

YAI CHI SABRE SET

1. Commencement
  2. Change Hands
    - a) Step Up to Form Seven Stars
    - b) Retreat to Ride Tiger
    - c) Step Up to Change Hands
  3. Evade, Extend and Lunge
    - a) Evade
    - b) Extend and Intercept
    - c) Step Up and Lunge
  4. Upward Cut and Penetrate with Hand
  5. The Beauty Runs to the Moon
    - a) Withdraw Sabre
    - b) Point to the Left
  6. Left and Right Push Sabre
  7. Fair Lady Throws Shuttles
    - a) Roll Sabre
    - b) Throw Shuttles
  8. Hide Sabre and Push
  9. Fair Lady Throws Shuttles
    - a) Roll Sabre
    - b) Throw Shuttles
  10. Hide Sabre and Push
  11. Raise Leg and Pierce
  12. Hide Sabre
  13. Move to Left and Pierce Upwards
  14. Hide Sabre and Push
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15. Lower Body to Tame Tiger
    - a) Step Up to Change Hands
    - b) Kick with Right Sole
    - c) Commencement of Hit Tiger
    - d) Hit Tiger at Left
    - e) Hit Tiger at Right
    - f) Turn to Change Hands
  16. Change Hands and Cut Downward
    - a) Change Hands
    - b) Take Whip as Oar
  17. Raise Leg and Pierce
  18. Hide Sabre and Push
  19. Turn to Pierce
  20. Left and Right Upward Cut
    - a) Commencement of Left Upper Cut
    - b) Left Upper Cut
    - c) Commencement of Right Upper Cut
    - d) Right Upper Cut
  21. Jump and Hide Sabre
  22. Turnaround, Intercept and Cut
  23. Shift Steps and Throw Shuttles
  24. Evade
  25. Change Hands
  26. Retreat to Form Seven Stars
  27. Return to Origin