

KEW SAO (tension form) Northern Shao-lin

Regular Chinese bow, then step out left into very low horse stance.

Straight out tiger claws, pull back crane beaks.

Sideways tiger claws, pull back crane beaks.

Up tiger claws, down crane beaks.

Down tiger claws, up crane beaks.

Straight out tiger claws, five wrist rolls with index finger pointed, from inside to outside,

Nine wrist shakes to the outside,

Pull back crane beaks.

Bend at the waist, legs straight, shake out arms and wrists, straighten up, pull left foot to right, bow out.