

## SHORT 3

Start at attention - Informal opening

1. 2 headed serpent

Right foot returns to attention – two punches down – 2 two finger eye strikes

2. Circling Elbows

3. Opening Cowl (weak side) – right foot crosses behind left, right outward punch to 3:00

4. Crash of the Eagle Part II, Variation H – 1:30

5. Crossing Talon, Variation C – Left hand grabs wrists as you turn into a horse 45' circle arm, step to 6:00

6. Full Nelson - Double elbows down, double hammer fist

7. Heel Hook – Right heel, right knife edge, step forward to 9:00

8. Bridging the Gap - 9:00

9. Headlock - left steps to 10:30

Return to horse, hands chambered

10. Locking Arm – left foot to 4:30, left elbow to 4:30, circle left arm CCW, breaks arm to 10:30, right steps behind left to 4:30, lock left arm to 4:30, turn to face 10:30, double hammer fist, right knee

Left steps to 10:30

11. Shackle Break – Variation B and C - start at 10:30, end facing 4:30

12. Silk Wind – 10:30

13. Advancing Phoenix - Variation B 12:00

14. Front Bear hug, C then A – 12:00

Right steps up into a square horse, close