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|  | **HERITAGE TAI CHI & KUNG FU**  **FIVE ELEMENT – FIVE ANIMAL**  **TIGER-CRANE PAIRED FORM**  **LEOPARD FORM** |  |

**UPDATED SEPT 2019 with JOHN BAGUIO**

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| BEGINS IN THE ‘READY’ POSITION AFTER IRON BODY.  THE KIDS GO FROM ‘READY’ TO ‘BUDDHA PALM’ BEFORE STARTING |

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| **STEP OUT TWISTED** | Step left over right – stepping out at a diagonal |
| **HOOK, KICK**  (M. Troy formerly called it a Side Kick) | * Swing the right leg around so the heel is in front of the left thigh and foot right edge is parallel to the ground (hence hooking the right leg around to the left leg) * Kick with right heel * Land in Bow & Arrow stance at a 45 angle |
| **CHOP** | * Chop with right hand |
| **DOWN**  (M. Troy formerly called it a Down Block) | * Down with left hand – right is in fist palm up |
| **OUT** | * Out with left hand – right in fist palm up |
| **SINGLE FINGER 1,2,3** | * PUSH WITH LEGS * 1-2-3 with left hand |
| **ELBOW** | * Left elbow up, hand open with palm towards ear * Right hand in fist palm up |
| **RAKE** | * Left hand comes out and rakes down ending at the hip palm down with a flat hand, fingers out and together |
| **SPEAR** | * Left hand thrusts out like a spear at chest level |
| **PALM** | * Left hand – DROP THE PALM & ELBOW - it’s not a push |

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| **COUNTER GRAB, BREAK** | * Rotate left hand counter clockwise and back into it's original position in a claw/leopard grab * Pull in with the left hand to hip palm down while shifting body from bow and arrow right to reverse bow and arrow left WHILE right hand goes out in direction you were pulling from in a single finger palm out   *04-09-19 updates from M. Troy*  GRAB ARM AND PULL  *Arms are like pulleys in Leopard: one arm going out while other is coming in*  *The stance used is a BOW & ARROW stance with the weight on the front leg and then a REVERSE BOW & ARROW stance with energy going back while facing the other direction*  *LEFT ARM IS THE COUNTER GRAB ARM:*  *rotate counter clockwise*  *comes back to side – PALM DOWN in leopard paw*  *AS LEFT COMES BACK:*  *right arm starts with PALM UP*  *rotates out with index finger up – palm out – Leopard Punch*  *LEGS:*  *The sequence begins in a Bow & Arrow stance with weight on forward leg. The turn puts you in a Bow & Arrow stance with the weight going to the left leg.*  *Use the legs & drive in – use right side waist & hips to twist*  *Pivot on heel*  *Use the right leg – push off*  *Weight is going backwards* |
| **COUNTER GRAB, BREAK** | * Rotate right hand clockwise and back into it's original position in a claw/leopard grab * Pull in with the right hand to hip palm down while shifting body from reverse bow and arrow left to bow and arrow right WHILE left hand comes up in direction you were pulling from in a single finger palm up   *From M. Troy*  REVERSE BOW & ARROW – still looking to right  With right arm  right hand circles right & goes to right side palm down  Left hand comes forward with palm up in a grab-claw  RIGHT ARM IS THE COUNTER GRAB ARM:  *Rotate right arm clockwise Back to side ends up palm down*  *AS RIGHT COMES BACK:*   * *Left arm starts with palm down* * *Left hand rotates forward with palm up and finger extended.* * *Rotates out with palm up and finger extended*   *LEGS: REVERSE BOW & ARROW*   * *still looking to right* * *weight is on left leg – push with left leg to twist back to starting point – weight is going to right leg* |
| **COUNTER GRAB, SMOTHER** | * Rotate left hand counter clockwise continuing through and eventually ending at left hip * During the 'continue' as the left hand is at the 12 o'clock position, bring the right hand and arm counter clockwise eventually ending with the elbow in front of the right hip * Also during the 'continue' you are slowly sinking down into a half horse half bow and arrow stance by shifting your left foot to the left slightly   *From M. Troy*   * *BIGGER & HIGHER CIRCLE* * *COIL DOWN & UP* * *Left hand down by hip – palm up in a grab-claw* * *Right arm comes into the body* * *Half Horse – half bow and arrow stance – smother* |
| **UP** | * Right arm comes up into a block, palm facing away * elbow up * The block comes as you thrust up and straighten your left leg back into bow and arrow stance   Left palm down |
| **CHOP** | * Right arm comes down in a chop * Left palm up |
| **PALM** | * Right arm goes upward palm up * Left palm down |
| **IN** | * Make right fist palm facing you * Swing right arm over to center line of body WHILE shifting from bow and arrow right to reverse bow and arrow left * Left hand stays palm down   *From M. Troy*  *Right arm comes over to left side – ARM IN CENTER* |
| **SWEEP** | * Right hand swings down in hammer fist WHILE left hand comes across the body palm facing down in leopard claw * At the same time you are doing a cross step right foot over left foot, bending the knees slightly, right foot facing forward   *From M. Troy*   * *Both arms go to right while you cross=step to the left* * *Right foot facing forward* |
| **BUDDHA PALM** | * Step together and prayer hands |

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| **STEP OUT TWISTED** | It starts over going to the left.  Right leg crossing in front of left |
| **HOOK, KICK** |  |
| **CHOP** |  |
| **DOWN** |  |
| **OUT** |  |
| **SINGLE FINGER 1,2,3** |  |
| **ELBOW** |  |
| **RAKE** |  |
| **SPEAR** |  |
| **PALM** |  |
| **COUNTER GRAB, BREAK** |  |
| **COUNTER GRAB, BREAK** |  |
| **COUNTER GRAB, SMOTHER** |  |
| **UP** |  |
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| **PALM** |  |
| **IN** |  |
| **SWEEP** |  |
| **BUDDHA PALM** |  |

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| **STEP OUT**  M. Troy also calls it EVADE and sometimes ‘Step Left-Kick Right’ | * Left foot side steps 45 degrees TO LEFT but is still pointed forward |
| **KICK** | * KICK RIGHT - SIDE KICK – KICK WITH HEEL |
| **FRONT JUMP KICK** | * Get in a Crane Stance on left leg * Lift right knee and kick |
| **DOUBLE DOWN** | * Step forward with right foot – both hands go downwards * Like a shovel – palms facing out |
| **STEP IN SPEAR** | * turn palms to face each other * step forward with left foot while spearing hands upwards * -drop the elbows and shoulders * arms almost in a V formation |
| **GRAB**  (formerly cross grab or Leopard Hands Grab) | * Grab opponent’s shoulders |
| **PULL BACK CAT** | * pull opponent down, hands ending near front of hips in leopard grab * as you are bringing your hands down to your hips from 'Grab' you are going into cat stance * all the weight on your left foot, right foot in cat stance |
| **LEOPARD**  M. Troy once called it a ‘double leopard punch’ | * push with left foot and step with right * right foot forward * leopard hands shoulder height and width |