

4 UP 4 DOWN

Regular Chinese bow, complete the bow then step out with your left foot into a horse stance, ready position; Four steps forward beginning with your left foot and left hand, four eye jabs; Four steps backward beginning with your right foot and deflecting with your left hand; Four steps forward beginning with your left foot and left hand, four internal punches; Four steps backward beginning with your right foot and inside trapping with your left hand; Four steps forward beginning with your left foot and left hand, instep of your foot hooks behind the opponent's leg and pulls them toward you, while the punch is an internal punch scraping downward alongside the opponent's body; Four steps backward starting with your right foot but stepping all the way back into a sideways horse stance but looking forward, while your left hand turns into an open hand down block ending at the side of your left knee; Left foot comes forward to meet right foot, face forward with your left open hand over your right fist; Then finish with regular Chinese bow.