

Er (r) jiu (ge) Basic Movements

Regular Chinese Kung-fu bow
Step out with left foot
Left side always starts

Upward scooping blocks, left and right;
Palm cross blocks, left and right;
Knife hand blocks, left and right;
Inside scooping groin blocks, left and right;
Internal punches, left and right;
Side internal punches, left and right;
Cross shoulder two finger eye jabs, left and right;
Rising elbow, left and right;
Inside knife hand strike, left and right;
Raking tiger claw/eye jab, left and right;
Side elbow strike, left;
Front elbow strike, left;
Side elbow strike, right;
Front elbow strike, right;
Rear downward elbow strike, left and right;
Swiping tiger claw block, left; spear hand strike to throat, right;
Fists come together first, then regular Chinese Kung-fu bow to close.



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