

**33. RAINING CLAW** (Front uppercut right punch)

1. Standing naturally with feet together step back to 6 o'clock with your left foot (into a right neutral bow) and deliver a right downward inward block to right forearm of opponent's uppercut. Your left hand is guarding high to protect your head area.
2. Immediately shoot a left overhead claw to opponent's face while your right elbow stays close to your body.
3. Have your right fist circle clockwise and execute a right vertical back knuckle thrust to opponent's face while shuffling forward with your left hand checking low.
4. Right front crossover and cover out twice.

NOTES:

**34. CRASHING WINGS** (Rear bear hug - arms free)

1. Step to your right (to 3 o'clock) with your right foot and drop into a horse. Simultaneously strike down with both of your elbows against opponent's forearms (after having raised your elbows).
2. Have your left foot meet your right foot (close cat) as your left and right arms cock to the right side of your waist (right palm up and left palm facing you).
3. Have your left foot then go around and behind of opponent's left leg (to 7 o'clock) and into a left reverse bow.
4. Left front crossover and cover out twice.

NOTES:

**35. TWIRLING WINGS** (Rear stiff two hand choke)

1. Have your left foot step back and to your right on a slight 45-degree angle (between 4 and 5 o'clock) into a left rear twist stance.
2. Pivot to your left (into a left forward bow) while simultaneously delivering a left outward block to outside of opponent's left arm and a right inward horizontal elbow strike to outside portion of opponent's left ribcage.
3. Pivot to your right (into a horse facing 9 o'clock) and deliver a left inward horizontal elbow strike to inside portion of opponent's left ribcage or solar plexus as your right hand guards to the left of your face, always making sure that your right hand keeps a safe distance from your head in order to cushion any blow that might be directed to your head.
4. Left front crossover and cover out twice.

NOTES:

**36. HOOKING WINGS** (Front two hand low push)

1. With feet together, drop back with your left foot (to 6 o'clock) into a right neutral bow and execute a double hook (shape of the crane) using both of your hands to the inside of opponent's wrists (your wrists are outside of opponent's wrists) as you draw your right foot back into a right cat stance.
2. Deliver a right front snapping ball kick to opponent's groin.
3. Plant your right foot (to 12 o'clock) simultaneously looping your right hand so that your right hammerfist strikes diagonally to opponent's left jaw hinge. Continue a figure eight pattern and right back knuckle to opponent's right jaw hinge.
4. Follow up with a right upward elbow strike to opponent's chin as your left hand guards your right ribcage, shuffling forward if necessary.
1. As your right elbow descends, deliver a right downward heel palm and claw to opponent's face starting at the bridge of his nose as your left hand covers low.
5. Right front crossover and cover out to 7 o'clock.