

# Èrshíbā Xiù (28 Constellations)

(a.k.a. San Feng Quick Fist)

## First Section

- Ready in upright position
- Leap forward three steps
- Ying yang closing palms
- Cloud hand braces the taiji ball
- Retreat to ride on horse
- General presents the seal
- Parallel step & separating palms
- Back step and horizontal block
- Closing palm & back to upright position
- Horse leaping forward
- Twin carp facing the sun
- Ba Wang drawing the bow
- Forward step slanting strike
- Step back to reign the horse
- Ying yang quick fist
- Lobster retreats into the cave
- Green dragon hiding its leg
- Grabbing the elbow & kick
- Step up and strike
- Double punch on the face
- Left side-punch and return to centre
- Twin dragons fighting for the pearl
- Twin carp facing the sun
- Ba Wang drawing the bow
- Forward step slanting strike
- Kitten cleaning its face
- Kingfisher hopping to another branch
- Aware of right and left
- Elbow block at chest, punch on face
- Twin carp facing the sun
- Liu Hai catching the cicada
- Meteor falls onto the ground
- Swapping steps & upper cut
- Left side-punch and return to centre
- Twin dragons fighting for the pearl
- Twin carp facing the sun

## Second Section

- Fairy Lu draws the sword
- Step up planting the palms
- Tang soldiers retaining the guests
- San Niang pushes the mill stone
- Left block and right punch
- White crane closing its wings
- Dipper star kick
- Twin dragons getting out of the sea
- Stepping left and block with the palms
- Stepping right and block with the palms
- Closes/crashes the palms in the centre

## Third Section

- Step up and turn around
- Left holding with palm
- Right holding with palm
- Taiji cloud hand
- Right step double strike
- Ying yang planting palms
- Taiji cloud hand
- Left step double strike
- Ying yang planting palms
- White snake showing its tongue
- Pair of butterflies
- Egret wiggling its leg
- Squirrel plucking the melon
- Monkey throwing peach

## Fourth Section

- White ape blocking with wrist
- Up & down three punches
- Right hand draw-in & left hand punch
- Green dragon stirring the water
- Continuous strike on groin
- Green dragon getting out of the sea
- (Left) Green dragon turning the water left
- (Right) Continuous strike on groin
- (Right) Green dragon getting out of the sea
- Left block and right punch
- Right block and left punch
- Twin dragons fighting for the pearl
- Twin carp facing the sky
- Squirrel plucking the mallow
- Elbow block at chest

## Fifth Section

- Flip the dragon over and kick
- Wild horse leaping over the fence
- Twin dragons getting out of the sea
- Retreat with double strike

## Sixth Section

- Diagonal step and block with palm
- Retreat with double strike
- Twin dragons fighting for the pearl
- Withdrawing step
- (Spinning silk) Cloud hands
- Holding the ball and offers the seal
- Step back and separate the palms
- Back step and horizontal block
- Close up
- Back to upright position