

## Crane

Turn to face 9:00 right push block down to 9:00 then turn to face 3:00 left push block down to 3:00 raise left one finger knife hand shoulder level to 3:00 while you continue to look towards 3:00 left one finger knife hand moves CCW to 12:00 shoulder level / turn to face 12:00 right rising back fist as you step up with the left foot to 12:00 right upward left uppercut followed by a left upward right uppercut step in with the right foot into an extended cat right crane beak block left crane beak strike/ right block as you switch to a left cat bring left foot back in even with right foot/raise right knee crane beaks should be extended out / right to 3:00 / left to 9:00 while still in a crane stance right block left strike / right block left strike as you set foot down to 12:00 / right block still as you turn to face 9:00 left outward right middle knuckle cross right foot behind left foot right outward left middle knuckle circle hands CW grab punch 9:00 pull to 3:00 as you cross step in front to 9:00 come to attention with the hands chambered facing 12:00

Step out with the right foot to 3:00 in a horse stance “U” punch to 9:00 right foot turned right upward left uppercut / left upward right uppercut cross left hand on top of the right as you cross your left foot over the right to 1:30 with the hands still crossed turn to attention to face 9:00 step with left foot to 6:30 / double back fist circle left arm CW raising the hand with one finger up to 3:00 / extend arm to 12:00 step with the left foot to 12:00 right rising punch / right foot to 12:00 left rising punch left upward right uppercut / step right upward left uppercut / step left upward right uppercut / right punch to 9:00 as you turn to face 9:00 / open hand clears past right hip right front snap followed by a side snap knife edge left cat as you set your right foot down / cock butterfly strike on left side right hand on top step in to 9:00 with the left foot butterfly strike to 9:00 switch to the right side rechamber then extend with another butterfly strike left hand on top cross with right foot behind the left to 6:00 chamber hands as you do so turn to face 3:00 left punch to 3:00 / open hand clears past left hip left front snap followed by a side snap / right car as you set your left foot down / cock butterfly strike on the right side left hand on top / step in to 3:00 with the right foot butterfly strike to 3:00 switch to the left side rechamber then extend with another butterfly strike right hand on top pull punch from 4:30 to 10:30 / pull punch from 10:30 to 4:30 circle arms CW grab and pull again from 10:30 to 4:30 as you pull cross right foot over the left to 10:30/ step out with the left foot to 10:30 into a

horse stance cross hands over the chest left on top of right you should be facing 1:30 right crane beak to 10:30 left crane beak to 1:30 right foot steps to 12:00 right crane beak to 12:00 turn to face 9:00 right crane beak to 9:00/left palm heel to 9:00; step with the right foot to 9:00 in a horse facing 6:00 right palm heel left hammer fist to 3:00;step in with the right foot to 3:00 right palm heel to 3:00 step with the left foot to 6:00 into a horse chamber the hands/ three turns on the fourth drop to right hammer fist (you will be facing 9:00) right outward (palm up) left palm heel (fingers pointing to 9:00) right front snap kick to 12:00 set forward chamber the hands/ three jump kicks to 12:00 on the third set facing 9:00 right elbow sandwich to 12:00 right downward to 12:00 you are still facing 3:00/ four half fists to 12:00 starting with the left hand; circle arms CW pull punch from 6:00 as you pull punch cross right foot over the left to 6:00 extend both arms to the sides make a crane beak with each hand; four turns/ on the fourth turn drop to the right knee with a right hammer fist left hand covers you will be facing 9:00/ step with the right foot behind the left foot to 9:00; 180\* turn CW to face 9:00/ step with the left foot right upward left uppercut turn CE 180\* so that you are facing 3:00 stay low left smother right hand chambers left upward right uppercut/cross left foot over the right to 4:30 right smother chamber the left hand right upward left uppercut/ stay to 10:30 in a horse chamber both hands you will be facing 1:30/ circle arms CE pull punch from 10:30 to 4:30 as you cross right foot over left/ come to attention still facing 1:30;step with the right foot in to 1:30 butterfly strike left on top / turn CCW to 4:30 drop low step to 4:30 butterfly strike right on top/cross left foot over the right / extend knife hands out to each side you are facing 1:30/ chamber both hands as you front snap kick to 12:00/ set forward with the right foot to 12:00 double spear hands/ pull in as you bring your right foot to a cat/ inward while you set your right foot down to attention/ step out with the left foot to 9:00 extend left knife hand out right hand chambers/circle arm CW bringing it up to 3:00 one finger up/extend arm to 12:00 step in with the left foot to 12:00/ right rising back fist/ step with the right foot left rising back fist to 12:00 / step CCW with the left foot to 10:30 universal block (open hands) on second universal close.