

SECOND SECTION

(1) Carry Tiger to Mountain

Start at circle arms crossing wrists:
Left toe turns in as the Left hand drops
Guard with the Right hand
Right foot steps to R-back corner
The Left hand comes to the ear
Sweep and aim
Push and shift the weight forward

The Right hand turns palm up
Lift to the diagonal and
Push out to corner as
The Left hand turns palm up

(2) Grasping the Bird's Tail

Sit back and pull to the left
Circle the Left hand and press
Withdraw and push

(3) "Polishing"

Sit back (onto left foot) as the hands circle flat to the left
And pull the Right toe to face the wall
The hands pull into the waist and
Push out to corner
Aim the Left fingers at the Right wrist and
Lift the Left knee, point toe down

(4) Fist Under Elbow

Turn
Fingers up
Step (R)
Hands separate as you shift your weight
(Right) foot adjustment; scoop (Left hand)
touch with the (L) heel; scoop (Right hand-fist)
turn the waist

(5) Repulse the Monkey 3 times

Step back TOE KNEE
Hand to the ear TOE HEEL
Pull and push SHIFT TOE
Straighten the toe

(6) Slanting Flying

Part 1

Lift the Right knee
Touch the R toe behind,
Left hand circles up

Part 2

R foot Step out to the front
Turn the waist and lift the right hand
Come forward-bend knee and Left hand pulls back

(7) Empty Step

Close Hands (stand on L)

White Crane Part 1, Part2, Part 3

Transition

Brush Knee

Empty Step

(8) Needle at the Bottom of the Sea

Step back (R)
Go down, R fingers down
Come up: Right hand over head
 Left hand in front of your heart
Step out
Push with the Left hand

(9) Fan Through the Back

Pigeon-toe Left foot; Left hand above head
Make a fist (R) ; pull it in, face the diagonal
Turn and look behind you (reach L behind)
Push L arm down to go up (R leg up)
(begin reach L arm to waist)
Turn the body
Step R; hit their nose (R hand); L hand to waist
Hands trade places
“Prayer hand” (fingers up) (L) pulls you through

(10) Strike, Parry and Punch

Circle R fist

Sit back

Swing the arms around slowly and do the half-step

Put the foot down; hit a nose; touch the ear

Left hand pulls the Left foot out

Let the punch pull you forward

(11) Two Birds

Turn the waist to the right

And rotate the hands

Right hand reaches up and over

Left hand palm out, left foot opens

Right hand scoops the right leg forward

For grasping the bird's tail

(12) Grasp the Bird's Tail

Press

Withdraw

Push

Single Whip

(13) Wave Hands Like Clouds

Left foot turns in, left hand turns in,

Left hand opens

Scoop the Right foot in / Turn

Push down as you step out / scoop / turn

Push down as you step in / scoop/ turn

Push down as you step out / scoop/ turn

Push down as you step pigeon-toed

Scoop-turn as you make a bird's beak

Step with the Left

Scoop and end the Single whip

(14) High Pat on Horse

Sit back / palms up
Touch with the left toe
Right hand at the ear
Pull in with the left
Sweep out with the Right

(15) Separation Kicks – Right

Step Left with a channel
Shift your weight / Pull your toe in and
(1) Reposition the hands
Big circle/little circle (R hand makes a big circle, L hand makes a little circle)
(2) Scoop the leg up / cross the wrists / open into the kick
(Transition)

(16) Separation kicks – Left

Step out with right
Left hand makes a big circle
Right hand makes a little circle
(1) Scoop the leg / cross the wrists / open into the kick
(transition)
(2) Bring the Left foot forward and back
Turn on the Right heel

(17) Turn around and kick with Left heel

Scoop / cross the wrists / lift and open
Left heel kick

Brush knee 2 X

Left foot steps out into two brush knees

Step forward and Punch down

Turn the right toe out /Right hand makes a fist
Step left/ sweep left hand across body and down to right/ and punch left fist
down

(18) Fan Through the Back

Begins: Left hand pushes out and up
Turn the Left toe in and face wall...

Strike, Parry and Punch

Right Heel Kick

Turn the Left toe out as the hands circle out
Scoop / cross the wrists / lift and open
Right heel kick

(19) Strike Tiger to the Left

Place the Right foot down pigeon-toed
Left hand polishes a mirror
Step to back corner
Strike tiger to the left

(20) Strike Tiger to the Right

Turn waist to the left, as open left hand
Turn to the right on the Left heel and Right toe
Right foot steps out
Strike tiger to the right

(21) Right Heel Kick

Bring the Right elbow down and lift the Left hand and
Sit back
Turn the Left toe out
Scoop the Right leg in
Cross the wrists / lift and open
Right heel kick

(22) Sliding Pivot

Spin on the heel to face front corner

Box opponent's ears

Step out
Palms up
Fingers back
Make fists, Lead with the knuckles
Box opponent's ears

(23) Left Heel Kick

Hands scoop down
Cross
Lift
Open left heel kick

(24) Spin Pivot

Right Heel Kick

Scoop
Cross
Lift
Open
Right heel kick

(25) Step Through, Parry and Punch

Step down
Touch the ear
Left hand brings the Left foot out
And punch

(26) Retreat and Seal

Left hand goes under the Right elbow
Pull back
Pull in
Hands come out alone
And push out

Circle Arms Crossing Wrists

Turn the Left toe forward (face front)
Circle arms crossing wrists

END OF THE SECOND SECTION