

## August 2012 Form

1. From set position, double clockwise windmill and left palm to our opponent's right hip, south east. Right hand is at shield guard.
2. Remain in set position and double counter clockwise windmill and right palm to your opponent's left hip, north east. Left hand is at shield guard.
3. Step forward to a right half horse and right chop to your opponent's jaw to the southwest. Your left hand is held behind, crane style.
4. Step back to a left half horse and left chop to your opponent's jaw to the northwest. Your right hand is held behind, crane style.
5. Right knee to the solar plexus, west.
6. Salute.
7. Step south to a right half horse, right fore knuckles to your opponent's left ribs. Your left hand is held at your left side.
8. Same stance, left fore knuckles to your opponent's right ribs. Your right hand is held at your right side.
9. Left down windmill as you shift to a left half horse and step to the north with your right foot to a right half horse. Then a right overhand fore knuckle wrap to your opponent's nose, north. Your left fist is by your left side.
10. A right down windmill is followed by a left overhand fore knuckle wrap to your opponent's nose. Your right fist is held at your right side.
11. A right side kick north.
12. A left straight kick west.
13. Execute a left down windmill. Step left to a left half horse, west and right uppercut to the south west to the opponent's jaw. Your left fist is at your left side.
14. Step back east with your left foot to a left half horse. Execute a right down windmill. A left to the north west to opponent's jaw. Your right fist is at your right side.
15. In a left kick stance, a left down windmill followed by a chop with a right hand to your opponent's groin to the north.
16. Same stance. A right down windmill followed by a chop with a left hand to your opponent's groin to the south.
17. A double clockwise windmill. Step right, north to a right half horse and backhand left to the east to your opponent's jaw. Left hand is at shield guard.
18. Same stance executing a double counter clockwise windmill followed by a right backhand west to opponent's jaw. Left fist is at shield guard.
19. Left side kick south.
20. Set your left foot down and step north to a right half horse north. Execute a left down windmill and right piston punch west with a thumb up fist. Left fist is at your left side.
21. Same stance. A right down windmill and left piston punch east.
22. Step to a right half horse west executing a left down windmill and right punch to your opponent's jaw to the southwest. Your left fist is behind you.
23. Same stance, a right down windmill and left punch to the northwest to your opponent's jaw. Your right punch is behind you.
24. Double clockwise windmill as you step back to a left half horse. You are still facing west. Left backhand chop at shoulder level, east. Your right hand is at shield guard.
25. Same stance. Double counter clockwise windmills and then a right backhand, east. Left hand is at shield guard.
26. Salute