

JUN FAN JKD - DUMMY SETS

SET 3

- 1) LOY PAC SAO (R) - BREAK FIRST TEN INTO 2-4-4
- 2) LOY PAC SAO (L)
- 3) LOY PAC SAO (R)
- 4) NOY PAC SAO (L) – KEEP ELBOW DOWN & IN
- 5) SUT SAO (L)
- 6) JUT SAO HA DA (L JUT R LOW CHUNG CHOY)
- 7) LOY PAC SAO (L)
- 8) NOY PAC SAO (R)
- 9) SUT SAO (R)
- 10) JUT SAO HA DA (R JUT L LOW CHUNG CHOY)
- 11) GOANG SAO JONG SAO (R HIGH L LOW)
- 12) HUEN SAO JONG SAO (R HOOKS UNDER L OUTSIDE OF WRIST)
- 13) JUT DA JIK GERN (L JUT R JIK GERN)
- 14) JAO SAO & SEUNG BIU GEE (R JAO SAO BETWEEN & AROUND ARM)
- 15) SEUNG JUT SAO
- 16) SEUNG TOK SAO (LIFTING UP ARMS)

SET 4

- 1) HA BOANG SAO (R LOW, SMALL STEP L)
- 2) PAC SAO SUT SAO (L R, SMALL STEP L)
- 3) JUK TEK (R, LARGE STEP R)
- 4) HA BOANG SAO (L, SMALL STEP R)
- 5) PAC SAO SUT SAO (R L, WITH SMALL STEP R)
- 6) JUK TEK (L, STEP BACK TOWARDS CENTRE)
- 7) GOANG SAO JONG SAO (R HIGH L LOW)
- 8) HUEN SAO JONG SAO (R HOOKS UNDER)
- 9) KWOK SAO (PULL ARMS APART)
- 10) SEUNG HA JUAN GERN (LOW THEN SLIP BETWEEN ARMS)
- 11) SEUNG GO JUAN GERN
- 12) SEUNG JONG SAO (OUTSIDE OF WRISTS)
- 13) SEUNG TOK SAO