

Show-Form
Created by Mario Lopez

1	Hoy Sick	Gum Sau, Gum Sau, Huen Jing Gyeuk
2	Syeung Ma Bai Joang	
3	Choh Ma Pock Sau Tan Gyeuk	left turn, right Pock
4	Syeung Ma Pock Sau	Stepdown with left Pock
5	Pock Sau	
6	Kau Sau	left Kau Sau
7	Fun Sau	left Fun Sau
8	Jut Da	Left Loy Jut, right Punch
9	Kau Sau	right Kau Sau
19	Fun Sau	right Fun Sau
11	Jut Da	right Loy Jut, left Punch
12	Bai Joang	left leads
13	Wahng Gyeuk, Lau Sut Soh	rear leg
14	Loy Tiu Gyeuk	
15	Choh Ma Fock Sau	180°
16	Biu Jee Sau	
17	Biu Jee Sau	
18	Choh Ma Woo Da Jom Sau	Jom Sau as an Sot Geng Sau strike
19	Choh Ma Pock Tan Gyeuk	The same but mirror image
20	Syeung Ma Pock Sau	
21	Pock Sau	
22	Kau Sau	
23	Fun Sau	
24	Jut Da	
25	Kau Sau	
26	Fun Sau	
27	Jut Da	
28	Bai Joang	right leads
29	Wahng Gyeuk, Lau Sut Soh	
30	Loy Tiu Gyeuk	
31	Choh Ma Fock Sau	180°
32	Biu Jee Sau	
33	Biu Jee Sau	
34	Choh Ma Woo Da Jom Sau	
35	Ngoy Seen Wai Syeung Woo Sau	to the left
36	Syeung Jom Sau Tai Sut	right knee
37	Ngoy Seen Wai Soang Pai Jahng	to the right, fingertips together
38	Fun Sau	left Fun Sau
39	Pon Geng Sau Tai Sut	left knee
40	Syeung Ma Chum Jahng	right elbow slaps left palm
41	Poh Pai Hau Jing Gyeuk	left leg kicks back
42	Syeung Ma Bai Joang	to the left side (like 1. Bai Joang)
43	Choh Ma Bai Joang	180°
44	Choh Ma Gwai Jahng	180° right Gwai Jahng
45	Biu Jee Sau	left Biu Jee
46	Syeung Ma Biu Jee Sau	right Biu Jee
47	Kwok Sau	
48	Sau Kuen	
49	Toy Ma Bai Joang	108°
50	Toy Ma Bai Joang	135° backward step with right leg

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51	Toh Ma Pock Da	left leg, left Pock, right Punch
52	Lop Fun Sau	right Lop Sau, left Fun Sau
53	Pock Da Chahng Jyeung	left Pock Sau
54	Lop Fun Sau	right Lop Sau, left Fun Sau
55	Lau Boh Syeung Lon Sau	left leg steps back and cross right leg
56	Say Peng Ma Poh Pai Sau	right leg steps to to Say Peng Ma
57	Sau Kuen	
58	Bai Joang, Sau Kuen	(Woo Sau & Sun-Fist)
59	Gum Jyeung	Syeung
60	Hau Chahng Jyeung	Syeung
61	Cheen Gum Sau	Syeung
62	Lon Sau	Syeung
63	Fun Sau	Syeung
64	Lon Sau	Syeung
65	Jom Sau	Syeung
66	Tan Sau	Syeung
67	Jut Sau	Syeung
68	Biu Sau	Syeung
69	Jut Sau	Syeung
70	Syeung Kuen	Syeung
71	Syeung Kuen	Syeung
72	Hahng Sau	Syeung
73	Ding Sau	Syeung
74	Sau Kuen	Syeung
75	Toy Ma Boang Sau	180° with right leg, left Boang Sau
76	Toh Ma Lon Da Chau Kuen	left Chau Kuen
77	Woo Wrap Pon Geng Sau Throat grab	left Woo, right throat grab
78	Seep Ma	left leg moves first
79	Choh Ma (throw), Ha Loh Jing Jyeung	right palm hits the floor
80	Chop Kuen	left hand
81	Chop Kuen	right hand
82	Chop Kuen	left hand
83	Fock Sau	with right hand
84	Woo Wrap Chahng Dai Jyeung Kup Yai Sut	kick with right leg
85	Cheh Kuen	start with left hand
86	Cheh Kuen	right hand
87	Cheh Kuen	left hand
88	Cheh Kuen	right hand
89	Cheh Kuen	left hand
90	Hau Chong Ma Pock Sau	right leg, right Pock
91	Toh Ma Jom Sau	left Jom Sau
92	Lai Sau	right on top
93	Toh Ma Kau Da Loy Doy Gock Kuen	looks like "Ming" in reverse
94	Toh Ma Huen Da Pai Jahng	left hand hooks
95	Lau Sau Tai Sut	right knee
96	Moh Ying Jing Gyeuk	right leg
97	Syeung Ma Chum Jahng	right elbow into left palm
98	Choh Ma Pai Jahng	"stand-up" whli turning 180°
99	Toy Ma Gahng Jom Sau	to the right side
100	Toy Ma Gahng Jom Sau	to the left side

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101	Lau Sau	left hand
102	Toh Ma Fun Sau	right Fun Sau
103	Tan Pock Sau	right Tan Sau, left Pock Sau
104	Soang Jahng	left hand
105	Jing Jyeung	left
106	Jing Jyeung	right
107	Jing Jyeung	left
108	Goh Loh Jing Gyeuk, Sau Sick	left high kick, back to orig. Centerline