

FROM SET POSITION RIGHT FOOT STEPS INTO A RIGHT FRONT HORSE FACING ORIGINAL FRONT. BOTH ARMS CROSS IN FRONT OF YOUR CHEST, RIGHT OVER THE LEFT, AND THEN BEGIN TO CHOP.


STEP BACK WITH YOUR RIGHT LEG SO YOU'RE IN A LEFT FRONT HORSE TOWARD ORIGINAL FRONT. ARMS CROSS IN FRONT OF YOUR CHEST, LEFT OVER THE RIGHT, AND THEN BEGIN TO CHOP.

SHIFT YOUR WEIGHT BACK ONTO YOUR RIGHT LEG AND BRING YOUR LEFT HAND TOWARD YOUR GROIN AND RIGHT HAND MOVES TOWARD YOUR FACE FOR A LEFT KICK.

BEGIN KICKING WITH YOUR RIGHT LEG TOWARD ORIGINAL FRONT TO COMPLETE A DOUBLE JUMP KICK. YOUR HANDS PROTECT AS BEFORE.

1


THREAT K LEVEL



WITH THE FRONT OF YOUR UPPER TORSO TOWARD ORIGINAL LEFT, RIGHT HAND CHOPS TOWARD ORIGINAL FRONT AT A 45° ANGLE, PALM OF HAND IS DOWN WITH BLADE OF HAND TOWARD ORIGINAL FRONT.

LEFT HAND CHOPS DOWN AT A 45° ANGLE TOWARD ORIGINAL BACK. PALM IS DOWN WITH FINGERS TOWARD ORIGINAL BACK.


O. RIGHT



O. LEFT

2


THREAT L LEVEL



THIS IS THE OPPOSITE OF #1. WITH THE FRONT OF YOUR UPPER TORSO TOWARD ORIGINAL RIGHT, LEFT HAND CHOPS TOWARD ORIGINAL FRONT AT A 45° ANGLE. PALM OF HAND IS DOWN WITH BLADE OF HAND TOWARD ORIGINAL FRONT.


RIGHT HAND CHOPS DOWN AT A 45° ANGLE TOWARD ORIGINAL BACK. PALM IS DOWN WITH FINGERS TOWARD ORIGINAL BACK.

O. RIGHT



O. LEFT


3



LEFT FRONT KICK AT GROIN LEVEL TOWARD ORIGINAL FRONT.


HANDS PROVIDE PROTECTION AS ABOVE.

O. RIGHT



O. LEFT


4



RIGHT KICK TOWARD ORIGINAL FRONT. HANDS PROTECT AS IN #3.

SET YOUR LEFT FOOT DOWN IN THE SAME PLACE IT WAS BEFORE YOU KICKED WITH IT.

O. RIGHT



O. LEFT

WITH LEFT FOOT REPLACED WHERE IT STARTED FROM - SET YOUR RIGHT FOOT DOWN INTO A RIGHT KICK STANCE. LEFT ARM MOVES IN A DOWN WINDMILL AND RIGHT HAND BEGINS PUNCHING


MAINTAIN FOOT POSITION AS BOTH ARMS MOVE TOWARD YOUR LEFT SIDE IN PREPARATION FOR A SALUTE.

PIVOT TO YOUR LEFT AND STEP INTO A RIGHT FRONT HORSE TOWARD ORIGINAL LEFT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND RIGHT HAND BEGINS PALMING.

MAINTAIN FOOT POSITION AS RIGHT ARM MOVES IN A DOWN WINDMILL AND LEFT HAND BEGINS TO PALM.

PIVOT ON BOTH FEET TO YOUR LEFT AND THEN BRING YOUR RIGHT HAND TOWARD YOUR GROIN AND LEFT HAND TOWARD YOUR FACE FOR A RIGHT HEEL KICK TOWARD ORIGINAL RIGHT.


5



RIGHT PUNCH AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL FRONT. PALM IN FIST FACES DOWN.

LEFT ARM IS HELD BENT AT THE LEFT SIDE OF YOUR WAIST. PALM IN FIST FACES UP.

O. RIGHT




O. LEFT

6

OPENING SALUTE.




O. RIGHT



O. LEFT

7



RIGHT PALM AT JAW LEVEL WITH ARM EXTENDED TOWARD ORIGINAL LEFT. HAND IS ALMOST IN FRONT OF YOUR LEFT SHOULDER. PALM IS TOWARD ORIGINAL BACK WITH THUMB ON TOP.


LEFT ARM IS HELD BENT AT THE LEFT SIDE OF YOUR WAIST. PALM OF OPEN LEFT HAND IS TOWARD ORIGINAL FRONT WITH THUMB ON TOP.

O. RIGHT



O. LEFT


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THIS IS THE OPPOSITE OF #7. LEFT PALM AT JAW LEVEL WITH ARM EXTENDED TOWARD ORIGINAL LEFT. HAND IS ALMOST IN FRONT OF YOUR RIGHT SHOULDER. PALM IS TOWARD ORIGINAL FRONT WITH THUMB ON TOP.


RIGHT ARM IS HELD BENT AT THE RIGHT SIDE OF YOUR WAIST. PALM OF OPEN RIGHT HAND IS TOWARD ORIGINAL BACK WITH THUMB ON TOP.

O. RIGHT



O. LEFT


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RIGHT HEEL KICK TOWARD ORIGINAL RIGHT AT GROIN LEVEL.

RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE.

O. RIGHT



O. LEFT

SET YOUR RIGHT FOOT DOWN INTO A RIGHT FRONT HORSE FACING ORIGINAL RIGHT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND RIGHT FIST BEGINS TO HAMMER.

MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN COUNTER CLOCKWISE DOUBLE WINDMILL AND LEFT HAND BEGINS HAMMERING.

STEP INTO A RIGHT FRONT HORSE TOWARD ORIGINAL FRONT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD ORIGINAL LEFT.

MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN A COUNTER CLOCKWISE DOUBLE WINDMILL AND THEN RIGHT FIST MOVES TOWARD ORIGINAL RIGHT.



RIGHT HAMMER IN FRONT OF YOUR GROIN AS YOU FACE ORIGINAL RIGHT. PALM IS UPWARD WITH THUMB ON THE SIDE BY YOUR RIGHT INNER THIGH.



LEFT ARM IS HELD BENT AT THE LEFT SIDE OF YOUR WAIST. PALM IN FIST IS UPWARD.

O. LEFT



THIS IS THE OPP OF 13. LEFT HAMMER TO THE OUTSIDE OF YOUR RIGHT THIGH AT GROIN LEVEL. PALM IS UPWARD WITH THUMB ON THE SIDE BY YOUR RIGHT LEG.



RIGHT ARM IS HELD BENT AT THE RIGHT SIDE OF YOUR WAIST. PALM IN FIST IS UPWARD.

O. LEFT



LEFT BACKHAND AT SHOULDER LEVEL WITH ARM EXTENDED TOWARD ORIGINAL LEFT. PALM IN FIST FACES DOWN WITH THUMB ON THE SIDE BY ORIGINAL FRONT.



RIGHT FIST IS HELD PALM DOWN NEAR YOUR LEFT SHOULDER. THUMB IS BY YOUR BODY.



THIS IS THE OPP OF 15. RIGHT BACKHAND AT SHOULDER LEVEL WITH ARM EXTENDED TOWARD ORIGINAL RIGHT. PALM IN FIST FACES DOWN WITH THUMB ON THE SIDE BY ORIGINAL FRONT.



LEFT FIST IS HELD PALM DOWN NEAR YOUR RIGHT SHOULDER. THUMB IS BY YOUR BODY.

STEP BACK WITH YOUR RIGHT LEG SO YOU ARE IN A LEFT FRONT HORSE FACING ORIGINAL FRONT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND CONTINUE AROUND TO ORIGINAL LEFT.

MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN A COUNTER CLOCKWISE DOUBLE WINDMILL AND CONTINUE AROUND TOWARD ORIGINAL RIGHT.

SHIFT YOUR WEIGHT ONTO YOUR LEFT LEG AND BRING YOUR RIGHT HAND TO YOUR GROIN AND LEFT HAND TO YOUR FACE FOR A RIGHT ROUNDHOUSE KNEE.

DON'T SET YOUR FOOT DOWN, MAINTAIN HAND POSITION IN PREPARATION FOR A RIGHT SIDE KICK.



LEFT BACKHAND AT GROIN LEVEL TOWARD ORIGINAL BACK. PALM IN FIST FACES DOWN WITH BLADE EDGE OF FIST TOWARD ORIGINAL BACK.



RIGHT FIST IS HELD PALM DOWN NEAR YOUR LEFT LOWER RIBS. THUMB IS BY YOUR BODY.

O. LEFT



THIS IS THE OPP OF 17. RIGHT BACKHAND AT GROIN LEVEL TOWARD ORIGINAL BACK. PALM IN FIST FACES DOWN WITH BLADE EDGE OF FIST TOWARD ORIGINAL BACK.



LEFT FIST IS HELD PALM DOWN NEAR YOUR RIGHT LOWER RIBS. THUMB IS BY YOUR BODY.

O. LEFT



RIGHT ROUNDHOUSE KNEE TOWARD ORIGINAL FRONT.



RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE.



RIGHT SIDE KICK TOWARD ORIGINAL FRONT.



RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE.

O. LEFT

SET YOUR RIGHT FOOT DOWN INTO A RIGHT FRONT HORSE FACING ORIGINAL LEFT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND RIGHT FIST BEGINS PUNCHING.

MAINTAIN FOOT POSITION AS RIGHT ARM MOVES IN A DOWN WINDMILL AND LEFT FIST BEGINS PUNCHING.


PIVOT TO YOUR LEFT ON BOTH FEET AND THEN STEP INTO A RIGHT FRONT HORSE TOWARD ORIGINAL RIGHT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND THEN RIGHT ARM BEGINS HAMMERING.

MAINTAIN FOOT POSITION AS BOTH ARMS TRAVEL IN A COUNTER CLOCKWISE DOUBLE WINDMILL, TRAVELLING OVER YOUR HEAD, AND THEN LEFT HAND BEGINS TO HAMMER.

(16)




RIGHT PUNCH AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL LEFT. PALM IN FIST FACES DOWN WITH THUMB ON THE SIDE BY ORIGINAL BACK.




LEFT ARM IS HELD BENT AT THE LEFT SIDE OF YOUR WAIST. PALM IN FIST IS UPWARD WITH THUMB ON THE SIDE BY ORIGINAL BACK.

O. RIGHT
O. LEFT

(17)



THIS IS THE OPPOSITE OF 16. LEFT PUNCH AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL RIGHT. PALM IN FIST FACES DOWN WITH THUMB ON THE SIDE BY ORIGINAL FRONT.



RIGHT ARM IS HELD BENT AT THE RIGHT SIDE OF YOUR WAIST. PALM IN FIST IS UPWARD WITH THUMB ON THE SIDE BY ORIGINAL FRONT.

O. RIGHT
O. LEFT

(20)




RIGHT HAMMER AT NECK LEVEL TOWARD ORIGINAL RIGHT. PALM IN FIST IS ALMOST UP WITH THUMB ON THE SIDE BY ORIGINAL BACK.




LEFT ARM IS HELD BENT AT THE LEFT SIDE OF YOUR WAIST. PALM IN FIST IS HELD UPWARD.

O. RIGHT
O. LEFT

(21)



THIS IS THE OPPOSITE OF 20. LEFT HAMMER AT NECK LEVEL TOWARD ORIGINAL RIGHT. PALM IN FIST IS ALMOST UP WITH THUMB ON THE SIDE BY ORIGINAL FRONT.



RIGHT ARM IS HELD BENT AT THE RIGHT SIDE OF YOUR WAIST. PALM IN FIST IS HELD UPWARD.

O. RIGHT
O. LEFT

STEP FORWARD WITH YOUR RIGHT FOOT INTO A RIGHT FRONT HORSE FACING ORIGINAL FRONT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND RIGHT HAND BEGINS MOVING FORWARD.


STEP BACK WITH YOUR RIGHT LEG SO YOU'RE IN A LEFT FRONT HORSE FACING ORIGINAL FRONT. BOTH ARMS MOVE IN A COUNTER CLOCKWISE DOUBLE WINDMILL. LEFT ARM MOVES FORWARD.

SHIFT YOUR WEIGHT ONTO YOUR LEFT LEG AND BRING YOUR RIGHT HAND TOWARD YOUR GROIN AND LEFT HAND TOWARD YOUR FACE IN PREPARATION FOR A RIGHT SIDE KICK.

DON'T SET YOUR RIGHT FOOT DOWN - MAINTAIN HAND LOCATIONS FOR A RIGHT FRONT KICK.

SET YOUR RIGHT FOOT DOWN AND THEN QUICKLY POP UP AS IF JUMPING OVER A LOW SWING FORWARD. LEFT FOOT LANDS FIRST AND THEN RIGHT FOOT SETS DOWN INTO A KICK STANCE.

(22)




RIGHT FOX FINGER JAB AT EYE LEVEL TOWARD ORIGINAL FRONT. PALM OF HAND IS DOWNWARD WITH THUMB ON THE SIDE BY ORIGINAL LEFT.




LEFT HAND IS BEHIND YOUR LEFT SHOULDER GRASPING OPEN GROIN. LEFT HAND IS HELD IN A FIST WITH PALM UPWARD.

O. RIGHT
O. LEFT

(23)




THIS IS THE OPPOSITE OF 22. LEFT FOX FINGER JAB AT EYE LEVEL TOWARD ORIGINAL FRONT. PALM OF HAND IS DOWNWARD WITH THUMB ON THE SIDE BY ORIGINAL RIGHT.




RIGHT HAND IS BEHIND YOUR RIGHT SHOULDER GRASPING OPEN GROIN. RIGHT HAND IS HELD IN A FIST WITH PALM UPWARD.

O. RIGHT
O. LEFT

(24)




RIGHT SIDE KICK TOWARD ORIGINAL RIGHT.




RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE.

O. RIGHT
O. LEFT

(25)



RIGHT FRONT KICK TOWARD ORIGINAL FRONT.



RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE.

O. RIGHT
O. LEFT

(26)

CLOSING SALUTE



O. RIGHT
O. LEFT