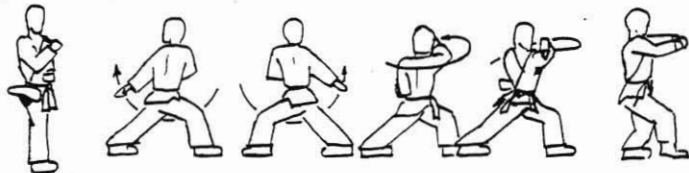


STARTING POSITION: West, position of attention.

JONG HOW:

1. Move your right fist to your left side. Shift weight on your left foot. Deliver a right side kick to the bladder north. After kick don't step down.
2. Step to the west with your right foot into a right and'ma stance. Swing both hands in a clockwise double windmill. Strike to the east with a left blade edge hand. The strike is back to the groin with the fingers down. (east) Move the right hand to palm down guard position near your left chest.
3. Move both hands in a counter clockwise windmill. As hand move shift into a left and'ma stance facing east. Strike westerly with a right blade edge back to the groin. Note: Fingers down. Move the left hand to palm down guard position at the right chest
4. Shift into a right and'oma west. Step back into a left and'oma west. Step back into a left and'oma west. As hands move make stance change. Move both hands in a clockwise double front windmill. Draw the left fist to the left side. Strike to the south with a right roundhouse thumb up punch. The strike will make contact at the junction of ear and jaw with the medial knuckles of your right fist.
5. Same stance. Left and'oma west. Block with a right down windmill drawing the right fist to your right side. Strike to the north with a left roundhouse punch. the strike is to the junction of jaw and ear. Note: Bend the wrist in when punching.
6. Step forward with the right foot into a right el'ma stance facing west. Complete the San Soo Salute from the left chest to the west. Return to the starting position.

(1)                    (2)                    (3)                    (4)                    (5)                    (6)

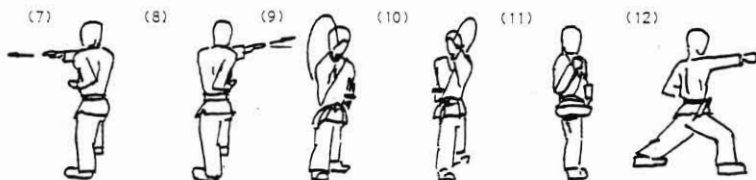


TRANSITION MOVE::

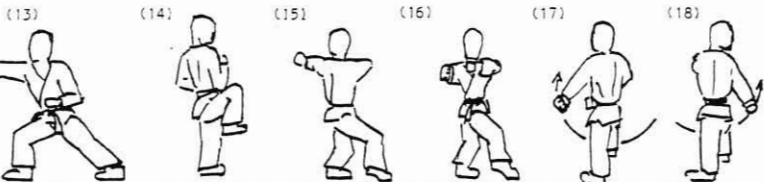
Step forward and to your left quarter with your right foot. Pivot 360 and step forward with your left foot stepping on your new base. Will be on the left base.

7. Move both hands in a double windmill. Step to the south with your right foot. (45) Step into a right and'oma stance south. Strike to the east with a right palm down spear hand. Strike is to the eyes. As you strike draw the left hand to your left side with the palm up.
8. Same stance. (Right and'oma stance south.) Block with a right down windmill and (45) strike to the west with a left palm down spear hand. Strike isto the eyes. Draw the right hand to the right hip.

9. Turn to your left 180 into a left ando'ma stance facing north. Move both hands (47) around your head in a clockwise double windmill. Step forward with your right foot into a right ando'ma stance north. Strike down on the top of your opponents neck and shoulder with a right hand chop. Draw the left hand to your left hip.
10. Same stance. (R) ando'ma stance north. Block with a right down windmill. Return (48) hand to the side. Strike north with a left chop from top of your left shoulder to the top of his right shoulder at the junction of his neck.
11. Draw back and shift your weight on to your left foot. Deliver a right side kick (49) to the bladder with your right (blade edge) foot. After kick do not step down.
12. After the side kick step to the west with your right foot into a right ando'ma. (50) Move both hands in a double windmill clockwise circle. Deliver a right reverse punch to the west. (diaphragm) Draw the left fist to your left side.



13. Look to the east. Block to the east with a right down windmill. Draw the right (51) fist back to (r) side. Step back with your right foot into a right ando'ma east. Deliver a left reverse punch to the east. Punch to the diaphragm east. You are now facing east standing in a right ando'ma stance.
14. Pivot back to the west blocking with a right down windmill. Pivot to your left and (52) deliver a right knee to the west. (up to the groin.) After the knee don't step.
15. Step down into a right ei'ma stance west. Move both hands in a double clockwise (53) windmill. Strike to the south with a left back knuckle fist. Strike to the side of his neck. Move the right fist palm down across your body to the left chest.
16. Same stance. Right ai'ma west. Move both fist in a counter clockwise front wind (54) mill. Strike to the north with a right back knuckle fist. Strike to the side of the neck. Move the left fist across your body palm down to area of right shoulder.
17. Move both fists in a clockwise circle. Step to the south with your right foot into (55) a right new do'ma stance. Strike to the east with a left thumb down hammer. The strike is up to the groin. Move the right fist to shield guard position.
18. Same stance. (R) new do'ma south. Move both fists in a double clockwise windmill. (56) Move both fists in a double clockwise windmill. Strike to the west with a right thumb down hammer up to the groin. Move the left fist to guard position.



19. Pivot to your left 280 and deliver a right flying kick to the north. After the kick step north into a right ando'ma stance. (57)
20. Move both hands in a flat clockwise circle around your head. Deliver a right thumb up roundhouse claw to the eyes north. Draw the left hand to the left side. (58)
21. Same stance. Right ando'ma north. Block with a right down windmill. Deliver a left thumb up roundhouse claw to the north. (eyes) Draw the right hand to the side. (59)
22. Pivot to your left into a left ando'ma south. Move both hands in a clockwise double windmill. Move the right fist to the right side thumb up. Move the left fist above the right fist. Step forward, west into a right ando'ma. As right foot comes to ground strike with a right piston punch up under the chin. At the same time strike back to the groin. (east) Strike with a left hand hammer. (60)
23. Same stance. (right ando'ma west) Move both hands in a double windmill moving fist to your left side. Deliver a left piston punch up to the chin. (west) At same time strike down and east with a right hand hammer to the groin. (61)
24. Move both hands in a clockwise double windmill as you step back east with your right foot into a left ando'ma west. Move hands palm down and open. (left over R) Move hand to your right side. Strike to the south with a left palm down pushing chop. Make contact with blade edge of hand to subjects throat. Subject is facing you. Move right hand to shield guard position. (62)
25. Same stance. Move both hands in a counter clock wise double windmill. Strike to the north with a right palm down blade edge chop. Move the left hand to shield guard position. (63)
26. Step forward with your right foot into a right ei'ma stance west. Complete the San Soo Salute. Return to starting position. (64)

