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

Updated March 2020

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| **Begin at end of LEOPARD** |
| **TURN** | Turn left, stepping back with right foot. |
| **1 – 2 – 3** | Right hand out.Left hand out.Right hand eyeflick. |
| **SCOOP** | Left foot turns left 45 degrees, right foot steps up into chicken stance – weight on left leg.Scoop with RIGHT arm.Left hand palm down, level at the hip, elbow in. |
| **UP** | Right foot steps out, right arm goes up, body thrusting forward a little. Bow and arrow stance.Rotate right palm and forearm to face opponent, elbow pointing right.Left hand palm down, level at the hip, elbow in. |
| **SMOTHER** | Arms cross – right palm on top of left.Half bow & arrow and half horse. |
| **DOUBLE EDGE** | Both arms out in front – forearms parallel, thrust hips forward. RIGHT ARM ON TOP (face level) – palm facing down.Left arm on bottom (stomach level) – palm facing down.Full bow & arrow. |
| **PULL BACK CAT** | Right foot moves near left foot into chicken stance.Left arm moves in a dispersing circle and ends up with fist and palm at ear level, facing ear, elbow pointing in same direction as body (45 degrees).Right arm gathers and right fist comes to left elbow, fist facing down, elbow pointed towards opponent. |
| **DOUBLE BACK** | Right foot steps out, bow and arrow stance.Hands out in front – hands open, palms facing you, shoulder length apart. |
| **BLOCK** | Left arm circles palm to face – angled arm. Tuck in stomach, right arm comes down to the hip, palm down. Cat stance. Left hand continues clockwise to block in front of left knee, palm facing right, hand open. |
|  **UPPERCUT** | Shuffle step, right leg forward into bow and arrow. Right arm shovels up, in uppercut motionLeft hand comes to the left hip, palm down |
| **BLOCK** | Right arm circles palm to face – angled arm. Tuck in stomach, left arm comes down to the hip, palm down. Cat stance. Right hand continues clockwise to block in front of right knee, palm facing left, hand open. |
| **UPPERCUT** | Shuffle step, right leg forward into bow and arrow. Left arm shovels up, in uppercut motionRight hand comes to the right hip, palm down  |
| **BACKHAND** | Left hand continues forward and turns right 90 degrees, so fingers are pointing right (as if to push way with the back of your hand). |
| **STRIKE** | Step forward with right foot.Eyeflick with right hand.Left hand comes down to left hip, palm facing down, elbow in. |
| **BACKHAND** | Right hand circles clockwise into open hand backfist.  |
| **STRIKE** | Step forward with right footEyeflick with left hand.Right hand comes down to right hip, palm facing down, elbow in. |
| **TURN TO OTHER SIDE** | Step back with right foot and TurnREPEAT 123 THROUGH STRIKE ON OTHER SIDE |
| **1 – 2 – 3** | Left hand outRight hand outLeft hand eyeflick |
| **SCOOP** | Right foot turns right 45 degrees, left foot steps up into chicken stance – weight on right leg.Scoop with LEFT arm.Right hand palm down, level at the hip, elbow in. |
| **UP** | Left foot steps out, left arm goes up, body thrusting forward a little. Bow and arrow stance.Rotate left palm and forearm to face opponent, elbow pointing left.Right hand palm down, level at the hip, elbow in. |
| **SMOTHER** | Arms cross – left palm on top of right.Half bow & arrow and half horse. |
| **DOUBLE EDGE** | Both arms out in front – forearms parallel, thrust hips forward. LEFT ARM ON TOP (face level) – palm facing down.Right arm on bottom (stomach level) – palm facing down.Full bow & arrow. |
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| **BACKHAND** | Rigt hand continues forward and turns left 90 degrees, so fingers are pointing left (as if to push way with the back of your hand).  |
| **STRIKE** | Step forward with left foot.Eyeflick with left hand.Right hand comes down to right hip, palm facing down, elbow in. |
| **BACKHAND** | Left hand circles counter clockwise into open hand backfist.  |
| **STRIKE** | Step forward with left footEyeflick with right hand.Left hand comes down to left hip, palm facing down, elbow in. |

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| **CIRCLE CHOP** | Left foot steps back on toes in parallel with right foot.Left arm comes around and down with edge to groinWeight on right leg – bend left kneeKneeling on right |
| **BLOCK – GRAB** | Pivot on LEFT foot Bring left arm up counter clockwise to block, elbow down, palm facing you.Turn over wrist to grab. |
| **CIRCLE SMOTHER**M. Troy also called this ‘Strike with right’ | Step straight back with LEFT foot & turnEnding up with left knee bentRight hand inside circle (smother).Left hand just carries over from current position.  |
| **DOUBLE UPPERCUT** | Shift 180 degrees right.Both hands shovel uppercut motion in front, right hand slightly higher Both knees bent, bow and and arrow stance. |