

Mass Attack

Opening: Start at attention feet together – hands chambered – left outside crescent kick setting into a horse – right outside crescent kick setting into a horse – bring both hands to the center of the body backs of the hands are touching – raise hands straight up and circle to the sides as left foot pulls to right foot back to attention

Flowing Hands - Step with right foot to 2:30 chop with right to 3 – right cross steps with the left foot to 10:30 in a square horse – right eye strike with palm down – chop with the left to 7:30. Step with the left foot behind right foot to 10:30 in a fighting horse facing 4:30 – right inward block to 4:30 - chicken kick (right left) to 4:30 – land with left leg forward – upward body stays the same

Whirling Blades (A) – Drop right hand straight down by the right side of the body, cock your left hand – double block to 4:30 (left inward right extended outward) – open left foot – step through to 4:30 with the right foot as you knuckle rake to 4:30 left hand covers – turn and chop with the left hand to 6 cover your face with the right facing 12 - cock the right inward as you cover with the left hand – right inward block and right front snap kick to 12 – double chop to 12 – right vertical elbow and right claw – end in a horse stance facing 9 with both hands chambered

Thrusting Limb (A) – Front snap with right foot – recoil and then front thrust to 9 – set right foot down to 7:30 – turn to face 3 – left downward block to 3 – left vertical outward right front snap and a right (side fist) to 3 – set right foot down heel toe relationship

Crossing Hammers (A) – Double vertical outwards facing each other you are facing 12 – right overhand back fist to 9 as your left hand sets up underneath the right arm and turn to a hard bow stance facing 9 – chop with the left hand to 9 as you chamber the right hand and turn back to 12 – extended bow as you throw a right side fist left hand chambers you will turn to face 9

2 Man swinging Gate (A) – Left hand pins – step back with left foot as you do a right rising strike to elbows – step left foot CCW to 12 you will be facing 3 – throw a right back fist to 9 solarplex level – right hand circles to sweep forward to 3 ending up cocked to your left ear – right front snap to 3 as you do a right chop to 9 throat level

Attack from the Temple (B) – set forward to 3 low right vertical elbow left hand covers – step CCW to 6 with the left foot into a square horse – right hammer fist to 3 you will be facing 9 left hand will cover

Sweeping Branches – Step back with your right foot to 3 and circle the arms over wrapping both of the opponent's arms. Step up to 9 with the right foot as you break the shoulders – two back fists, circle arms to strike the legs as your right foot comes back to left at attention – step back to 3 with the right foot as you do the final circle to grab both legs – lift the arms to throw (claws should end shoulder level on both sides)

Knee Sweep – Left foot steps back to square horse facing 9 – drop both hands down to each side (closed fist) – right crosses behind left to 6 as you bend left elbow to anchor – right knife edge to 12 as right hand chambers – right crosses over the left foot to 7:30 – lift left knee to 7:30 – side thrust knife edge to 7:30 – set foot down into a horse facing 10:30 and drop both hands (closed fist)

Kung Fu Wrist – Cross the right foot behind the left to 7:30 as you bend left elbow to anchor – front snap to 1:30 as right hand chambers – set right foot down to 9 facing 6 – right forearm bending opponent over the knee – right elbow to the temple and the spine

Stone Warrior – Step CW with left foot to 9 facing 12 – double vertical outwards – double uppercuts – right claw high to 9 as left claw strikes low to 3 – left claw high to 3 as right claw strikes low to 9 – return horse – chamber both hands circle arms as you pull left into attention.

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