

Panther Set

Formal Opening

Left Rising Block – Left Smother Block – Left to Side – 4 Push

Right Rising Block – Right Smother Block – Right to Side – 4 Push

Left Traditional Punch – Chamber as right hand extends – circle right hand CW to a chamber

Horse Stance – Heel to Heel

Open hands blocks - downward palm up - upwards- inwards left over right-outwards clear to

Open Chamber fingers down

Turn hands over 3 push stop on 3rd double claws double vertical elbows double claws down to a high chamber

Cross left over right hands closed open to sides look left push left

Cross right over left hands closed open to sides look right push right

Cross left over right hands closed open to sides look left push left

Left foot slides back turn to face 9:00 left vertical outward right traditional punch

Open left foot 45 right foot steps up 45 into a square horse right vertical outward left traditional punch

Open right foot 45 left foot steps up 45 into a square horse left vertical outward right traditional punch

Right foot steps behind turn to face 3:00 right vertical outward left traditional punch

Open right foot 45 left steps up 45 into a square horse turn to face 3:00 left vertical outward

Right Traditional Punch

Open left foot 45 right foot steps up to 45 into a square horse turn to face 3:00 right vertical outward left traditional punch

Right foot steps into a square horse even with the left foot you will be facing 12:00 right traditional punch

Left foot steps up into a square side horse left side fist

Right up to a square horse right traditional punch

Left up to side horse left side fist

Right up to square horse right traditional punch

Right back to side horse left side fist

Left back to square horse right traditional punch

Right back to side horse left side fist

Left back to square horse right traditional punch

Right steps up CCW to 12:00 into a side horse right uppercut left palm heel

Left steps up into a square horse right push

Right steps up CCW to 12:00 into a side horse right uppercut left palm heel

Right steps back CW to a square horse right push

Left steps back CCW to a side horse right uppercut left palm heel

Right steps back CW to a square horse right push

Left foot steps up right hard bow right knife hand ridge hand shoulder level

Left upward block right uppercut

Right steps up to 12:00 right upward left uppercut

Left steps up to 12:00 left upward block right uppercut

Left steps back to 6:00 left smother

Right steps back to 6:00 right smother

Left steps back to 6:00 left smother

Right foot steps back to a square horse even with the left you are still facing 12:00 right soft

Bow right hammer fist left covers

Left soft bow left hammer fist right hand covers

Left soft steps CW to 12:00 in a side horse right hand chambers left hand on top of right

Left back fist CCW right sweeps CCW as right fore knuckles rakes through CCW right foot lands

Behind left to 6:00 double back fist down toward 12:00

Spin CCW as you do another Chinese swing end up facing 12:00

Left closed hand smothers down CW to hook as right hand chambers

Right foot steps up to 12:00 right traditional punch to 12:00 left hand chambers

Left right left traditional punch

Right traditional punch as your right foot steps back to a square horse

Double claws to the right 3:00 (left hand will be on top)

Double claws to the left 9:00 (right hand will be on top)

Butterfly strike cocks to left chamber as right foot steps to 1:30 into a square horse hard bow as you extend butterfly strike to 1:30 left hand on top

Butterfly strike cocks to right chamber as left foot steps to 10:30 into a square horse hard bow as you extend butterfly strike to 10:30 right hand on top

Turn to face 1:30 left claw CW in a square horse facing 1:30

Right claw CCW grab as you pull into right cat stance left claw straight to 1:30 left elbow sets on right palm

Right foot steps CCW to a square side horse to 12:00 right elbow sandwich

Right foot steps over left to 6:00 as you do double back fist down toward 12:00 left foot stomps to 6:00 close to right foot both hands chamber you are facing 9:00

Turn to face 12:00 right front snap to 12:00 left traditional punch to 12:00 set right foot sets at attention next to left foot you are facing 12:00

Left foot steps to 12:00 right traditional punch to 12:00

4 corners – right foot steps to 1:30 right upward block left side fist

Left foot steps to 10:30 left upward block right side fist

Right foot steps behind left CW to 7:30 right upward block left side fist

Left steps to 4:30 left upward block right side fist

Right foot steps up to 6:00 in a square side horse you will be facing 3:00 cross closed hands left on top

Left steps behind right to 6:00 double back fist down to each side shoulder level

Turn to face 9:00 right downward left upward

Turn to face 12:00 right upward left uppercut

Left foot steps to 12:00 left upward block right uppercut

Right steps to 12:00 right upward block left uppercut

Right closed smother left closed smother

Right foot steps back to 6:00 right traditional punch

Left foot steps back to 6:00 left traditional punch

Right foot steps back to 6:00 right traditional punch

Right foot pulls to left into a cart stance

Right steps to 3:00 right rolling back fist left traditional punch to 3:00

Left steps to 3:00 left rolling back fist right traditional punch to 3:00

Right steps to 3:00 right rolling back fist left traditional punch to 3:00

Left foot steps behind right turn to face 9:00 Chinese swing left right

Right steps to 9:00 Chinese swing right left

Left steps to 9:00 Chinese swing left right

Left steps even with right into a square horse

3 universal blocks left foot sweeps forward to 12:00 on third one

Formal Close