

# Lou Tien

(Descent from Heaven)

~Shao-Lin Bird~

*Bow*

*R hand fist over L hand open in front of face (Shaolin salute)*

*Hands open and down, Hands open then up, hands open then down*

*Hands cross R foot steps back, "Spread the Wing" in Yiefe stance*

*Pull L foot into "barley tap stance" w/fist on waist (thumb/palm up)*

*Step to L bow stance "spread the Feather"*

*Step to R bow circle and strike w/fingers (R on top)*

*Step to L bow circle and strike w/fingers (L on top)*

*R step up and back (turning 90 L) circle and strike (R on top)*

*R foot step to R bow circle and strike w/fingers (L on top)*

*Hands cross R foot steps back, "Spread the Wing" in Yiefe stance*

*Step back to "Barely Tap Stance" (L foot forward)*

*Step to L bow circle and strike w/fingers (L on top)*

*Step to R bow elbow w/R, extend fingers to eyes at 45*

*Circle cut-step back w/R foot down to monkey stance (L beak, R up)*

*Step to L bow stance w/hands in check position*

*Step to L bow and strike w/both hands (palms down, over top each other)*

*Step to R bow circle and strike w/fingers (R on top)*

*R foot step back-R hand to side-swing to "Barley Tap Stance"*

*Step to R bow elbow w/R, extend fingers to eyes at 45*

*Circle cut-step back w/R foot down to monkey stance (L beak, R up)*

*Step to L bow L hand punch up at 45, punch R then punch L (all 45)*

*Jump and double kick (R then L) land in L bow, double punch 45*

*Turn R foot forward, R hand swings down and up on turn (L down)*

*Step to L bow, both hands circle and press down*

*L foot step to R bow, circle both hands in "Bird's Beak"*

*Step forward to L bow and "Spread the Feather"*

*Circle hands and triple, block and chop*

*R hand over L, pull and hit 90 (L leg up-R strike L hand beak)*

*Turn L 90 to l bow-L hand up in beak*

*Turn 180 to L cat-R hand up in beak, L hand down in beak*

*Step to R bow, R hand block and chop*

*Step back to "Barely Tap Stance" (L foot forward)*

*"Clip w/R head block" trap/step w/R foot, front kick L foot*

*Step thru w/R foot, block and chop R hand*

*Turn, pull back to "Barely Tap Stance"*

*Step to R bow elbow w/R, extend fingers to the eyes at 45*

*L hand chop R wrist-both hands circle to R side, standing up*

*Bow*

## Chan Ie

(Spreading the Feather)

Swallow

~Shao-Lin Bird~

*Bow*

*R fist chambered, L palm up on R fist*

*Cross both hands up, push down, roll fingers up-hands up, push down*

*Jump L to L bow stance, circle and thrust fingers*

*Jump R to R bow stance, circle and thrust fingers*

*Jump backwards (45 to R), circle and thrust fingers*

*Jump L to L bow stance, circle and thrust fingers*

*L foot steps back, "Spread the Wing" in Yiefe stance*

*R foot back to "Barley Tap Stance" w/L foot in front*

*Clip step w/R and kick w/L*

*Step to R bow, block and chop w/R hand*

*Clip step w/L and kick w/R*

*Step to L bow, block and chop w/L hand*

*Turn 180 to R bow,*

*Step L then R, Jump! Turning in air to land in low Monkey stance*

*R foot step forward to bow stance R hand finger block*

*R foot step back L hand finger block, bring knee up between hands*

*Jump to horse stance and double cross punch when land*

*Step to L bow and double cross punch*

*Step to R bow and double straight punch (at 45)*

*R foot cross step L and cut, ½ of → clip then step*

*Turn to "Spread the Wing" in Yiefe stance*

*R foot cross step L and cut, turn, clip then step and kick w/L foot*

*R foot back to "Barely Tap Stance" w/L foot in front*

*R foot forward to bow stance – both hands – "Spread the Feathers"*

*R foot back to bow stance – circle the hands*

*L fingers up on R fist – pull to “Barely Tap Stance”, hands up then down*  
*Bow*

## Yen Hé

(Performing Dove)

~Shao-Lin Bird~

*Bow*

*R Fist Chambered, L palm fingers up on R fist*

*Cross both hands up, push down, roll fingers up – hands up, push down*

*R foot step L to R bow stance, hold the ball w/R hand on top*

*Circle hands clockwise, R hand at 12 L hand at 6*

*R foot in standing up, R hand at 3, L hand at 9*

*R foot step back to L bow, R hand at 6, L hand at 12*

*Now circle R hand on top and L hand just out to the side on bottom*

*Turn to R bow stance, hold the ball L hand on top*

*Circle hands counter-clockwise, L hand at 12 R hand at 6*

*L foot in standing up, L hand at 3, R hand at 9*

*L foot step back to R bow, L hand at 6, R hand at 12*

*Now circle L hand on top and R hand just out to the side on bottom*

*Switch weight to L bow stance, grab w/both hands*

*Pull and knee w/R knee set down to R bow stance*

*Elbow w/R then extend fingers to the eyes at 45*

*R foot back to “Barely Tap Stance” w/L foot in front*

*Clip, step and Kick w/L foot, step to R bow, bock + chop w/R hand*

*Turn, pull to “Barely Tap Stance” w/L foot forward*

*Step to R bow – 1<sup>st</sup> thrust to throat – 2<sup>nd</sup> thrust to eyes*

*R foot step back to side, “Spread the Wing” in Yiefe stance*

*Turn to R bow, circle and press w/both hands*

*Step to L bow – chop w/L hand*

*Step to R bow – Chop w/R hand then chop w/L hand*

*R foot step back to “Spread the Wing” in Yiefe stance*

*Turn to R bow, circle and press w/both hands*

*Step to L bow – chop w/L hand*

Step to R bow – Chop w/R hand then chop w/L hand  
Switch to L reverse bow, block/grab/break then “Phoenix Eye”  
Turn to “Barely Tap Stance” w/L foot in front  
Step to R bow and block down, L fist at waist  
L hand block down w/R head block, front kick set down in bow stance  
Turn, block w/L forearm, R hand at waist  
Step back to L bow, forearm block again w/L  
Step to R bow, elbow w/R, extend fingers to the eyes at 45  
R foot back to standing up, raise R hand up in air  
R arm circles at the shoulder 1x clockwise then,  
Slam R fist to floor in reverse L bow  
R foot turns 90 to R  
R foot out to reverse bow, R hand knee block, L hand head block  
R foot front kick (don't set down) turn 180 to R bow  
Elbow w/R, extend fingers to the eyes at 45  
Turn 180, R foot cross step in front of L, clip/step and kick w/L  
R foot cross step in front of L  
Step w/L foot, jump spin in air and land in Monkey Stance  
Up to L bow stance, grab w/ hand  
Step to R bow, elbow w/R, extend fingers to the eyes at 45, grab  
Step to L bow, elbow w/L, extend fingers to the eyes at 45  
Pull to “Barely Tap Stance”  
Step to R bow, w/R, extend fingers to the eyes at 45  
Left fingers up on R fist – pull to “Barely Tap Stance” R foot forward  
Left fingers up on R fist – pull to “Barely Tap Stance” L foot forward  
Stand, Hands up, then down  
Bow

# Tai Che Chien

(Sai Form)

*Bow*

*Salute chop L – Salute chop R*

*Strike down R bow w/head block, turn*

*Block out both hands in L bow, turn (dip R hand)*

*Strike down R bow w/head block, turn*

*Step to R cat stance and block over R knee w/L head block*

*Step to L cat stance and block over L knee w/R head block*

*Step to L bow stance, twist and block w/both hands*

*Punch L then R, fold R hand in flip out Sai and thrust*

*Step to R cat stance and block over R knee w/L head block*

*R foot step to bow block w/R Sai up at 45*

*Punch L then stab w/R, turn to L bow*

*Cross up block w/R Sai over L*

*Turn, R Sai swings down and stabs up – L Sai punches ground*

*L Sai blocks back (without looking), turn to L bow – R Sai Stabs*

*R foot slide back (standing up) L Sai up – R down*

*R foot step L to bow stance, R Sai block L knee*

*R foot cross step L, swing both hands clockwise pointing to R*

*Jump L and turn into L bow stance, punch L, stab R then fold Sai in*

*R foot slide into monkey stance, Sai strike down monkey stance*

*Step to R bow, block up, turn to L bow, block up*

*R foot slide into monkey stance, Sai strike down monkey stance*

*Step to R bow, R Sai block to side (w/elbow bent-Sai up)*

*Jumping turning R 90 into L bow, strike w/L Sai*

*Jump to L side into R bow, L Sai flip at waist and thrust*

*Step to R cat stance and block over R knee w/R Sai up at 45*

*Jump turning L 90 L Sai strike out, step forward to R bow and thrust*

*R step back to standing (Sai-R over L), sidekick L then sidekick R*

*Step to 45 to bow, smack down w/R Sai, and strike w/L, stab w/R Sai*

*Fold Sai back into R hand*

*Circle up (R in front), R foot step back to L bow*

*Circle up (L in front)*

*Bow*

## Se Pa Kau

*(All thrusts have head blocks, no thrusts on turns)*

*Bow (staff in R hand thumb side down)*

*Kick out w/R, step to L bow stance and strike down 2 x (L hand up)*

*R step to bow stance 90 LA block*

*Reverse bow stance, circle staff under L arm, CHA thrust*

*Point staff up*

*Jump to L bow stance, strike down, CHA thrust*

*L foot steps R to L bow stance, LA block*

*R foot step back to L bow stance, circle under L arm, CHA thrust*

*Point staff up*

*Jump to L bow stance, strike down, CHA stance*

*L hand grabs top of staff, R step slide hand up strike chin*

*L step to bow stance and strike down then CHA thrust*

*R foot step over L LA block, L step NA block, CHA thrust*

*R foot step over L LA block, L step NA block, CHA thrust*

*R foot step over L LA block, R step to bow NA block, CHA thrust*

*R hand bring staff over head to L hand catch/hit down in reverse bow*

*Block over R knee, CHA thrust to L (center of body – L bow)*

*Block back to R bow, stab staff down, L foot step around bow*

*Pull over L shoulder and strike down, CHA thrust*

*Fold under L arm – step w/R foot*

*Fold under L arm – step w/L foot*

*Circle and strike down, CHA thrust*

*Swing staff over head and hit the ground, jump and turn*

*Pick staff up off of bounce and strike down, CHA thrust*

*Swing/strike staff over right shoulder (hit someone behind you)*

*Step-turn-circle staff to CHA thrust*

*L foot step L horse, fold staff in over R arm, CHA thrust to R bow*

*Point staff up*

*Jump to L bow stance, strike down and fold under R arm*

*Jump and turn circle strike down to L bow, CHA thrust*

*Stand on Leg-R leg up, fold bow in over R arm*

*Set down in R horse stance, CHA thrust*

*Point staff up*

*Jump to L bow stance, strike down, CHA thrust*

*Fold under R arm-step w/R foot*

*Fold under L arm-step w/R foot to horse stance, CHA thrust*

*Point staff up*

*Jump to L bow stance, strike down and fold under arm*

*Jump and turn circle strike down to L bow stance*

*Pull to R cat stance w/LA block*

*Circle bow and set down w/L hand (w/thumb side up) R hand salute chop*

*Bow*