

Form 30 April 2017

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 guard, 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.