

## December 2010 Form

1. Right heel kick to the west.
2. Step to a right half horse and left down windmill, then a right palm down punch to the opponent's diaphragm, west.
3. Same stance. A right down windmill and left palm down punch to the opponent's diaphragm.
4. Step back, east to a left half horse as you execute a clockwise double windmill and strike with a left palm back to the east to the opponent's chin. Right hand at shield guard.
5. Same stance. A counter clockwise double windmill and strike with a right palm back to the east to the opponent's chin. Left hand is at shield guard.
6. Salute.
7. Step to the south with your right foot as you double clockwise windmill and right punch east to the opponent's groin. Left fist is up by your left side.
8. Same stance. Right down windmill and left punch west to the opponent's groin. Right fist is up by your right side.
9. Execute a double clockwise windmill as you step north with your right foot. Right hammer to opponent's left collar bone, north.
10. Same stance. Right down windmill and left hammer to his right collar bone, north.
11. Right side kick to opponent's mid-section, north.
12. Step to the west to a right half horse as you execute a left down windmill. Shift to a left half horse and right punch down to the bladder, east.
13. As you execute a right down windmill, step with you right foot around to the east. Then shift to a right half horse and left punch down to the bladder, east.
14. Shift to left half horse, west and knee to the west.
15. Remain in a kick stance, west. Double clockwise windmill and left heel palm to opponent's chin, south. Right palm is at shield guard.
16. Same stance, Double counter clockwise windmill and right heel palm to opponent's chin, north. Left palm is at shield guard.

17. Double counter clockwise windmill as you step right to the south. As you set your right foot down, shift to a left half horse and strike to the north with a right backhand chop to his jaw. Left hand is at shield guard.
18. Double clockwise windmill as you shift to a right half horse. Left backhand chop to the south to his jaw. Your right hand is at shield guard.
19. Left down windmill as you step to a right half horse, south. Right chop to his collar bone. Left hand is at your left side.
20. Right down windmill, same stance. Left chop to his collar bone. Right hand is at your right side.
21. Right kick to the west.
22. Step west to a right half horse, left down windmill and right punch, at belt level to the opponent, south. Left fist is at your right hip.
23. Same stance. Right down windmill and Left punch, at waist level, to the opponent, north.
24. Step back, east to a left half horse, Double clockwise windmill and strike back with your left to his liver, east. Right hand is at shield guard.
25. Same stance. Double counter-clockwise windmill and strike back with your right to his spleen, east. Left hand is at shield guard.
26. Salute