

## SECOND SECTION

### **(1) Carry Tiger to Mountain**

Start at circle arms crossing wrists:  
Left toe turns in as the Left hand drops  
Guard with the Right hand  
Right foot steps to R-back corner  
The Left hand comes to the ear  
Sweep and aim  
Push and shift the weight forward

The Right hand turns palm up  
Lift to the diagonal and  
Push out to corner as  
The Left hand turns palm up

### **(2) Grasping the Bird's Tail**

Sit back and pull to the left  
Circle the Left hand and press  
Withdraw and push

### **(3) "Polishing"**

Sit back (onto left foot) as the hands circle flat to the left  
And pull the Right toe to face the wall  
The hands pull into the waist and  
Push out to corner  
Aim the Left fingers at the Right wrist and  
Lift the Left knee, point toe down

### **(4) Fist Under Elbow**

Turn  
Fingers up  
Step (R)  
Hands separate as you shift your weight  
(Right) foot adjustment; scoop (Left hand)  
touch with the (L) heel; scoop (Right hand-fist)  
turn the waist

**(5) Repulse the Monkey 3 times**

Step back                      TOE KNEE  
Hand to the ear              TOE HEEL  
Pull and push                SHIFT TOE  
Straighten the toe

**(6) Slanting Flying**

Part 1

Lift the Right knee  
Touch the R toe behind,  
Left hand circles up

Part 2

R foot Step out to the front  
Turn the waist and lift the right hand  
Come forward-bend knee and Left hand pulls back

**(7) Empty Step**

**Close Hands** (stand on L)

**White Crane Part 1, Part2, Part 3**

**Transition**

**Brush Knee**

**Empty Step**

**(8) Needle at the Bottom of the Sea**

Step back (R)  
Go down, R fingers down  
Come up:    Right hand over head  
                  Left hand in front of your heart  
Step out  
Push with the Left hand

**(9) Fan Through the Back**

Pigeon-toe Left foot; Left hand above head  
Make a fist (R) ; pull it in, face the diagonal  
Turn and look behind you (reach L behind)  
Push L arm down to go up (R leg up)  
(begin reach L arm to waist )  
Turn the body  
Step R; hit their nose (R hand); L hand to waist  
Hands trade places  
“Prayer hand” (fingers up) (L) pulls you through

**(10) Strike, Parry and Punch**

Circle R fist

Sit back

Swing the arms around slowly and do the half-step

Put the foot down; hit a nose; touch the ear

Left hand pulls the Left foot out

Let the punch pull you forward

**(11) Two Birds**

Turn the waist to the right

And rotate the hands

Right hand reaches up and over

Left hand palm out, left foot opens

Right hand scoops the right leg forward

For grasping the bird's tail

**(12) Grasp the Bird's Tail**

**Press**

**Withdraw**

**Push**

**Single Whip**

**(13) Wave Hands Like Clouds**

Left foot turns in, left hand turns in,

Left hand opens

Scoop the Right foot in / Turn

Push down as you step out / scoop / turn

Push down as you step in / scoop/ turn

Push down as you step out / scoop/ turn

Push down as you step pigeon-toed

Scoop-turn as you make a bird's beak

Step with the Left

Scoop and end the Single whip

**(14) High Pat on Horse**

Sit back / palms up  
Touch with the left toe  
Right hand at the ear  
Pull in with the left  
Sweep out with the Right

**(15) Separation Kicks – Right**

Step Left with a channel  
Shift your weight / Pull your toe in and  
(1) Reposition the hands  
Big circle/little circle (R hand makes a big circle, L hand makes a little circle)  
(2) Scoop the leg up / cross the wrists / open into the kick  
(Transition)

**(16) Separation kicks – Left**

Step out with right  
Left hand makes a big circle  
Right hand makes a little circle  
(1) Scoop the leg / cross the wrists / open into the kick  
(transition)  
(2) Bring the Left foot forward and back  
Turn on the Right heel

**(17) Turn around and kick with Left heel**

Scoop / cross the wrists / lift and open  
Left heel kick

**Brush knee 2 X**

Left foot steps out into two brush knees

**Step forward and Punch down**

Turn the right toe out /Right hand makes a fist  
Step left/ sweep left hand across body and down to right/ and punch left fist  
down

**(18) Fan Through the Back**

Begins: Left hand pushes out and up  
Turn the Left toe in and face wall...

**Strike, Parry and Punch**

**Right Heel Kick**

Turn the Left toe out as the hands circle out  
Scoop / cross the wrists / lift and open  
Right heel kick

**(19) Strike Tiger to the Left**

Place the Right foot down pigeon-toed  
Left hand polishes a mirror  
Step to back corner  
Strike tiger to the left

**(20) Strike Tiger to the Right**

Turn waist to the left, as open left hand  
Turn to the right on the Left heel and Right toe  
Right foot steps out  
Strike tiger to the right

**(21) Right Heel Kick**

Bring the Right elbow down and lift the Left hand and  
Sit back  
Turn the Left toe out  
Scoop the Right leg in  
Cross the wrists / lift and open  
Right heel kick

**(22) Sliding Pivot**

Spin on the heel to face front corner

**Box opponent's ears**

Step out  
Palms up  
Fingers back  
Make fists, Lead with the knuckles  
Box opponent's ears

**(23) Left Heel Kick**

Hands scoop down  
Cross  
Lift  
Open left heel kick

**(24) Spin Pivot**

**Right Heel Kick**

Scoop  
Cross  
Lift  
Open  
Right heel kick

**(25) Step Through, Parry and Punch**

Step down  
Touch the ear  
Left hand brings the Left foot out  
And punch

**(26) Retreat and Seal**

Left hand goes under the Right elbow  
Pull back  
Pull in  
Hands come out alone  
And push out

**Circle Arms Crossing Wrists**

Turn the Left toe forward (face front)  
Circle arms crossing wrists

**END OF THE SECOND SECTION**