

Form 3

Growing Phoenix Flies

Step	Action, description	(G) Leg	(A) Arm/shoulder	(Ft) Footing/step	Motion/Direction	Relative Orientation	Facing/Oriented
	Starting Stance (開站) Kāi jàn Bow = Cup-Fist (抱拳) bào chuán Official fighting stance (正式打站) Jèong shì dǎ jàn					R	Fn
1	Muay Thai Wall of Defense	R	R		Fw	R	Fn
2	Hook Kick (high)	R			Fw	R	Fn
3	Ax Kick	L			Bk		Rs
4	Rolè (4-paws/monkey) (3-steps)			lrl	L		Rs
5	Round house	R			L		E
6	Fighting Stance	R	R			L	Fn
7	Muay Thai Wall of Defense	L	L		Fw	L	Fn
8	Hook Kick (high)					L	Fn
9	Ax Kick	R			Bk		Rs
10	Au (4-paws/monkey) (3-steps)			rlr			Rs
11	Round house	L			R		W
12	Shoulder Roll	R	R		Sd		E
13	Negativa Rolè >	R	L	r		L	Fn
14	Muay Thai Fighting Stance	L		l			Rs
15	Hammer Fist + block	R	L	r			W
16	Hammer Fist + block > Step Fwd	L	R	l			W
17	Muay Thai Rising Round House	L		rl	R		Fn
18	Esciva Lateral		R	n/a		R	
19	Negativa (RG Fw)	R	R	n/a	R		Rs
20	Rolè up (end: RG back, RA down)	L	R	l			Fn
21	Ridge Hand		R	n/a			Fn
22	Knife Hand (holding water) (180)		L	n/a			Rs
23	Casting Hook (180)		R	n/a			Rn
24	Americana Sequence:						
	High over RH Wu Sau / LH Fw		L	n/a			Fn
	Low Under LH Wu Sau / RH Strike		R	n/a			Fn
	High Strike RH		R	n/a			Fn
	Folding the arm RH Wu Sau / LH Fw		L	n/a			Fn
25	Knee Strike	R		r	Fw		Fn
26	Front Snap Kick	L		l	Fw		Fn
27	Fighting Stance (not formal)	L	L				Fn
	Bow = Cup-Fist (抱拳) bào chuán						

ACRONYMS:

Facing/Oriented:

Fn Front/North

Rs Rear/South

E East

W West

Relative Orientation:

L Left

R Right

Fw Forward

Bk Backward

Motion/Direction:

Fw Forward

Bk Backward

Sd Sideways

N/A Don't move

Part of Body:

H Hand

A Arm

G Leg

Ft Foot

EXAMPLES:

RG Right Leg

LG Left Leg

RF Right Foot

LF Left Foot

LH Left Hand

RH Right Hand

FwFt Fwd Foot

SdR Sideways Right

Ft.rlr Foot=rlr