

Finger Set

Theme: This set contains, and is teaching us, the 7 Methods of Execution:
Poking, Thrusting, Whipping, Slicing, Hammering, Raking, and Hooking

Facing 12:00: Meditating horse stance (Scholar and the Warrior)

1. Do a right 4-finger eye poke at eye level (3/4 extension, palm down). This move is intended to be done from a longer-range, hence the 3/4 extension (basically means full extension of your arm, but never lock your elbow out).
2. Repeat with left hand.
3. Do a right 4-finger thrust at throat level (1/2 extension, palm up, done in uppercut fashion). This move is intended to be done from mid-range, hence the 1/2 extension (your elbow moves forward past your stomach, but not all the way out).
4. Repeat with left hand.
5. Do a right 4-finger thrust at solar plexus level (1/4 extension, palm in - your hand tipped on it's side). This move is intended to be done from close-range, hence the 1/4 extension (your elbow doesn't move forward past your side).
6. Repeat with left hand.
7. Do a right 4-finger eye poke over your left shoulder, palm down.
8. Repeat with left hand.
9. Place your right hand on your left hand (left hand is still on your right shoulder), circle both hands down to a chamber position.
10. Do a double 2 finger eye pokes at face level, palm up hand together.
11. then palm down while crossing.
12. Place your right elbow on the back of your left hand (arms level with your chest), fingers on your right hand strike out forward (moving from finger to elbow only) with your fingers in a whipping fashion, aiming toward the face.
13. Repeat with left hand.
14. Extend your right arm straight down. Place your left hand over the front of your right elbow and strike out forward (moving from finger to elbow only) with your fingers in a whipping fashion, aiming toward the groin.
15. Repeat with left hand.
16. Do a right outward, palm up eye slice (moving from left to right) followed by an inward, palm down eye slice (moving from right to left).
17. Repeat with left hand.
18. Do a right inward horizontal heel palm at face level followed by an in place (at face level where the heel palm struck) raking claw and draw your hand to your left shoulder. Follow with a right outward hand sword at neck level.
19. Repeat with left hand.
20. Do a right overhead/downward heel palm claw (hammering with the heel of your palm and raking down with your fingers) at face level as your left hand does a rear upward heel palm claw towards your back at groin level.
21. Repeat with left hand.
22. Do a right underhand heel palm claw (striking with the heel of your palm and clawing up with your fingers) at groin level as your left hand does a rear upward heel palm claw towards your back at groin level.
23. Repeat with left hand.
24. Do a right two finger eye hook.
25. Repeat with left hand.

Close to a mediating Horse stance
Courtesy bow