

## **CHINESE FINGER SET** (Northern Shao-lin form)

Regular Chinese bow, then step out left into horse stance, Spear hand high, right, spear hand high, left; Vertical spear hand middle, right, vertical spear hand middle, left; inverted spear hand low, right, inverted spear hand low, left; two finger eye jab with right hand over left shoulder, two finger eye jab with left hand over right shoulder; bring both hands together in two finger eye jab formation at right shoulder, diagonally rake down right to left, then circle back up, double two finger eye jab; circle straight down the middle, then back up, double crossed two finger eye jab, right hand over left; Back hand two finger eye flick, right, back hand two finger eye flick, left; back hand two finger flick low, right, back hand two finger flick low, left; tiger claw rake down, then up with right, tiger claw rake down, then up with left; two finger figure 8, then eye jab with right, two finger figure 8, then eye jab with left; tiger claw to face with right hand, tiger claw to groin behind you with left hand; tiger claw to face with left hand, tiger claw to groin behind you with right hand; tiger claw to groin in front with right and tiger claw to groin behind you with left, then tiger claw to groin in front with left, tiger claw to groin behind with right; circle up with both tiger claws and clear, then simultaneous side snapping tiger claws; then snapping right two finger eye jab, leave right hand there, then snapping left two finger eye jab; salute, bow out.