

Form, September 2005...

1. You are in set position, facing west. Step forward to right half horse, as you move your left hand across your body, in an arc, to your right hip then execute a left up windmill pulling your left fist to your left hip as you right punch downward to your opponent's bladder, west. Your right fist is next to your right thigh.
2. In the same stance, right up windmill and pull your right fist to your right hip as you punch left, down to opponent's bladder. Your left fist is next to your left thigh.
3. As you perform a double clockwise windmill, step back to a left half horse and left back chop to the opponent's diaphragm, east. Your right hand is at shield guard.
4. Same stance, a double counter clockwise windmill and right back chop to the opponent's diaphragm. Your left hand is at shield guard.
5. Right heel kick, west, to his chest. Then hop forward onto your right foot, then spring back to a kick stance, west.
6. Salute
7. Executing a double clockwise windmill, step south to a right half horse and right round house chop to his diaphragm. He is standing east of you and facing south. Start the chop to the east and allow it to swing around north to make contact. The left hand is palm up and open at your left side.
8. Same stance, execute a double counter clockwise windmill. Left round house chop to his diaphragm. He is standing west of you and facing south. Start the chop to the west and allow it to swing north and then make contact. Right hand is palm up and open at your right side.
9. As you do a double clockwise windmill, shift to a left half horse and then right straight kick to the north.
10. Execute a left down windmill and set down into a right half horse and right claw to your opponent's face with your right hand. Left hand is at your left side.
11. A right down windmill followed by a left claw to opponent's face. Right hand is at your right side.
12. Shift to a left half horse while executing a double overhead clockwise windmill. Pull your right foot to the left and without setting it down, step west to right half horse and right chop to the left side of the opponent's neck. Your left finger point at the right wrist. (shield guard)
13. Do a counter clockwise overhead double windmill and left chop to the right side of opponent's neck. The right fingers point at the left wrist.
14. Shift to a left half horse and right knee to opponent's groin, east.
15. Execute a clockwise double windmill and right punch to the face of your opponent. (northeast)
Left fist is at shield guard position.
16. A counter clockwise double windmill and left punch to the face of your opponent. (southeast)
Right fist is at shield guard position.

17. Right side kick to the south.
18. As you left down windmill, step to the south. Right palm down punch to the east.
19. Same stance. Right down windmill, left palm down punch to the to the west.
20. Execute a clockwise double windmill as you shift to a left half horse and step right to the north. Then a left down windmill followed by a right palm to the solar plexus. Left hand is held at the left side.
21. A right down windmill followed by a left palm to the solar plexus. Right hand is held at the right side.
22. Execute a double overhead clockwise windmill as you shift to a left half horse. Pull your right foot to your left into a right kick stance west and step to a right half horse as you right punch up to his jaw, west. Left fist moves behind to the east.
23. Step back to a left half horse as you do a double overhead counter clockwise windmill and strike with a left punch up to his jaw. The right fist moves behind.
24. Move up to a right kick stance facing west as you execute a double clockwise windmill and then strike with a left back hammer fist to his groin, east. The right fist is at shield guard pointing at your right wrist.
25. In the same stance, double counter clockwise windmill and right back hand to the groin, east. Left fist is at shield guard.
26. In the same stance, salute.