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

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| **SWEEP FRONT** | Now we say ‘Front Sweep – Back Sweep’  things evolve ☺ |
| **Feet together** |  |
| **SWEEP BACK** |  |
|  |  |
| **FOREARMS** | At sides of face – palms facing face |
| **ELBOWS** | Rotate out to sides |
| **STRIKE** | Bow arms – hands going down |
|  |  |
| **OUT - RIGHT ARM** | Right arm circles out |
| **OUT – LEFT ARM** | Left arm circles out |
| **1-2-3** | Arms move together – single finger with index finger |
|  |  |
| **ELBOWS** | By head |
| **RAKE** | Circle down to sides |
| **SPEAR** | Straight ahead |
|  |  |
| **PULL IN & THROW** | Pull in from middle, throw to left  Left side & Right side are Bow & arrow stances.  Middle is a horse riding stance.  HIT WITH PALM, THEN GRAB WITH FINGERS |
| **PULL IN & THROW** | Pull in from left, throw to middle |
| **PULL IN & THROW** | Pull in from middle, throw to right |
|  |  |
| **PULL IN &** | Pull in from right and go to middle |
| **CROSS** | Palms out – arms up – thumbs outside on forearms |
| **CHOP** | Arms circle down and cross – palms out |
| **CROSS** | Arms come up in front of face – palms toward face |
| **CRANE** | Hands out, elbows in – palms out |
| **CROSS** | Palms facing body |
| **READY** | Arms to side – fists up |
| **SPEAR** |  |
| **THUMBS** | Fingers going down |
| **CHOP** | Heel of hand down |
|  |  |
| **1** Attack to left |  |
| **2** Evade to right – look left |  |
| **3** Black Tiger to left – grabbing throat |  |
| **TURN & THROW** | Turn to left & throw behind |
|  |  |
| **1** Attack to right |  |
| **2** Evade to left – looking right |  |
| **3** Black Tiger to right – grabbing throat |  |
| **TURN & THROW** | Turn to right & throw behind |
|  |  |
| **OUT** | Left arm circles to left |
| **OUT** | Right arm circle to right |
| **OUT** | Left arm circles to left and stops at top |
| **OUT** | Right arm circles to right and stops at top |
|  |  |
| **IRON BODY** | Hit chest with both fists |
| **DOUBLE BACK FIST** | Arms in front – palms towards body |
| **BREATHE IN** | Knees bent |
| **BREATHE OUT** | As you stand |