

Form, August, 2013

1. You are in set position, facing west. Right hand does a clockwise wrist windmill windmill as the left does a counter-clockwise one. Raise both hands straight up under the opponent's jaw striking with the heels of the hands.
2. Remain in set position. Raise your arms and cross your right wrist and left wrist in front of your body. Your right wrist closer to your body with fingers pointing up. Drop your hands simultaneously and generate two large opposing windmills; the right counter clockwise, the left clockwise and chop back to opponent's groin.
3. Execute a double overhead clockwise windmill as you step west to a right half horse. Right claw to the opponent's eyes, southwest.
4. A double overhead counter clockwise windmill as you step back to a left half horse. Left claw to the opponent's eyes to the northwest.
5. Right kick to the west.
6. Salute
7. Execute a double overhead clockwise windmill and step right to the south. Punch to the east with a right short thumb up punch to the opponent's diaphragm. Left fist is a left side
8. Same stance, right down windmill and left thumb up punch to the west to opponent's diaphragm. Right fist is at right side.
9. Shift to left half horse and right knee to the north.
10. Step to right half horse, north, as you double clockwise windmill. Right uppercut to opponent's chin to the northwest. Left fist is at your left side.
11. Same stance. Right down windmill and left uppercut to the northeast to your opponent's chin. Right fist is at your left side.
12. Shift to left half horse while executing a double overhead counter clockwise windmill. Right kick to west.
13. A double clockwise windmill as you step to right kneeling stance, west. Strike with a left fingers down palm to opponent's groin, south. Right palm is thumb down at shield guard position.
14. A double counter clockwise windmill and strike to the opponent's groin, north. Strike with a right fingers down palm. Left palm is at shield guard position.

15. Execute a clockwise double windmill as you rise up and step back to a left half horse. Left backhand hammer to the opponent's diaphragm. Right fist at shield guard.
16. Double counter clockwise windmill as you right backhand hammer to opponent's diaphragm. Left fist at shield guard.
17. Step to the south to a right cross stance. After a double overhead clockwise windmill, left thumb down palm to the south at rib level. Right hand is at your right side.
18. Same stance. Double overhead counter clockwise windmill and right thumb down palm to the north. Left is at you left side.
19. While doing a clockwise double overhead windmill, shift to a left half horse facing north and right side kick to the east.
20. Step to a right half horse north and left down windmill and right palm to the opponent's midsection to the north. Left hand is at your left side.
21. Right down windmill and left palm to the opponent's midsection to the northeast. Right hand is at your right side.
22. Shift to a left half horse while doing an over the head clockwise double windmill. Step to a right half horse west as you left down windmill and right straight punch west. Left fist is at your left side.
23. Step back to a left half horse while doing a right down windmill and following with a left punch west. Your right hand to at you right side.
24. Right kick to the west
25. Left kick to the west.
26. Salute.