

HAND STRIKES

Section A

(Horse Stance)

Reverse Punch
Vertical Punch
Upset Punch
Hammerfist Strike
Reverse Hammerfist Strike
Back Fist Strike
Bear Paw Strike

Section B

(Lunge Stance)

Roundhouse Punch
Hook Punch
Phoenix Eye Strike
Dragon Head Punch
1 Finger Strike
2 Finger Strike
Leopard Paw

Section C

(Lunge and Leg Lift)

4 Finger Strike
Spear Hand Strike
Vertical Spear Hand Strike
Upset Spear Hand Strike
Ridge Hand Strike
Knife Hand Strike

Section D

(Sickle Lunge)

Palm Slap
Back Hand Strike
Palm Strike
Palm Heel Strike
Dragon Claw
Tiger Mouth
Twin Dragon

Section E

(Sickle Cat)

Twin Dragon
Eagle Claw
Crane Wing
Crane Beak
Ox Jaw
Fore Arm Strike

Section F

(Changing Horse)

Twin Dragon
Eagle Claw
Crane Wing
Crane Beak
Ox Jaw
Fore Arm Strike