8 1ST BROWN)-Weak to 1:30

TWISTING SERPENT (#20 1ST BLACK)-Power to 9:00

Step with left foot CCW to 3:00 after flip kick, set into a square horse facing 12:00, right hand chambered, set foot down to 1:30

TWISTING SERPENT (#20 1ST BLACK)-Weak to 3:00

DIVING HAWK (#8 1ST BROWN)-Power to 1:30/Weak to 10:30

PLUCK A BIRD FROM THE SKY (#5 2ND BROWN)-Power to 10:30/Weak to 1:30

DANCE OF THE DRAGON (#15 1ST BLACK)-Power to 6:00/Weak to 12:00

Pivot CW on left foot to face 4:30 pulling right foot into cat simultaneously chambering right hand with left hand positioned on top of right hand in a fist

FALLING HAMMERS (#16 1ST BLACK)-Power to 4:30

Pivot CCW on right foot to face 7:30 pulling left foot into a cat simultaneously chambering left hand with the right hand positioned on top of left in a fist

FALLING HAMMERS (#16 1ST BLACK)-Weak to 7:30

THE SCORPION (#26 1ST BLACK)-Power to 12:00 / Weak to 12:00

Informal Close