

JUN FAN JKD - DUMMY SETS

SET 7

- 1) GOANG SAO JONG SAO (L HIGH R LOW)
- 2) GOANG SAO JONG SAO (R HIGH L LOW)
- 3) GOANG SAO JONG SAO (L HIGH R LOW)
- 4) STEP TO L, WOANG PAC BIU GEE (L, R)
- 5) SUT SAO (L)
- 6) PAC SAO JUAN GERN (L, R)
- 7) BOANG SAO (L), STEP TO R
- 8) WOANG PAC BIU GEE (R, L)
- 9) SUT SAO (R)
- 10) PAC SAO JUAN GERN (R, L)
- 11) BOANG SAO (R), STEP OVER DUMMY LEG WITH R
- 12) PIVOT ROUND TO R, TAN SAO HA JUAN GERN DUM TEK
- 13) BOANG SAO (L), STEP OVER DUMMY LEG WITH L
- 14) PIVOT ROUND TO L, TAN SAO HA JUAN GERN DUM TEK
- 15) STEP TO L INTO STRAIGHT STANCE (JING OR JIK MA), GOANG SAO JONG SAO (R HIGH L LOW)
- 16) HUEN SAO JONG SAO (R HOOKS UNDER)
- 17) JUT SAO DA JIK GERN (L, R)
- 18) JAO SAO (R UNDER & AROUND) & SEUNG BIU GEE
- 19) SEUNG JUT SAO
- 20) SEUNG TOK SAO (LIFTING UP ARMS)

SET 8

- 1) PAC SAO DUM TEK (L INSIDE, R) – DON'T PUT FOOT DOWN
- 2) KOW SAO JUK TEK (CUP LOW ARM WITH R, R)
- 3) STEP TO R, PAC SAO DUM TEK (R INSIDE, L)
- 4) KOW SAO JUK TEK (CUP LOW ARM WITH L, L)
- 5) GUM SAO TO LOWER ARM (R PRESSING HAND), STEP IN WITH R
- 6) PAC SAO HA JUAN GERN (L, R)
- 7) STEP TO R, GUM SAO TO LOWER ARM (L), STEP IN WITH L
- 8) PAC SAO HA JUAN GERN (R, L)
- 9) GOANG SAO JONG SAO (R HIGH L LOW)
- 10) HUEN SAO JONG SAO (R HOOKS UNDER)
- 11) JUT SAO DA JIK GERN (L, R)
- 12) JAO SAO (R UNDER & AROUND) & SEUNG BIU GEE
- 13) SEUNG JUT SAO
- 14) SEUNG TOK SAO (LIFTING UP ARMS)