

The Five Steps= #1, #2, and #3

The first five steps are as follows:

1. Engage the opponent, and round fist to the side of the head. Step 180 degrees forward into horse.
2. Biu Jong the opponent with the arm (fist to shoulder). Aim at the side of the body or the head. Biu Ma or leopard step forward into another horse front foot remains the same as step 1.
3. Block to back fist/palm strike. Maintain contact with the opponent as you turn them and palm strike them. Turn forward into arch. Front foot remains the same.
4. Round fist to the head. Turn body back to horse. Front foot remains the same.
5. Biu Jong to the body or head. Biu Ma or leopard step forward into horse, front foot remains the same.

The second five steps are as follows:

1. From horse stance the front hand parries down in a tiger claw while the back hand thrusts forward in a tiger claw. The body then shifts to arch. The front foot remains the same.
2. Push, pull, kick. The front hand grabs and pulls back to hip in ready position (chamber), while the down parry hand palm strikes forward. The back foot kicks forward in a front stomp to the knee. The kicking foot lands in front and the body twists into horse. The back foot has become the front foot.
3. As the body twist into horse round fist with the "chambered" hand, then Biu Jong with the same hand. The back foot has become the front foot.
4. Back fist down as you palm strike forward, tuck head. Twist a body into arch. The front foot remains the same.
5. Biu Ma forward to horse as the back hand uppercuts, the back hand is in guard position. The front foot remains the same.

The third five steps are as follows:

1. In horse stance the back foot cross kicks the knee, pivot forward 180 degrees and sidekick the knee with the same foot, and land in horse. The back foot is the front foot now.
2. Rear cross forward then sidekick forward, land in horse. The front foot remains the same.
3. Turn forward to arch while the rear foot rising heel kicks to the front. Turn the body after the kick and rotate 180 degrees (turn your back to the opponent), back kick with the other foot.
4. Continue to turn 180 degrees (coming full circle), and round kick the legs or torso of the opponent. Finish in horse. The foot that was in front in step 3 is now in back.
5. Step 180 degrees to the front and sidekick, land in horse. The foot that was in front in step 1 is in front now.

...!While kicking always have guard position or blocking movement for your hands!...

!While striking always have a guard position or blocking movement for your other hand!