- 1. Step west to a right half horse as you execute a double clockwise windmill. Right two finger poke to the opponent's left eye, west. Left hand is behind.
- 2. Same stance. Double counter clockwise windmill and a left two-finger poke to the opponent's right eye. Right hand is behind.
- 3. Step back with right to a left half horse executing a double clockwise windmill and left palm strike with your thumb down to his jaw, south. Right palm is at shield guard. Thumb down.
- 4. Same stance, double counter clockwise windmill and right palm strike with your thumb down to his jaw, north. Left palm is at shield quard, thumb down.
- 5. Right kick to the west. As you touch down with your right foot, raise your left knee up sharply, followed by your right foot, as if avoiding a low swinging sword. Then return to a right kick stance.
- 6. Salute.
- 7. Execute a double clockwise windmill while stepping to a right half horse, south and upper cut with your right fore-knuckles to this chin, east. Left hand is at your left side.
- 8. Same stance. Execute a double counter clockwise windmill and upper cut with your left fore-knuckles to the chin, west. Right hand is at your right side.
- 9. Right front kick to the east to opponent's groin.
- 10. Double clockwise windmills as you step to a right half horse, north and right punch at shoulder height. Your left fist is at your left side.
- 11. Same stance. Double counter-clockwise windmills and execute a left straight punch shoulder level to the north. Your right fist is at your right side.
- 12. Execute a double counter clockwise windmill as you step to the west with your right foot. As you complete your windmills, shift to a left half horse and then strike back to the west with a right back chop to his neck. Left hand is at shield guard.
- 13. As you execute a double clockwise windmill, shift to a right half horse facing west and strike with a left back hand chop to the opponent's jaw, east. Right hand is at shield guard.
- 14. Right side kick to your opponent's bladder, west.

- 15. Step back, east to a left half horse, keeping your left foot turned slightly to the north. Double clockwise windmills followed by a right hammer to his left jaw. Your left fist is at your left side.
- 16. Execute a double counter clockwise windmill and a left hammer to his right jaw. Your right hand is at your right side.
- 17. Turn your left foot, hard left and rotate on it counter clockwise, 90 degrees and right front kick to the south.
- 18. Step to a right half horse, south as you execute double clockwise windmills and right round house punch, south, to your opponent's spleen.
- 19. Same stance. Double counter-clockwise windmills and a left round house punch to opponent's liver, south.
- 20. Shift to a left half horse and step north dropping to your left knee as you do a double clockwise windmill overhead. Left palm to the groin, west. Right palm is at shield guard.
- 21. Same stance. Double overhead, counter clockwise windmill then a right palm to the groin, east. Left palm is at shield guard.
- 22. Raise up and step to the west as you execute a double clockwise windmill. Grab his throat with your right hand. Left hand is behind.
- 23. Same stance. Double counter-clockwise windmills and grab his throat, with your left hand, west. Right hand is behind.
- 24. Double clockwise windmills as you step back and right palm down punch to opponent's bladder, west. Left fist is by your left side.
- 25. Same stance. Right down windmill and left punch, west to opponent's bladder. Right fist is by your right side.
- 26. Salute.