

Hand Technique # 1

Start from Junbi

- 1 move left foot to horse stance, left hand flat punch
- 2 right hand flat punch
- 3 left hand neck attack
- 4 right hand neck attack
- 5 left hand tiger mouth
- 6 right hand tiger mouth
- 7 left hand palm strike
- 8 right hand palm strike
- 9 left knife hand
- 10 right knife hand
- 11 double punch left hand first

Hand Technique # 2

Start from Junbi

- 1 move left foot to horse stance, left down block
- 2 right down block
- 3 left outside block to the side
- 4 right outside block to the side
- 5 left face block
- 6 right face block
- 7 left inside block
- 8 right inside block
- 9 left outside block to the front
- 10 right outside block to the front
- 11 double punch left hand first

Hand Technique #3

Start from Junbi

- 1 move left foot to horse stance, left open hand down block
- 2 right open hand down block
- 3 left open hand outside block to the side
- 4 right open hand outside block to the side
- 5 left open hand face block
- 6 right open hand face block
- 7 left open hand inside block
- 8 right open hand inside block

9 left open hand outside block to the front

10 right open hand outside block to the front

11 right palm down block left spear finger, left palm down block right spear finger