



## 2 Person Long Fist Forms

### 2P Long Fist #1

Side A	Side B
1.Step to L corner and Evade	1.R Twist Punch
2.Iron Arms	2.Save Elbow (bend)
3.L Punch	3.L Parry
4.L Inward Block and shift weight back	4.L Chop
5.L downward Block	5.R Mid Punch
6.R Punch	6.L Press Down
7.R Roll Block	7.L Pierce
8.R Backfist	8.L High Split (check hair)
9.R Kick	9.L Pet and Step Back
10.R Punch	10.R Parry
11.Bridge and Stand Hooked Punch	11.Stand Spotted and L Parry
12.Bridge and Step Behind R Chop	12.Step R back and R Chop Block
13.Turn and L Chop	13.Stand and L Chop Block
14.L Grab and R Mid Punch	14.L Elbow Block
15.R Kick and L Punch	15.Step Back and High/ Low Split
16.R Horse Punch	16.Step Back and L Parry
17.R Elbow Block	17.R Mid Punch
18.R Drill	18.L High Punch
19.L Mid Punch	19.R Parry
20.R Grab, L Backfist	20.L Parry
21.R Half Step Punch	21.L Half Step Elbow Block Spotted
22.L Twist Punch	22.Step Back and 2H Press
23.R Twist Punch (Begin Side B)	23.Step Back, Evade (Begin Side A)



## 2 Person Long Fist Forms

### 2P Long Fist #2

Side A	Side B
1.Stand Spotted, L Elbow Block	1.R Half Step Punch
2.L Falling Hammer	2.Step L Back and High Split (check Hair)
3.Stand Raised and L Inward Block	3.Half Step R Palm (Pie in Face)
4.Clear L and Meteor Fist R	4.Step Back R and L Parry
5.Running Hammer I	5.Step Back L and R Parry
6.Running Hammer II	6.Step Back R and L Parry
7.L Inward Block	7.R Twist Punch
8.Retreat and Split to L Cat	8.R Kick, L Punch
9.L Kick to Groin	9.Jump Back, L Roll Block
10.Cat Washes Its Face R, L	10.L,R Meteor Fists
11.L Clear, R Meteor Fist	11.L Press Down
12.R Roll Block	12.L Pierce
13.R Backfist	13.L High Split (Check Hair)
14.R Kick	14.L Pet the Kick
15.R Uppercut	15.R Parry
16.L Body Punch	16.R Garage Door Block
17.Step Fwd R Body Punch	17.L Garage Door Block
18.L Roll Block	18.Clear and R Body Punch
19.L Side Hammer	19.L Drill
20.R Side Hammer (Monkey Fist)	20.L Elbow Block
21.R Pull, R Knee, L Hammer	21.Step Back, High/ Low Split
22.R Punch	22.L Parry
23.L Bridge, R Half Step Side Hammer	23.R Half Step Drill
24.L Twist Punch	24.Step L Back and 2H Press
25.R Half Step Punch (Begin Side B)	26.Spotted L Elbow Block (Begin Side A)



## 2 Person Long Fist Forms

### 2P Long Fist #3

Side A	Side B
1.R Half Step Drill Spotted	1.R Half Step Punch
2.L Favorable Punch	2.Step Back R Press
3.R Parry	3.L Punch
4.2H Parry	4.R Punch
5.Press the Elbow, Kick the Knee	5.Bend Elbow, Jam Hip
6.L Parry	6.L Punch
7.R Mid Punch	7.L Elbow Block
8.Bridge and R Backfist	8.R Chop Block
9.R Grab and Pull, R Kick	9.Step L back and 2H Pet Kick
10.R Favorable Punch	10.R Drill
11.R Elbow Block	11.L Mid Punch
12.R Drill	12.R High Punch
13.R Lift, and L Horse Punch	13.R Step Back and R Press
14.L Drill Block	14.L Punch
15.Tame Tiger R in R Horse	15.L Elbow Block
16.R Old Man Steps out of the Cave	16.Ride Momentum and Retreat
17.R Elbow Block	17.L Parry and R Mid Punch
18.R Drill	18.L High Punch
19.L Mid Punch	19.R Parry and Grab Wrist
20.R Pin Hand, and Z Wrist Lock	20.Pull Out
21.R Half Step Punch	21.L Half Step Parry
22.L Twist Punch	22.Step Back L, and 2H Press
23.R Half Step Punch (Begin Side B)	24.R Half Step Drill Spotted (Begin Side A)