LEVEL	1 & LEVEL 2											
TESTING FOR: YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, BLUE BELTS, BROWN BELTS, RED BELTS												
• ONLINE STUDENTS ONLY - How to film: make sure your entire body is visible from head to toe at all times with												
			ne student from the from									
	prompts to you. After	filming, please upload	your video to YouTube	(as an unlisted video)	-or- to Google Drive,							
	and send or share the	link to homework@nk	fa.ca.									
	TO YELLOW BELTS:	TO PURPLE BELTS:	TO ORANGE BELTS:	TO GREEN &	TO BROWN &							
S	5 PUSH – UPS		12 PUSH – UPS	BLUE BELTS:	RED BELTS:							
FITNESS	5 SIT - UPS		15 SIT - UPS	15 PUSH – UPS	20 PUSH – UPS							
IN	10 Squats	•	20 Squats	20 SIT – UPS	30 SIT – UPS							
Ξ	15 sec plank 30 Sec. Horse Stance	-	30 sec plank 90 Second Horse Stance	25 Squats	30 Squats 60 Sec plank							
	SU Sec. Horse Stance	I WIIII. HOISE Statice	So Second Horse Stance	45 sec plank 2 Min Horse Stance	3 Min Horse Stance							
	 10 x Spot 1: Alternating Right/Left Chambered Punch 											
	 10 x Spot 2: Alternating Right/Left Guarded Punch 											
(0		p, Uppercut, Clear, Punch										
ر No		 10 x Mantis Strikes 10 x Mantis Hooking Blocks 										
FL TIC												
SOUTION 10 x Mantis Strikes OLLOW 10 x Mantis Hooking Blocks OLLOW 10 x Alternating High Blocks OLLOW 10 x Toe Kicks each side OLLOW 10 x Heel Kicks each side OLLOW 10 x Inside Crescent Kicks each side OLLOW 10 x Outride Crescent Kicks each side												
S 0 10 x Heel Kicks each side 0 10 x Inside Crescent Kicks each side												
Fo	 In the constraint of the constraint											
 10 x Line 1: Right Bow Stance Left Punch, Shuffle to Right Horse Stance Right Punch 												
		t Bow Stance Shuffle forwa										
	_		ard, Block Punch, Shuffle Forv percut, Clear, Shuffle to Righ	-								
				t Horse Stance Right Funch								
	Student will stand at attention and recite the following: • The 4 Laws of Concentration:											
Ļ	1. Focus Your Eyes, 2. Focus Your Mind, 3. Focus Your Body, 4. Focus Your Ears											
۲BA	 Sifu's 3 Rules 1. Be Nice, 2. Pay Attention, 3. Have Fun The 7 Magie Diverses of Decreated 											
VEF	 Be Nice, 2. Pay Attention, 3. Have Fun The 7 Magic Phrases of Respect Yes, Sir/No, Sir/Yes, Ma'am/No, Ma'am/Please/Thank You/You're Welcome 											
				•								
Black Sash Perseverance [SEPT/OCT] Black Sash Integrity [MAR/APR]												
I maintain a habit of daily kung fu practice.I am an honest person.I choose what I want most over what I want now.I do the right thing even when no one is watching.I do what I committed to do, even when I don't feel like doing it.I am a loyal and trustworthy friend.												
							l always find a way to m I work hard until			I always keep my word even when it is difficult. I do my very best no matter how I feel.		
							I embrace challenges	-		I conduct my life with integrity and honor.		
BLACK SASH COMPASSION [NOV/DEC] BLACK SASH ACCOUNTABILITY [MAY/JUNE]												
	l am a compass I speak kindly of m			l am a positive person. I maintain an attitude of gratitude.								
	I treat others the way		l accept res	I accept responsibility for my thoughts, words, and actions.								
	I am always ready to s			I use my time wisely and well.								
I look for the good in everyone around me.				I am the solution to all of my problems.								
l fol	llow my natural instinct to	be kind and compassionate	e.	I am fully accountable fo	r my life.							
	BLACK SASH LEADER			BLACK SASH COURAGE [JU	I /AUG]							
	I am a benevo			I am a confident person.								
	l embrace the responsit			I boldly seek to conquer my fears.								
	l inspire others by setti	• • •	-	I maintain a White-Belt mentality.								
I surround myself with positive influences.				l embrace change with a calm and tranquil mind.								
l live my life staying true to my values. I strive to be the change I want to see in the world.				l refuse to let fear discourage me from my goal. I strive to be a humble and courageous warrior.								
	•			ur library. For questions call 905 357	-							

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		FORMS – STUDENT WILL BE GRADED ON THE ½ FORM	FROM TH			
	•					
1* Hard of Tranqui Mind [EFP/CCT]: 1* Hard of White Mankey States Pachels (MOV/DCC): 1 Right Box Stance Double Kink Era kink ands 1 2 Right Box Stance Double Kink Era kink ands 1 3 Right Box Stance Double Kink Era kink ands 1 4 Right Stance Touch, Left Guard, Right Markt Strike Low 2 5 Right Stance Touch, Left Guard, Right Markt Strike Low 2 6 Stance Digit Box, Right Rendt 3 7 Stanffe Touch, Right Clearing Vertical Punch 5 8 Right Touck, Right Touch, Right Clearing Vertical Punch 5 9 Right Touck, Right Touch, Right Clearing Vertical Punch 7 10 Right Touck, Right Touch, Right Clearing Vertical Punch 7 11 Right Touck, Right Touch, Right Clearing Vertical Punch 7 12 Stance Tight Row Stance, Lift Martis Hook, Right Clearing Vertical Punch 7 13 Shuffe Touck, Right Touch 18 14 Shuffe Touck, Right Clearing Vertical Punch 18 14 Shuffe Touck, Right Clearing Vertical Punch 18 14 Shuffe Touck, Right T	•	Level 2s are expected to show the moves on their own, with or without prompts.	Purple Belt Rank			
Bow In , Face Left Bow In , Face			1			
 Bight Box Stance Double Knike Hand Smike Publi Box Stance Double Knike Hand Smike Bix Knike Cox Stance, Left Names Bix Knike Stance Double Vertical Punch Bix Knike Stance Double Vertical Punch Left Coarning Vertical Punch Left Coarning Vertical Punch Left Coarning Vertical Punch Left Stan, Hight Rows, Right Coarning Vertical Punch Left Stan, Left Coarning Vertical Punch Left Stan, Left Stan, Knike Punch Stanting Stank, Block P						
 Bight Bow Stance Double Vertical Punch Bight Bow Stance, Right Punch Bight Bow Stance, Right Punch Bight Bow, Grab, Cantro, Punch Bight Bow, Stance, Trap Dapkerist Bight Bow, Grab, Cantro, Punch Bight Bow, Stance, Trap Dapkerist Bight Bow, Bow Stance, Trap Dapkerist Bight Bow, Bight Punch Bight Bow, Bow Stance, Stance, Bight Punch Bight Bow, Bight Dawh, Bight Chamber Bight Bow, Bight Dawh, Bight Chamber Bight Bow, Stance, Trap Backhand Bight Bow, Right Dunch Backk, Bight Dunch Bight Bow, Right Dunch Backk, Bight Dunch Bight Bow, Right Backk, Bight Dunch Bight Bow, Right Backk, Bight Dunch Bight Bow, Stance, Trap Backhand Bight Bow, Stance, Trap Backhand Bight Bow, Right Backk, Bight Dunch Backk Bight Bow, R				-		
		•				
7. Shuffle to Right Bow, Grab, Control, Punch 7. Step to Right Couch, Right Row Since, Tep Back Hand 8. Left Crack, Right Reinforced Hook 7. Step to Right Couch, Reinforced Right Backfits 9. Right Zork, Right Reinforced Hook 7. Step to Right Couch, Reinforced Right Backfits 11. Left Crack, Right Reinforced Hook 7. Step to Right Couch, Reinforced Right Backfits 12. Step to Right Bow Since, Tep Back Hand 7. Step to Right Couch, Reinforced Right Backfits 13. Montter Back, Right High Bock, Right Punch 7. Step to Right Activation 13. Montter Walk, Inff Stass: Hook, Right Punch 7. Step to Right Activation 14. High Bock, Right Punch 7. Step to Right Activation Row Out 2* Hold of Plane/Block, Right Punch 7. Step to Right Activation Row Out 2* Hold of Plane/Block, Right Punch 7. Step to Right Activation Row Out 2* Hold of Plane/Block, Right Punch 1. Step to Right Activation Row Out 3. Hot Step to Right Activation 1. Step to Right Activation Row Out 3. Hot Step to Right Activation 1. Ste	5.	Left Clearing Vertical Punch	5.	Hook, Twist, Break		
 Left 7 Star, Left 7 Star, Right Reinforced Hook Left 7 Star, Right Reinforced Hook Left 7 Star, Right Reinforced Hook Left 7 Star, Right Reinforced Hook Shuffle Forward, Chip Wattich Punch Shuffle Forward, Chip Wattich Mantis Hook Right Punch Shuffle Forward, Chip Wattich Mantis Hook Right Chamber Right Tabus State Shuffle Forward, Chip Wattich Mantis Hook Right Chamber Right Tabus State Monter Walk Left Mantis Hook, Right Punch Shuffle Forward, Chip Wattich Mantis Hook Right Chamber Right Ling Block, Right Punch Shuffle Forward, Chip Block, Right Punch Shuffle Forward, Right Block, Right Punch Right High Block, Left Backfast Left 7 Star, Right Guarded Punch Right Fight 7 Star, Right Guarded Punch Right Park, Right Guarded Punch Left 7 Star, Right Guarded Punch Left 7 Star, Right Guarded Punch Left 7 Star, Right Row, Hardy Right Forward, Right Expension Left 7 Star, Right Row, Hardy Right Forward, Right Punch Left 7 Star, Right Row, Hardy Right Forward, Right Expension Left 7 Star, Right Row, Hardy Right Forward, Right Punch Left 7 Star, Right Row, Hardy Right Forward, Right Punch Left 7 Star, Right Row, Hardy Right Forward, Right Punch Left 7 Star, Right Row, Hardy Right Forward, Right Punch Left 7 Star, Right Row, Hardy Right Forward, Right Right Tormatik Kiel, Left Tormatik Kiel, Left Tormatik Kiel, Right Punch Left 7 Star, Right Row, Hardy Right Forward, Right Right Tormatik Kiel, Right Tormatik Kiel, Right Punch Left 7 Star, Right Row, Forward Right Right Forward, Right Right Tormatik Kiel, Right Tormatik Kiel, Right Tormatik Kiel, Right Punch Left Row Stance, Right Right Right Right Right Right Ri	6.		6.	Left step, Left guard, right chop		
 Bigh 7-Star, Right Purch Bigh 7-Star, Right Ruincel Hok Lieft Couch, Left High Block, Right Vertical Purch Shuffle Back, Block Purch Shuffle Back, Block Purch Shuffle Back, Block, Left Purch Shuffle Toward, Right Chamber, Block Left Purch Right Night Block, Left Purch Bow Unit Held of Manual (JAM/FEB): Bow In Step to Right 7-Star, Right Guarded Purch Shuffle Left Purch, Shuffle Left Purch Shuffle Left Purch, Left Purch Shuffle Left Purch, Left Purch Shuffle Left Purch, Left Purch Shuffle Left Purch Shuffl						
 1. dr. 7-3kar, Right Reinforced Hook 1. dr. 7-bar, Right Reinforced Hook Right Vertical Punch 2. Shuffle Forward, Right Reinforced Hook Right Vertical Punch 3. Shuffle Forward, Right Rouch 3. Shuffle Forward, Right Rouch, Right Low Open-Hand Block. 2. Right High Block, Lift Chamber, Right Low Open-Hand Block. 2. Right High Block, Lift Chamber, Right Low Open-Hand Block. 2. Right High Block, Lift Chamber, Right Low Open-Hand Block. 2. Right High Block, Lift Shuffle Chamber, Right Low Open-Hand Block. 3. Right High Block, Lift Shuffle Chamber, Right Low Open-Hand Block. 3. Right Mark Lott Cal. Lift Chamber, Right Low Open-Hand Block. 3. Right Might Shuffle Graver, Right Row, Netromath Kafe Strike 4. dr. 7-bar, Right Row, Hortomath Kafe Strike 5. Shuffle Temple Punch, Left Throw 6. Right Kow, Right Tomple Funch 7. Shuffle Trangel Mund Lift Chamber 8. Right Thin Kide, Right Row, Double Chap 9. Hortes Stance Right Chamber, Right Chamber 1. Shuffle Temple Punch, Left Punch 2. Shuffle Temple Punch, Left Punch 3. Monter Walk to Right Bow, Double Chap 3. Monter Walk to Right Bow, Double Punch 3. Monter Walk to Right Bow, Double Punch 4. Right Torwark, Right Chamber, Left Punch 4. Right Torwark, Right Chamber, Left				-		
11. Left Crouch, Left High Black, Right Vertical Punch 11. Shuffle Back, Block Punch 12. Supple Back, Block Punch 12. Suffle Bow, Right Chamber 13. Shuffle Back, Block, Left Nuch, Right Chamber 13. Morther Leap To Left Double Hook 14. Shuffle Back, Block, Left Nuch, Right Chamber 14. Turn Left Cat Stance, Double Hook 15. Morester Walk, Left Back, Right Punch 14. Turn Left Cat Stance, Double Hook 16. Right Usok Kick 14. Turn Left Cat Stance, Double Hook 17. Left Bow Stance, Left High Block, Right Punch 14. Turn Left Cat Stance, Double Hook 18. Somp Up, Grab, Control, Punch 14. Torther Leap To Left Double Hook 19. Tester Tot, Right Block, Right Cuarded Punch 14. Heft Bow Stance, Trap Backhand 11. Left Bow Stance, Trap Backhand 14. Heft Bow Stance, Right Punch 12. Staff Left Crouch, Left Pull, Right Throw 14. Heft Bow Stance, Right Punch 13. Staff Double Hook, Left Pull, Right Throw 14. Heft Bow Stance, Right Punch 13. Staff Double Core made Block 14. Heft Bow Stance, Right Punch 13. Staff Double Core made Block 14. Heft Bow Stance, Right Punch 14. Heft Bow, Right Staff Right Chamber 14. Heft Bow Stance, Right Romand 13. Heft Bow, Right Right Row, Double Chap 14. Heft Bow Stance, Right Romand 14. Heft Bow, Right Ri						
 Step Right Box Stance, Trap Back Hand Shuffle Forward Chop Shuffle Forward Chop Monter Walk, Left Mantis Hook, Right Funch Shorther Stance, Left High Block, Right Punch Shuffle Stance, Left Box, Block Punch Net High Block, Left Funch Right Linds Kick Left High Block, Left Funch Right Linds Kick Might Edwards Left Funch Right Linds Kick Might Block, Right Punch Right High Block, Left Funch Right High Block, Left Funch Right High Block, Right Punch Right Right Stance, Left Chamber, Right Low Open-Hand Block. Right Stance, Left Box Stance, Trap Block Right Punch Right Stance, Left Box Stance, Trap Block, Right Punch Right Stance, Left Box Stance, Trap Block, Right Punch Right Stance, Right Bow, Hortonal Kofe Strike Left Far To Cark, Right Bow, Hortonal Kofe Strike Left Raw To Cark, Right Bow, Hortonal Kofe Strike Left Raw To Cark, Right Bow, Double Punch Start, Right Right, Tapuperut Start Gara Na, Right Chamber Right Stank, Right Double Oracha Block Start Gara Na, Right Chamber, Left Punch Start Gara Na, Right Gara, Right Stance, Double Punch Start Gara Na, Right Chamber, Left Punch Start Gara Right Row, Double Punch Double Punch Start Gara Na, Right Chamber, Left Punch Start Stance, Right Chamber, Left Punch Start		-				
 Shuffle Back, Block Punch Shuffle Back, Block Punch Monster Walk, Leff Manis Hook, Right Chamber Right Lotus Kick Leff Bow Stance, Left High Block, Right Punch Storp Up, Grab, Control, Punch Right High Block, Leff Backfist Leff Big Block, Right Punch Storp Up, Grab, Control, Punch Right High Block, Leff Backfist Leff High Block, Leff Buck Leff Big Block, Right Punch Storp Up, Grab, Control, Punch Right High Block, Leff Buck Leff Grunn Flower Hands (JAN/FEB): Bow In Storp Unit To Star, Right Guarded Punch Leff Clear to Carl, Right Bow, Hortonal Krife Strike Leff Clear to Carl, Right Bow, Hortonal Krife Strike Leff Clear to Carl, Right Bow, Hortonal Krife Strike Leff Clear to Carl, Right Bow, Hortonal Krife Strike Leff Clear to Carl, Right Bow, Hortonal Krife Strike Leff Clear to Carl, Right Bow, Hortonal Krife Strike Leff Clear to Carl, Right Bow, Hortonal Krife Strike Leff Star, Right Punch, Left Throw Right Shirn Kick, Right Punch, Left Throw Right Shirn Kick, Right Double Grab Monster Walk to Right Bow, Double Chop Shuffle Temple Punch Ster Out To Reverse Right Bow, Double Chop Hortor Salter, O Double Forub To Reverse Left Bow, Low Temple Monster Walk to Right Bow, Bouther Starb, Right Chamber Hortor Starb, Right Chamber, Left Punch Hortor Starb, To Double Chop Hortor Starb, Right Chamber, Left Punch Hortor Starb, Right Chamber, Hands, Right Chamber Hortor Starb, Right Cha						
1.4. Shuffle forward Chop 1.4. Turn to Left Cat Stance, Double Hook 1.5. Monster Walk, Left Manis Hook, Right Funch 1.8. Stomp UG, Gra3, Control, Punch 1.8. Stomp UG, Gra3, Control, Punch 1.8. Stomp UG, Gra3, Control, Punch 1.9. Right High Block, Left Punch 1.8. Stomp UG, Gra3, Control, Punch 2.1. Full Back To Left Cat LC hamber, Right Low Open-Hand Block 2.8. Walk Stome, Left High Block, Right Punch 2.1. Full Back To Left Cat LC hamber, Right Carded Punch 2.8. High Bow, Stance, Trap Backhand 3. Left Cate To Cat, Right Bow, Horizontal Kinë Srike 2.* Half of Tranquil Mind [MAR/APR]: Bow In - 3. Left Care to Cat, Right Bow, Horizontal Kinë Srike 2.* Right Shin Kick, Left Chromber 4. Left 7. Star, Left Pull, Right Throw 4. Monster Walk Left Chromber 5. Right 7. Star, Right Pull, Right Throw 5. Shift Left Punch 7. Shift Ca Left Couch, Lift Pull, Right Throw 5. Shift Left Sous Stance, Shift Punch 8. Clear, Step To Left Couch, Lift Pull, Right Throw 5. Fight Right To Star, Right Punch 9. Right Shin Kick, Right Punch 1. Step to Right Sous, Right Rumber Punch 11. Step to Do Double Overhead Block 1. Fight Right To Star, Right Punch 12. Shift To Left Row, Stance, Right Punch 1. Hight Block, Right Punch 13. Rot Kick Wish K						
16. Right Lotus Kick 17. Left Kwy Stance, Left High Block, Right Punch 18. Stomp Up, Grab, Control, Punch 19. Right High Block, Right Punch 12. Left High Block, Right Punch 12. Left Aug Stance, Left Chamber, Right Low Open-Hand Block 22. Right High Block, Right Punch 11. Step to Right -Star, Right Guarded Punch 2. Right Bow Stance, Trap Backhand 3. Left Carlo Cat, Right Bow, Horizontal Kinfe Strike 4. Left Sow Stance, Left Pull, Right Throw 5. Right Sow, Horizontal Kinfe Strike 6. Right Bow, Kance, Left Pull, Right Throw 7. Shuffle Left Sow Stance, Right Book, Right Punch, Left Chamber 7. Shuffle Topie Punch 7. Shuffle Topie Punch 7. Shuffle Left Bow, Stance, Right Bow, Stance, Right Horn 10. Turn, Cross Step To Double Orehaed Block 11. Step to Right Bow, Stance, Right Bow, Stance, Right Bow, Stance, Right Punch 12. Shift To Left Bow, Stance, Right Bow, Stance, Right Punch 13. Key To Left Crouch, Right Right Bow, Stance, Right Punch 14. Right Bow, Kinck, Ri						
12. Left Bow Stance, Left High Block, Right Punch 18. Storm Up, Grab, Control, Punch 20. Left High Block, Right Punch 21. Left Big Block, Right Punch 22. Right High Block, Right Punch 23. Right High Block, Right Punch 24. Right High Block, Right Punch 25. Right Pink Chart, Right Row, Hortzontal Knife Strike 28. Right Son Kink, Left Panch 38. Left Goar to Cat, Right Bow, Hortzontal Knife Strike 4. Left 7-Star, Right How, Hortzontal Knife Strike 5. Right 7-Star, Right Double Grab 6. Right Bow, Right Tempe Punch 7. Shuffe Tran puller To Strike, Right Double Grab 8. Cores Step To Deal Couch, Left Pull, Right Throw 9. Right Shin Kick, Left Double Crab 10. Turr, Cros Step To Deal Double Chap 11. Step Out To Reverse Right Bow, Double Punch Down 12. Shift To Left Bow, Xallock, Open Up, Step Thru To Reverse Left Bow, Low Temple 13. Monster Walk to Right Bow, Stance, Trap Uppercut 14. Right Son Kick, Left Runch Chamber, Left Punch 15. Left Shin Kick, Left Chamber, Stale Funch 16. Right Bow Stance, Right Chamber, Left Punch 17. Shift to Left Bow, Killock, Right Punch 18. Turn to Left Low Stance, Right Shift Stag 19. Right Bow Stance, Right Romand, Right Cham	15.	Monster Walk, Left Mantis Hook, Right Chamber	Bow Out			
18. Storp Up, Grab, Control, Punch 19. Right High Block, Right Punch 12. Full RackT to Lett Cat, Lett Chamber, Right Low Open-Hand Block 22. Right Right Stork, Left Punch Bow out 2* Half of Plum Hower Hands (JAN/FEB): Bow In 5. Bow In 5. 1. Step to Right 7-Star, Right Guarded Punch 2. Right Show Stance, Trag Backhand 3. Left Cara to Cat, Right Bow, Horzontal Knife Strike 4. Left Cara to Cat, Right Bow, Horzontal Knife Strike 4. Left Couch, Left Number 5. Right Shin Kick, Left Dougherut 6. Right Shin Kick, Left Couch, Left Number 7. Shuffle, Trag Upercut 8. Step to Left Couch, Left Number 9. Right Shin Kick, Right Double Coreba 10. Turn, Cross Step To Double Overhead Block 11. Step to Right Canabe, Right Plunch 12. Shift Crouch, Right Chap 13. Monster Walk to Right Show, Right Guarded Punch 14. Step to Right Mand, Right Chap 15. Left Show, Shore Turn To Reverse Right Number 16	16.	Right Lotus Kick				
19. Right High Block, Left Backfist 20. Left High Block, Left Punch 21. Pull Back To Left Cat, Left Chamber, Right Low Open-Hand Block 22. Right High Block, Left Punch Bow out 1* Half of Plum Flower Hands [IAN/FEB]: Bow in 2. Right Shin Kick, Left Cat, Left Chamber, Right Low Open-Hand Block 3. Step to Right 7-Star, Right Bow, Hortontal Knife Strike 4. Left 7-Star, Right Punch, Left Throw 5. Right 7-Star, Right Punch, Left Throw 6. Right Shin Kick, Left Couch, Left Pull, Right Throw 9. Right Shin Kick, Right Double Crab 10. Turn, Cross Step To Double Overhead Block 11. Step Out To Reverse Right Bow, Jouble Punch Dewn 12. Shift To Left Bow, Xillock, Open Up, Step Thru To Reverse Left Bow, Low Temple 13. Monster Walk to Right Bow, Subie Chop 14. Kuft Starce, Right Couch, Right Chamber 15. Left Shin Kick, Left Damber, Heft Punch 16. Right Bow Stance, Right Chamber, Left Punch 17. Turn, Cross Step To Double Overhead Block 18. Turn to Left Bow Stance, Right Chamber, Left Punch 16. Right Bow Stance, Right Chamber, Left Punch 17. Shift to Reverse Right Bow, Stance, Tep pupercut 18. Turn to Left Starce, Right Stap 19. Right Bow Stance, Right Mandt Shand S						
20. Left High Block, Right Punch 21. Pull dask To Left Cat, Left Punch Bow out 2*Half of Trangull Mind [MAR/APR]: Bow in 5 1* Fall of Plum Flower Hands [JAN/FEB]: 2*Half of Trangull Mind [MAR/APR]: Bow in 5 2. Right Shin Kick, Left Chap, Right Cuarded Punch 1. 3. Left Gear to Cat, Right Bow, Horizontal Knife Strike 3. 4. Left Shar, Right Right Throw 5. 5. Right Shin Kick, Left Couch, Left Pull, Right Throw 5. 6. Right Shin Kick, Right Double Orab 5. 10. Turn, Cross Step To Duble Covehad Block 10. 11. Step Cu To Reverse Right Bow, Double Punch Down 11. 12. Shiff Lott Shin Kick, Right Toulis Grab 10. 13. Shoff Crouch, Right Chap 11. 14. Step To Right Row, Bance, Right Chap 11. 15. Shiff Row Shance, Right March Right Shar, Right Row, Bouble Ovehad Block 10. 14. Shiff Couch, Right Chap 11. 15. Shiff Now Shance, Right March Right Shar, Right Row Shance, Right Punch 11. 16.						
21. Pull Back To Left Cat, Left Chamber, Right Low Open-Hand Block 22. Right High Block, Left Punch Bow out 1* Half of Plum Flower Hands [JAN/FEB]: Bow In 1. Step to Right 7-Star, Right Guarded Punch 2. Right Bow, Stance, Trap Backhand 3. Left Lear to Cat, Right Bow, Horizontal Knife Strike 4. Left 7-Star, Right Bow, Horizontal Knife Strike 5. Right Carb Cat, Right Row, Horizontal Knife Strike 6. Right Bow, Right Temple Punch 7. Shuffle Transple Punch 7. Shuffle Transple Punch 7. Shuffle Tog Upercut 8. Clear, Step To Left Crouch, Left Pull, Right Throw 9. Right Shin Kick, Right Bow, Double Chap 10. Turn, Cross Step To Double Overhead Block 11. Step Guard To Raverse Right Bow, Double Chap 13. Monster Walk to Right Bow, Double Chap 14. Right Stow, Right Cange Dunch Chap 15. Left Shin Kick, Left Rundh, Right Chamber 16. Right Bow Stance, Right Ship Kow, Double Chap 17. Shift To Left Bow, Right Guarded Punch 18. Turn to Left Cat Stance, Right Slap 19. Filter Shin Kick, Left Rundh, Right Chamber 19. Kick, Left Knife Hand, Right Chamber 19. Kick Left Shin Rick Left Rundh 19. Kick Left S						
22. Right High Block, Left Punch Bow out 1* Half of Plum Flower Hands [JAN/FEB]: Bow in 1. Step to Right 7-Star, Right Guarded Punch 2. Right Bow Stance, Tap Backhand 3. Left clear to Cat, Right Bow, Horizontal Knife Strike 4. Left 7-Star, Left Plui, Right Throw 5. Right 7-Star, Right Row, Horizontal Knife Strike 4. Left 7-Star, Left Plui, Right Throw 5. Right Shin Kick, Right Double Punch 7. Shuffle, Trap Uppercut 11. Step Dut To Leverse Right Bow, Zouble Punch 8. Clears, Step To Left Crouch, Left Pull, Right Throw 9. Right Shin Kick, Right Double Overhead Block 11. Step Dut To Reverse Right Bow, Zouble Punch Down 12. Shift To Left Bow, XBack, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch 13. Monster Walk to Right Bow, Zouble Punch Down 14. Right Row Stance, Right Bow, Zouble Punch Down 15. Left Shin Kick, Left Kurel Kalk 16. Right Bow Stance, Right Bow, Right Guarded Punch 17. Shift to Reverse Left Bow, Right Guarded Punch 18. Worth 19. Right Bow Stance, Right Slap 10. Right Bow Stance, Right Slap 11. Right Bow Stance, Right Slap 12. Hit Right Coub, Right Channber 13.						
Bow out 2" Half of Tranquil Mind [MAR/APR]: Bow In Step to Right 7-Star, Right Guarded Punch 1. Step to Right 7-Star, Right Bow, Marcontal Knife Strike 3. Left Lear to Car, Right Bow, Marcontal Knife Strike 4. Left 7-Star, Left Puil, Right Throw 5. Right Bow, Stance, Trap Backhand 3. Left Lear to Car, Right Bow, Horizontal Knife Strike 4. Left 7-Star, Right Bow, Horizontal Knife Strike 5. Right Bow, Right Temple Punch 7. Shuffle Trapie Punch 7. Shuffle Trapie Punch 8. Clear, Step To Left Crouch, Left Pull, Right Throw 9. Right Shin Kick, Right Double Grab 10. Turn, Cross Step To Double Overhead Block 11. Step To Double Overhead Block 12. Shift To Left Bow, X-Bift Bow, Double Chop 13. Monster Walk to Right Guardel Punch 14. Right Bow Stance, Right Chanber 15. Left Shin Kick, Left Burde, Right Vench 16. Right Bow Stance, Right Chanber 17. Shuffle Tarey Dackfist 18. Turn to Left Carach, Right Vench, Right Vench 16. Shuffle tarey Backfist 17. Shuffle tarey Backfist 18. Shuffle tarey Backfist 1						
1 +Half of Plum Flower Hands [JAN/FEB]: 2" Half of Tranquil Mind [MAR/APR]: Bow In 1. Step to Right 7-Star, Right Guarded Punch 1. 2. Right Bow Stance, Trap Backhand 1. 1. 3. Left Clear to CA; Right Bow, Horizontal Knife Strike 1. 1. 1. 4. Left 7-Star, IEP IU, Right Throw 3. 1. 1. Right Shin Kick, Left Chop, Right Chamber 5. Right Shin Kick, Right Double Orab 7. Monster Walk to Right Double Crab 5. 10. Torry, Crass Step To Delft Crouch, Left Pull, Right Throw 8. Fight Right Tork Kick, Left Andr, Right Chamber 9. Right Shin Kick, Left Double Orab 10. Right Shin Kick, Left Quard, Right Chamber 10. Torry, Crass Step To Delft Crouch, Right Right Slap 11. Left Andre Hand, Right Chamber 11. Step Out To Reverse Right Bow, Double Punch Down 12. 11. Left Crouch, Right Punch 12. Shuff To Crach, Right Planch Left Punch 13. Left Crauch, Right Punch Left Chamber 13. Monster Walk to Right Bow, Stance, Right Slap 11. Left Andre Hand, Right Chamber		Kight high block, Left Funch				
Bow In Bow In, Face Right 7-Star, Right Guarded Punch 1. Left Clear to Cat, Right 80ck, Right Punch 1. Left Bow Stance, Trap Backhand 1. Left Bow Stance, It Right 80ck, Right Punch 3. Left Clear to Cat, Right Marki Knife Strike 2. Right 7-Star, Right Punch, Left Chamber 4. Left 7-Star, Right Pull, Light Throw 3. Left Bow Stance, Right Punch, Left Chamber 6. Right Tow King, Right Pull, Light Throw 3. Monster Walk to Right Bow Stance, Double Chop 7. Shuffle, Tap Uppercut 6. Shuffle, Tap Uppercut 8. Clear, Right Bow, Right Town, Step To Double Overhead Block 7. 10. Turn, Cross Step To Double Overhead Block 7. 11. Shuffle Left Bow, Xallock, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch 7. 12. Shuffle Couch, Right Chop 10. 13. Monster Walk to Right Bow, Double Chop 11. 14. Right Bow, Stance, Right Chop 12. 15. Left Shin Kick, Left guard, Right Slap 13. 16. Right Bow, Right Chamber, Left Punch 13. 17. Shuffle Tow, Right Gow, Right Chamber, Left Punch 13. 18. Turn to Left Cat Stance, Right Tome, Left Chamber 14. 19. Flight Right Right Tow Kinck, Left Right Right Right	2011 041					
1. Step to Right 7-Star, Right Guarded Punch 1. Left Bow Stance, Left High Block, Right Chamber 2. Right Bow Stance, Trap Backhand 2. Right Shin Kick, Left Chap, Right Chamber 3. Left clear to Cat, Right Bow, Horizontal Knife Strike 3. Left Bow Stance, Right Punch, Left Chamber 4. Left 7-Star, Left Puil, Right Throw 4. Monster Walk to Right Bow Stance, Double Chap 5. Right Bow, Right Torwich 6. Shuffle Temple Punch 6. 7. Shuffle Temple Punch 6. Shuffle Temple Punch 7. 8. Clear, Step To Left Crouch, Left Puil, Right Throw 8. Flight Right Torw Chap 7. 9. Right Kow, Stance, Right Double Chap 10. Right Bow, Stance, Right Chap 11. Left Sow Stance, Right Chap 10. Turn, Cross Step To Double Overhead Block 10. Right Bow Stance, Right Chap 11. Left Sow Stance, Right Chap 11. Stap to Right Bow, Nouble Chap 13. Left Sow Stance, Right Chap 13. Left Crouch, Left High Block, Right Vertical Punch 13. Stap to Right Bow, Stance, Right Chap 15. Flight Right Tome Kick 14. Hores Stance 14.	1 st Half of	Plum Flower Hands [JAN/FEB]:	2 nd Half o	f Tranquil Mind [MAR/APR]:		
 Right Bow Stance, Trap Backhand Left clear to Cat, Right Bow, Horizontal Knife Strike Left 2-Star, Left Puil, Right Throw Right 7-Star, Right Puil, Left Throw Right 7-Star, Right Puil, Left Throw Shuffle, Trap Uppercut Right Sow, Right Temple Punch Shuffle, Trap Uppercut Shuffle, Trap Uppercut Right Shin Kick, Right Pouch 400 Turn, Cross Step To Double Overhead Block Step Out To Reverse Right Bow, Double Punch Down Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch Step Out To Reverse Right Group, Left Punch Down Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch Monster Walk to Right Bow, Double Chop Left Shin Kick, Left Bunck, Right Vertical Punch Step Out To Reverse Right Chop Right Bow Stance, Right Mark, Right Chamber, Left Shin Kick, Left Rught Chamber, Left Punch Step Cut To Reverse Right Group Left Shin Kick, Left Bow, Nalie Grap Backkist Step Cut To Reverse Right Group Right Bow Stance, Right Ghamber, Left Punch Shuffle Trap Backkist Turn to Left Cat Stance, Double Hook Shuffle Trap Backkist Turn to Left Cat Stance, Double Hook Shuffle Town, Right Manik Hand Strike Right How Stance, Left Double Hook Right How Stance, Left Double Grab Right How Stance, Left Double Grab Right How Stance, Left Double	Bow In		Bow In, Fa	ace Left		
 J. Left dear to Cat, Right Eurov, Horizontal Knife Strike Left 4-Star, Left Pull, Right Throw Right 7-Star, Right Punch, Left Chamber Right 7-Star, Right Tampie Punch Shuffle Tampie Punch Shuffle Left Punch Horse Stance Right Punch Shuffle Left Punch Shuffle Left Punch Shuffle Left Punch Horse Stance Right Punch Shuffle Left Punch Shuffle Left Punch Horse Stance Right Punch Shuffle Left Punch Horse Stance Right Punch Hight Stank Right Staw, Double Punch Down Shuffle To Left Bow, Shock, Open Up, Step Thru To Reverse Left Bow, Low Temper Right Bow Stance, Right Stap Left Shin Kick, Left guard, Right Slap Horse Stance Right Chop Horse Stance Right Punch, Right Chop Horse Stance Right Punch Left Chamber Shuffle Tap Backfist Shuffle trap Backfist Right Bow Stance, Left Double Hook Shuffle trap Backfist Right Bow Stance, Left Double Hook Left High Hook, Right Manis Hand Strike Left High Hook, Right Hand Stri	1.	Step to Right 7-Star, Right Guarded Punch	1.	Left Bow Stance, Left High Block, Right Punch		
4. Left 7-Star, Left Pulf, Right Throw 4. Monster Walk to Right 8ow Stance, Double Chop 5. Right 7-Star, Right Pull, Left Throw 5. Shuffle Temple Punch 6. Right Sow, Right Torouch, Left Pull, Right Throw 6. Shuffle Temple Punch 7. Shuffle Torouch, Left Pull, Right Throw 7. Fight Sow, Right Fouch 7. 9. Right Sow, Right Fouch 7. Horse Stance Right Punch 7. 10. Turn, cross Step To Double Overhead Block 9. Night Bow, Stance, Tray, Uppercut 11. Step Out To Reverse Right Bow, Double Punch Down 11. Left Crouch, Left Right Bock, Right Punch 12. Shiff To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch 13. Left Crouch, Left Right Bock, Right Vertical Punch 13. Monster Walk to Right Bow, Double Chop 14. Step To Right Bow Stance, Tray Uppercut 14. Right Korvch, Right Chop 15. Filtyt Right To Kick, Left Runch Alight Horn 15. Left Shin Kick, Left guard, Right Slap 16. Horse Stance Right Chop 16. Norse Stance Right Punch 18. Shuffle tray Backfist 17. Shiff to Reverse Left Bow, Right Gamded Punch 18. Shuffle Tray Backfist 18. Turn to Left Cat Stance, Double Hook 19. <t< td=""><td></td><td></td><td></td><td></td></t<>						
 S. Right 7-Star, Right Pull, Cett Throw Right Bow, Right Temple Punch Shuffle, Trap Uppercut Clear, Step To Left Crouch, Left Pull, Right Throw Right Shin Kick, Right Double Grab Turn, Cross Step To Double Overhead Block Step Out To Reverse Right Bow, Double Overhead Block Step Out To Reverse Right Bow, Double Punch Down Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch Right Bow Stance, Right Chop Left Stark, Left Quard, Right Stap Left Stark, Left Quard, Right Stap Right Bow Stance, Right Chop Shift to Reverse Left Bow, Right Guarded Punch Shuffle Tore Kick, Left Knife Hand, Right Chamber Right Bow Stance, Right Chop Right Bow Stance, Right Chamber, Left Punch Shuffle Trap Backfist Right Bow Stance, Left Double Hook Left High Hook, Right Mantis Hand Strike Right Bow Stance, Left Double Hook Left High Hook, Right Mantis Hand Strike Right Bow Stance, Left Double Grab Right Bow Stance, Left Double Grab Right Bow Stance, Left Double Grab Right Bow Stance, Left Bounch, Left Mantis Hook Left Row, Left High Block, Right Punch Right Heel Kick, Left Bouxch, Left Mantis Hook Right Heel Kick Right Temple Punch Right Boots Cance, Right Hugh Block, Right Punch Right Bow Stance		-		-		
6. Right Bow, Right Temple Punch 6. Shuffle Left Punch 7. Shuffle, Trap Uppercut 7. Horse Stance Right Punch 8. Clear, Step To Left Crouch, Left Pull, Right Throw 9. Right Shin Kick, Right Double Grab 9. 10. Turr, Cross Step To Double Overhead Block 10. 11. Step Out To Reverse Right Bow, Double Punch Down 12. Shiff To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch 13. Monster Walk to Right Bow, Double Chop 13. Left Shin Kick, Left guard, Right Slap 13. Left Crouch, Left High Block, Right Chamber 15. Left Shin Kick, Left guard, Right Slap 15. Fight Right To ext Kick, Left Kurife Hand, Right Chamber 16. Right Bow, Stance, Right Chamber, Left Punch 17. Shuffle Left Sunck Right Chamber, Left Punch 16. Right Bow, Stance, Right Chamber, Left Punch 17. Shuffle Left Crouch, Left Munch Left Chamber 17. Shuffle Left Sunck, Right Guarded Punch 18. Shuffle torag Stance Right Punch Left Chamber 18. Turn to Left Cat Stance, Left Double Hook 19. Fiying Right Heid Kick, Left Double Hook 18. Right Bow Stance, Left Double Hook 11. Right Hook Indik Kick, Left Doub						
 Shuffle, Trap Uppercut Clear, Step To Left Crouch, Left Pull, Right Throw Right Shin Kick, Right Double Grab Turn, Cross Step To Double Overhead Block Step Out To Reverse Right Bow, Double Punch Down Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch Monster Walk to Right Bow, Double Chop Right Bow Stance, Right Chamber, Left Punch Shift to Reverse Left Bow, Night Guarded Punch Shift to Reverse Left Bow, Right Chamber, Left Punch Kight Bow Stance, Right Chamber, Left Punch Shift to Reverse Left Bow, Right Guarded Punch Turn to Left Cat Stance, Double Hook Turn to Left Cat Stance, Double Hook Turn to Left Cat Stance, Left Double Hook Right Bow Stance, Left Double Hook Right Bow Stance, Left Double Hook Right Bow Stance, Left Double Hook Right Hook, Right Manis Hand Strike Right Bow Stance, Left Double Grab Right Bow Stance, Left Double Hook Right Bow Stance, Right Throw Right Bow Stance, Left Double Hook Right Bow Stance, Left Double Hook Right Bow Kince, Left Double Hook Right Bow Kince, Left Double Grab Right Bow Stance, Left Mantis Hand Strike Right Bow Stance, Right High Block, Left Punch Right Bow Stance, Right Punch Right Bow Stance, Left Mantis Hook Right Bow Stance, Right Punch Right Bow Stance, Left Mantis Hook Right Bow Stance, Left Mantis Hook Right Bow Stance, Right Punch Right Bow Stance, Right High Block, Left Punch Right Bow Stance, Rig				-		
8. Clear, Step To Left Crouch, Left Pull, Right Throw 8. Flight Right Toe Kick, Left Knife Hand, Right Chamber 9. Right Shin Kick, Right Double Grab 9. Horse Stance Right Chop 10. Turn, Cross Step To Double Overhead Block 11. Step Out To Reverse Right Bow, Double Punch Down 12. Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch 12. Left To Kick, Left Right Top, Right Punch 13. Monster Walk to Right Bow, Double Chop 13. Left Shin Kick, Left guard, Right Slap 13. Left Crouch, Left High Block, Right Vertical Punch 15. Left Shin Kick, Left guard, Right Slap 16. Horse Stance Right Chop 17. Shuffle trap Backfist 17. Shift to Reverse Left Bow, Right Garded Punch 18. Shuffle trap Backfist 18. Shuffle trap Backfist 18. Turn to Left Cat Stance, Double Hook 18. Shuffle torb Mite Monkey Steals Peaches [MAY/JUNE]: 2 ^{rdt} Half of Nhite Monkey Steals Peaches [MAY/JUNE]: 2 ^{rdt} Half of Nhite Monkey Steals Peaches [MAY/JUNE]: 19. Right Hook, Right Manis Hand Strike 10. Right Hook, Right Manis Hand Strike 2. Bow Out 20. Horse Stance, Right High Block, Left Pouble Hook 2. Bow N						
 9. Right Shin Kick, Right Double Grab 9. Horse Stance Right Chop 10. Turn, Cross Step To Double Overhead Block 11. Step Out To Reverse Right Bow, Double Punch Down 12. Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch 13. Monster Walk to Right Bow, Double Chop 14. Right Crouch, Right Chop 15. Left Shin Kick, Left guard, Right Slap 16. Right Bow Stance, Right Chamber, Left Punch 17. Shift to Reverse Left Bow, Right Guarded Punch 18. Turn to Left Cat Stance, Double Hook 19. Horse Stance Right Chamber, Left Punch 11. Shift to Reverse Left Bow, Right Guarded Punch 18. Turn to Left Cat Stance, Double Hook 19. Flying Right Crane, Right Punch Left Cat Stance, Double Hook 10. Flying Right Crane, Right Punch Left Chamber, Left Punch 11. Right Bow Stance, Left Double Hook 20. Horse Stance Right Chamber, Left Punch 21. Turn on Left Cat Stance, Left Double Hook 22. Right Hook In Half Chamber, Left Py Poke 22. Right Hook In Half Chamber, Left Py Poke 3. Left High Hook, Right Mantis Hand Strike 3. Left High Hook, Right High Block, Left Punch 4. Flying Right Heel Kick, Left Double Grab 5. Right Bow Stance, Right High Block, Left Punch 6. Shuffle Forward, Chop 7. Monster Walk To Left Bow Stance, Left Mantis Hook 6. Right Took, Right Toe Kick Right Chamber 6. Shuffle Forward, Chop 7. Monster Walk To Left Bow Stance, Left Mantis Hook 6. Shuffle Forward, Chop 7. Monster Walk To Left Bow Stance, Left Mantis Hook 7. Turn to Left, Left 7-Star, Left Hook, Right Chamber 7. Kinght Forward, Chop 8. Right High Block, Right Punch 9. Left Bow, Le				5		
10. Turn, Cross Step To Double Overhead Block 10. Right Bow Stance, Trap, Uppercut 11. Step Out To Reverse Right Bow, Double Punch Down 11. Left 7-Star, Left Clear, Right 7-Star, Right Punch 12. Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch 13. Left Chicken Kick 13. Monster Walk to Right Bow, Double Chop 13. Left Crouch, Left High Block, Right Vertical Punch 14. Right Bow Stance, Right Chamber, Left Punch 16. Horse Stance Right Chop 15. Left Shin Kick, Left guard, Right Gaarded Punch 18. Shuffle trap Backfist 18. Turn to Left Cat Stance, Double Hook 19. Flying Right Crance, Right Punch Left Chamber 16. Right Bow Stance, Left Dow, Right Monkey Steals Peaches [MAY/JUNE]: 20' Half of Plum Flower Hands [JUL/AUG]: Bow Out 20' Half of Stance, Left Double Hook 20. Horse Stance Right Punch 11. Right Bow Stance, Left Double Hook 20' Half of Stance Left Stance, Left Double Hook 20' Half of Plum Flower Hands [JUL/AUG]: Bow In, Face Right 20' Half of Stance Left Nomit Hand Strike 20' Half of Plum Flower Hands [JUL/AUG]: 13. Right Hook In Half Chamber, Left Pe Poke 20' Half Stanc Kit Right Teomple Punch						
12. Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch 12. Turn and Left Chicken Kick 13. Monster Walk to Right Bow, Double Chop 13. Left Crouch, Left High Block, Right Vertical Punch 14. Right Crouch, Right Chop 15. Flight Right Toe Kick, Left Knife Hand, Right Chamber 15. Left Shin Kick, Left guard, Right Slap 16. Horse Stance Right Chop 15. Shift to Reverse Left Bow, Right Guarded Punch 18. Shuffle trap Backfist 18. Turn to Left Cat Stance, Double Hook 19. Flying Right Crane, Right Punch Left Chamber 18. Turn, Left 7-Star, Clearing with fists Bow Out 20. Horse Stance Right Punch 19. Flying Right Crane, Right Hand Strike 20. Horse Stance Right Punch 21. 10. Right Bow Stance, Left Double Hook 11. Right Bow Stance, Left Double Hook 12. Turn to Left, Left Toe Kick, Left Hook, Right Chamber 2. Right Hook In Half Chamber, Left Eye Poke 2. Bow Out 2. Body Block, Right Toe Kick 3. Left High Hook, Right Mantis Hand Strike 2. Body Block, Right Toe Kick Right Temple Punch 3. Left Bigh Hook In Half Ch	10.	Turn, Cross Step To Double Overhead Block	10.	Right Bow Stance, Trap, Uppercut		
Punch13.Left Crouch, Left High Block, Right Vertical Punch13.Monster Walk to Right Bow, Double Chop14.Step to Right Bow Stance, Trap Uppercut14.Right Crouch, Right Chamber, Left Punch15.Flight Right Toe Kick, Left Knife Hand, Right Chamber15.Left Shin Kick, Left guard, Right Slap16.Horse Stance Right Chamber, Left Punch16.Right Bow Stance, Right Chamber, Left Punch17.Shuffle trap Backfist18.Turn to Left Cat Stance, Double Hook18.Shuffle trap Backfist19.Left Crouch, Left High Block, Right Punch Left Chamber20.20.Horse Stance Right Punch11.10.Right Bow Stance, Left Double Hook21.2.Right Hook In Half Chamber, Left Eye Poke2.3.Left High Hook, Right Mantis Hand Strike3.Leaf Bow In, Face Right Carp Right Chamber, Left Eye Poke3.Left High Hook, Right Mantis Hand Strike3.Leag Back Kight Carp Elear4.Flying Right Toe Kick, Left Double Grab4.Turn to Left, Left Toe Kick, Left Hook, Right Chamber5.Right Bow Stance, Left Double Grab5.Flying Right Toe Kick Right Temple Punch6.Shuffle Forward, Chop7.Turn to Left, Left Toe Kick, Left Hook, Right Chamber7.Monster Walk Ko Left Bow Stance, Left Mantis Hook7.Turn to Left, Left Toe Kick, Right Chamber8.Lotus Kick With Temple Punch8.Right Care Right High Block, Right Punch9.Left High Block, Right Punch9.Right Garded Punch	11.	Step Out To Reverse Right Bow, Double Punch Down	11.	Left 7-Star, Left Clear, Right 7-Star, Right Punch		
13. Monster Walk to Right Bow, Double Chop 14. Step to Right Bow Stance, Trap Uppercut 14. Right Crouch, Right Chop 15. Lieft Shin Kick, Left guard, Right Slap 15. Lieft Shin Kick, Left guard, Right Slap 16. Horse Stance Right Chop 16. Right Bow Stance, Right Chamber, Left Punch 17. Shuffle trap Backfist 17. Shift to Reverse Left Bow, Right Guarded Punch 18. Shuffle trap Backfist 18. Turn to Left Cat Stance, Double Hook 19. Flying Right Crane, Right Punch Left Chamber 20. Horse Stance Right Punch 21. Turn, Left 7-Star, Clearing with fists Bow Out 2 nd Half of Plum Flower Hands [JUL/AUG]: Bow In, Face Right 2 nd Half of Plum Flower Hands [JUL/AUG]: Bow In, Face Right Honk, Right Mantis Hand Strike 2. Bow In, Face Forward 1. Right Bow Stance, Left Double Hook 2. Bow In, Face Forward 3. Left High Hook, Right Mantis Hand Strike 3. Leap Back to Right Toe Kick, Right Toe Kick 3. Left High Hook, Right High Block, Left Punch 5. Flying Right Toe Kick Right Chamber 4. Flying Right Hoel Kick, Left Double Grab 4. Turn to Left, Left Toe Kick, Right Chamber 5. Right Bow Stance, Right High Block, Left Auntis Hook 7. Turn to Left, Left 7-Star, Left Hook, Right Chamber 6. Shuffle Forward, Chop 6. Right 7-Star, Right Guarded Punch	12.	Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple				
14.Right Crouch, Right Chop15.Flight Right Toe Kick, Left Knife Hand, Right Chamber15.Left Shin Kick, Left guard, Right Slap16.Horse Stance Right Chop16.Right Bow Stance, Right Chamber, Left Punch17.Shuffle trap Backfist17.Shift to Reverse Left Bow, Right Guarded Punch18.Shuffle trap Backfist18.Turn to Left Cat Stance, Double Hook19.Flying Right Crane, Right Punch Left Chamber20.Horse Stance Right Punch21.Turn, Left 7-Star, Clearing with fistsBow Out2m ^d Half of White Monkey Steals Peaches [MAY/JUNE]:2m ^d Half of Plum Flower Hands [JUL/AUG]:Bow In, Face Right2m Win, Face Right2m Win, Face Forward1.Right Book Stance, Left Double Hook1.Right Bow, Trap Backfist2.Right Hook In Half Chamber, Left Eye Poke2.Body Block, Right Toe Kick3.Left High Hook, Right Mantis Hand Strike3.Leap Back to Right Cat, Triple Clear4.Flying Right Heel Kick, Left Double Grab4.Turn to Left, Left Toe Kick, Left Hook, Right Chamber5.Right Bow Stance, Right High Block, Left Mantis Hook7.Turn to Left Left Toet Right Backfist7.Monster Walk To Left Bow Stance, Left Mantis Hook7.Turn to Left Left Toet, Left Toet, Right Chamber8.Lotus Kick With Temple Punch8.Right 7-Star, Right Guarded Punch9.Left Bow, Left High Block, Right Punch9.Right Bow, Trap Dipperut10.Stomp Up, Grab, Control, Punch10.Left Horizontal Knife Ha				, , , ,		
15.Left Shin Kick, Left guard, Right Slap16.Horse Stance Right Chop16.Right Bow Stance, Right Chamber, Left Punch17.Shuffle trap Backfist17.Shuffle trap Backfist18.Shuffle trap Backfist18.Turn to Left Cat Stance, Double Hook19.Flying Right Crane, Right Punch Left Chamber20.Horse Stance Right Punch21.Turn, Left 7-Star, Clearing with fistsBow Out2md Half of White Monkey Steals Peaches [MAY/JUNE]:2md Half of Plum Flower Hands [JUL/AUG]:Bow In, Face Right2md Half of Plum Flower Hands [JUL/AUG]:Bow In, Face Right2md Half of Plum Flower Hands [JUL/AUG]:Bow In, Face Right8ok Out1.Right Bow, Stance, Left Double Hook1.2.Right Hook, Right Mantis Hand Strike2.3.Left High Hook, Right Mantis Hand Strike3.4.Flying Right Heel Kick, Left Double Grab4.5.Right Bow Stance, Left Mantis Hook7.6.Shuffle Forward, Chop6.7.Monster Walk To Left Bow Stance, Left Mantis Hook7.8.Lotus Kick With Temple Punch8.9.Left Bow, Left High Block, Right Punch9.10.Stomp Up, Grab, Control, Punch10.11.Right Hobk, Right Punch11.12.Left Bigh Block, Right Punch11.13.Right Heel Kick, Left Double Grab And Turn10.14.Left Bow, Left High Block, Right Punch9.15.Numster Walk To Left Back Fist10.						
16. Right Bow Stance, Right Chamber, Left Punch 17. Shuffle trap Backfist 17. Shuft to Reverse Left Bow, Right Guarded Punch 18. Shuffle trap Backfist 18. Turn to Left Cat Stance, Double Hook 19. Flying Right Crane, Right Punch Left Chamber 20. Horse Stance Right Punch 21. Turn, Left 7-Star, Clearing with fists Bow Out 2 nd Half of White Monkey Steals Peaches [MAY/JUNE]: 2 nd Half of Plum Flower Hands [JUL/AUG]: Bow In, Face Right Bow In, Face Right Bow In, Face Forward 1. Right Bow Stance, Left Double Hook 1. Right Bow, Trap Backfist 2. Body Block, Right Cat, Triple Clear 4. Flying Right Heel Kick, Left Double Grab 1. Right Bow, Stance, Left Hobuhok, Right Mantis Hand Strike 3. Leap Back to Right Cat, Triple Clear 5. Right Bow Stance, Left Bow Stance, Left Mantis Hook 1. Turn to Left, Left Toe Kick, Left Hook, Right Chamber 6. Shuffle Forward, Chop 6. Right Forward, Chop 6. Right Cauch, Right Temple Punch 7. Monster Walk To Left Bow Stance, Left Mantis Hook 7. Turn to Left, Left 7-Star, Left Hook, Right Chamber 8. Lotus Kick With Temple Punch 9. Right Bow, Trap Uppercut 0. Left Clear, Right High Block, Left Punch 9. Left Bow, Left High Block, Right Punch 9. Right Bow, Trap Uppercut 10. Left Clear, Right Hook, Right Chamber 10. Stomp Up, Grab, Control						
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18. Turn to Left Cat Stance, Double Hook 19. Flying Right Crane, Right Punch Left Chamber Bow Out 20. Horse Stance Right Punch 21. Turn, Left 7-Star, Clearing with fists Bow Out Bow Out Bow Out 2 nd Half of White Monkey Steals Peaches [MAY/JUNE]: Bow In, Face Right Founds [JUL/AUG]: Bow In, Face Right Bow In, Face Right Hook In Half Chamber, Left Double Hook 1. Right Bow Stance, Left Double Hook 1. 2. Body Block, Right Toe Kick 2. 3. Left High Hook, Right Mantis Hand Strike 2. Body Block, Right Toe Kick 4. Flying Right Heel Kick, Left Double Grab 4. Turn to Left, Left Toe Kick, Left Hook, Right Chamber 5. Right Bow Stance, Right High Block, Left Punch 5. Flying Right Toe Kick Right Temple Punch 6. Shuffle Forward, Chop 6. 7. Turn to Left, Left 7-Star, Left Hook, Right Chamber 9. Left Bow, Left High Block, Right Punch 9. Right 7-Star, Right Guarded Punch 9. Left Bow, Left High Block, Right Punch 9. Right Torat, Left Toratal Knife Hand Chop 10. Stomp Up, Grab, Control, Punch 10. Left				•		
Bow Out 20. Horse Stance Right Punch 21. Turn, Left 7-Star, Clearing with fists Bow Out 2nd Half of White Monkey Steals Peaches [MAY/JUNE]: Bow In, Face Right 1. Right Bow Stance, Left Double Hook 2. Right Hook In Half Chamber, Left Eye Poke 3. Left High Hook, Right Mantis Hand Strike 4. Flying Right Heel Kick, Left Double Grab 5. Right Bow Stance, Left Double Grab 6. Shuffle Forward, Chop 7. Monster Walk To Left Bow Stance, Left Mantis Hook 8. Lotus Kick With Temple Punch 8. Lotus Kick With Temple Punch 9. Left Bow, Left High Block, Right Punch 10. Stomp Up, Grab, Control, Punch 11. Right High Block, Left Back Fist 12. Left High Block, Left Back Fist 13. Right Heel Kick, Left Back Fist 14. Eft Bigh Block, Right Punch 15. Pull Back To Left Left Toak A Turn 16. Shuffle Forward, Chop 7. Monster Walk To Left Back Fist 10. Left Bow, Left High Block, Right Punch 11. Right High Block, Right Punch 12. Left High Block, Right Punch 13. Right Heel Kick, Left Double Grab And Turn 14. Left Bow, Left High Block, Right Punch 15. Pull Back To Left						
21. Turn, Left 7-Star, Clearing with fists Bow Out 2nd Half of White Monkey Steals Peaches [MAY/JUNE]: 2nd Half of Plum Flower Hands [JUL/AUG]: Bow In, Face Right Bow In, Face Forward 1. Right Bow Stance, Left Double Hook 1. 2. Right Hook In Half Chamber, Left Eye Poke 2. 3. Left High Hook, Right Mantis Hand Strike 3. Leap Back to Right Cat, Triple Clear 4. Flying Right Heel Kick, Left Double Grab 4. Turn to Left, Left Toe Kick, Left Hook, Right Chamber 5. Right Bow Stance, Right High Block, Left Punch 5. Flying Right Toe Kick Right Temple Punch 6. Shuffle Forward, Chop 6. Right Crouch, Reinforced Right Backfist 7. Monster Walk To Left Bow Stance, Left Mantis Hook 7. Turn to Left, Left 7-Star, Left Hook, Right Chamber 9. Left Bow, Left High Block, Right Punch 8. Right 7-Star, Right Guarded Punch 9. Left Bow, Left High Block, Right Punch 9. Right Bow, Trap Uppercut 10. Stomp Up, Grab, Control, Punch 10. Left Clear, Left Horizontal Knife Hand Chop 11. Right High Block, Right Punch 11. (flower) Clearing Left Side Han		· · · · · · · · · · · · · · · · · · ·				
2nd Half of White Monkey Steals Peaches [MAY/JUNE]:2nd Half of Plum Flower Hands [JUL/AUG]:Bow In, Face RightBow In, Face Right1.Right Bow Stance, Left Double Hook2.Right Hook In Half Chamber, Left Eye Poke3.Left High Hook, Right Mantis Hand Strike4.Flying Right Heel Kick, Left Double Grab5.Right Bow Stance, Right High Block, Left Punch6.Shuffle Forward, Chop7.Monster Walk To Left Bow Stance, Left Mantis Hook8.Lotus Kick With Temple Punch9.Left Bow, Left High Block, Right Punch10.Stomp Up, Grab, Control, Punch11.Right High Block, Right Punch12.Left High Block, Right Punch13.Right Heel Kick, Left Double Grab And Turn14.Left Bow, Left High Block, Right Punch15.Pull Back To Left Ca, Left Chamber, Right Low Open-Hand Block16.Shuffle Back, Right Punch17.Stomp Up, Grab, Control, Punch18.Left High Block, Right Punch19.Left High Block, Right Punch11.Right Heel Kick, Left Double Grab And Turn12.Left Bow, Left High Block, Right Punch13.Right Heel Kick, Left Chamber, Right Low Open-Hand Block14.Left Bow, Left Ca, Left Chamber, Right Low Open-Hand Block			21.	Turn, Left 7-Star, Clearing with fists		
Bow In, Face RightBow In, Face Forward1.Right Bow Stance, Left Double Hook1.Right Bow, Trap Backfist2.Right Hook In Half Chamber, Left Eye Poke2.Body Block, Right Toe Kick3.Left High Hook, Right Mantis Hand Strike3.Leap Back to Right Cat, Triple Clear4.Flying Right Heel Kick, Left Double Grab4.Turn to Left, Left Toe Kick, Left Hook, Right Chamber5.Right Bow Stance, Right High Block, Left Punch5.Flying Right Toe Kick Right Temple Punch6.Shuffle Forward, Chop6.Right Crouch, Reinforced Right Backfist7.Monster Walk To Left Bow Stance, Left Mantis Hook7.Turn to Left, Left 7-Star, Left Hook, Right Chamber8.Lotus Kick With Temple Punch8.Right 7-Star, Right Guarded Punch9.Left Bow, Left High Block, Right Punch9.Right Bow, Trap Uppercut10.Stomp Up, Grab, Control, Punch10.Left Clear, Left Horizontal Knife Hand Chop11.Right High Block, Right Punch12.(flower) Clearing Left Side Hand12.Left High Block, Right Punch13.(hands) Right Palm Slap13.Right Heel Kick, Left Double Grab And Turn13.(hands) Right Palm Slap14.Left Bow, Left High Block, Right Punch14.Shuffle Back, Left Punch15.Pull Back To Left Cat, Left Chamber, Right Low Open-Hand Block15.Shuffle to Right Horse, Right Guarded Punch						
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4.Flying Right Heel Kick, Left Double Grab4.Turn to Left, Left Toe Kick, Left Hook, Right Chamber5.Right Bow Stance, Right High Block, Left Punch5.Flying Right Toe Kick Right Temple Punch6.Shuffle Forward, Chop6.Right Crouch, Reinforced Right Backfist7.Monster Walk To Left Bow Stance, Left Mantis Hook7.Turn to Left, Left 7-Star, Left Hook, Right Chamber8.Lotus Kick With Temple Punch8.Right 7-Star, Right Guarded Punch9.Left Bow, Left High Block, Right Punch9.Right Bow, Trap Uppercut10.Stomp Up, Grab, Control, Punch10.Left Clear, Left Horizontal Knife Hand Chop11.Right High Block, Left Back Fist11.(plum) Left Trap, Right Side Hand12.Left High Block, Right Punch12.(flower) Clearing Left Side Hand13.Right Heel Kick, Left Double Grab And Turn13.(hands) Right Palm Slap14.Left Bow, Left Gat, Left Chamber, Right Low Open-Hand Block15.Shuffle to Right Horse, Right Guarded Punch						
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13. Right Heel Kick, Left Double Grab And Turn13. (hands) Right Palm Slap14. Left Bow, Left High Block, Right Punch14. Shuffle Back, Left Punch15. Pull Back To Left Cat, Left Chamber, Right Low Open-Hand Block15. Shuffle to Right Horse, Right Guarded Punch						
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15. Pull Back To Left Cat, Left Chamber, Right Low Open-Hand Block15. Shuffle to Right Horse, Right Guarded Punch						
Bow out Bow out	_		_			
	16.	Right High Block, Left Punch	16.	Turn to Left Cat, Right Double Hook		