

Two Man Fighting Set Part 4 Transcript

67. White: **Low Hook Kick.** Left arm circles inward to redirect Black's press at the same time right arm circles under to connect with Black's right elbow and weight shifts to left leg. Right arm seals Black's right elbow and forces Black's body to turn and redirect his kick. Then right hand plucks his right wrist to the right. Right leg lifts to avoid Black's kick, then hooks Black's leg to sweep it to the left.
68. Black: **Turn the Body to Sweep Lotus** Right arm pings upward and to right and coils to escape White's pluck and grab White's right wrist. Left leg raises to avoid hook then steps down to right. Pivot on left foot to turn 360 and right leg sweeps White's midsection.
69. White: **Left Elbow Stroke.** Pivot on right leg away from White's lotus kick. At the same time, right hand presses down on Black's right arm to disrupt his kick. Left leg steps behind Black's right leg. Left elbow strikes Black under armpit.
70. Black: **Hook Hand and Snake Creeps Down.** Turn body to right to withdraw from Black's left elbow stroke at the same time ping right arm and drive right elbow into White's left shoulder. Right hand coils up to grab White's right wrist and pull it to right. Step right leg back and left leg forward to opposite White's right open door and left palm strikes White's liver. .
71. White: **Diagonal Flying Right.** Left arm circles yang to intercept and lead upward Black's palm strike. Left hand pluck's Black's left wrist. Change steps and right arm wards off under Black's armpit.
72. Black: **Strike the Tiger Left.** Right hand stops White's wardoff and pushes his right arm down. Left hand pulls back as right hand pushes down. Step left leg to outside of White's right leg and left fist strikes White's temple while right hand plucks White's right arm down.
73. White: **White Crane Spreads Wings (Double Dividing and Push Down).** Left hand yin circles down to free right hand from Black's pluck. Right hand yang circles up to intercept Black's strike. Left foot steps to left front to change the angle to facing Black's open door. Right palm strikes Black's nose (or Renzhong or third eye) .
74. Black: **Step Back and Repulse the Monkey.** Sit back to left empty stance. Left hand leads White's strike to the side and then down.
75. White: **Left Push.** Left leg steps forward. Left hand strikes Black's face.
76. Black: **Step Back and Repulse Monkey.** Right hand covers White's strike. While left leg steps back to yield.
77. White: **Right Push.** Right leg steps forward, right palm strikes Black's face.
78. Black: **Repulse Monkey.** Left hand covers down White's strike. Left leg pulls back into left empty stance.
79. Black: **Right Palm Strike.** Left leg steps forward. Right palm strikes White's face.

80. White: **Step Forward to Seven Stars.** Right hand circles up to intercept Black's attack. Left hand rises to control Black's right elbow. Hop on left foot up. Right leg kicks Black's stomach.
81. Black: **Pick Up Needle from Sea Bottom.** Right hand coils to grab White's right hand and pulls it down.
82. White: **Fan Back.** Twist body to right while coiling on Black's right wrist and raise Black's right arm. Left hand strikes Black under armpit.
83. Black: **Pluck Right.** Right hand plucks White's right wrist and pulls it down. Left hand seals White's right elbow.
84. White: **Draw the Bow and Shoot the Tiger.** Right arm pulls Black's right arm up. Left palm strikes Black under armpit.
85. Black: **Neutralize Up (with split) and Press Forward.** Left arm circles under White's right arm while right hand circles down to intercept and block out White's left arm. Both hands open White's arms. Change steps to put right leg forward. Right hand presses White's chest.
86. White: **Fist Under Elbow.** Step back to left empty stance. Left hand pushes Black's right elbow to right. Right fist punches Black under armpit.
87. Black: **Cross (Palms) Hands.** Sit back. Turn body to right while right arm moves down to intercept White's attack and move it to the right. Left hand fingers extended strikes White's face.
88. White: **Embrace Tiger and Return to the Mountain.** Shift weight back as right hand rises to intercept Black's strike. Left hand leads Black's right hand to the side as you split like White Crane Spreads Wings. Then shift weight forward as both hands push Black's chest.
89. Black: Step right foot back as both hands press down to neutralize White's push.
90. White and Black step back to end the fighting set as in end of bare-hand form.