

Saber (Do)

Section 1 (8 movements)

- 1 embrace the sword
- 2 step forward, cross and seven star punch
- 3 retreat, beat the tiger and white crane spreads its wings
- 4 step forward, wipe and block and horizontal thrust
- 5 step forward, retreat, block, coring and push
- 6 right turn, chop and downward jab
- 7 step forward, upward cut and kick
- 8 turn around and vertical thrust

Section 2 (9 movements)

- 1 left turn and chop to the corner
- 2 bow step left and push
- 3 turn right and conceal the sword
- 4 turn left and horizontal thrust
- 5 bow step left and push
- 6 turn right and conceal the sword
- 7 turn left and horizontal thrust
- 8 forward, bow step left and push
- 9 turn right and conceal the sword

Section 3 (8 movements)

- 1 left turn and upward cut
- 2 knee up, embrace and thrust (horizontal)
- 3 stomp, back coil and conceal the sword
- 4 embrace the sword and kick the palm with the instep
- 5 retreat and beat the tiger
- 6 turn right and beat the tiger
- 7 turn left, instep kicks the palm, receive and chop
- 8 turn right and conceal the sword

Section 4 (8 movements)

- 1 bow step right and push
- 2 forward steps (l-r-l), upward cut and block
- 3 knee up, upward cut and thrust (vertical)
- 4 front coil, chop and thrust
- 5 turn right, sweep and back coil
- 6 receive the sword and hold the fist
- 7 embrace the sword, block and beat the tiger
- 8 conclude