- 1. You are in set position, facing west. clockwise double windmill. Right punch to the opponent's nose, southwest. Strike back to the northeast with a left.
- 2. Same Position. Counter clockwise double windmill. Strike with a left punch to the opponent's nose, northwest. Right hand is held back to the southeast.
- 3. Step backwards to a left half horse, execute a double clockwise windmill and right spear hand to opponent's eyes, south. Left hand is held open and palm up at your left hip.
- 4. Same stance. Double counter clockwise windmill and a left spear hand to the opponent's eyes, north. Right hand is held open and up on the right hip.
- 5. Right side kick to the north.
- 6 Salute
- 7. Execute a double clockwise windmill as you step to the south into a right half horse. Left back hammer to the opponent's groin, north. Right fist is at shield guard.
- 8. A double counter clockwise windmill in the same stance. Right back fist to the opponent's groin, north. Left fist is at shield guard.
- 9. Move both fists overhead to your left as you shift to a left half horse. Right kick to the north.
- 10. Step down with your right foot into a right half horse, north. A double clockwise windmill as you shift to a left half horse, south. Right vertical fingers to the opponent's eye, south. Left hand in at your left side.
- 11. Same stance. Right down windmill. Left vertical fingers to the eye, south. Right hand is at your right side.
- 12. Right kick to the south.
- 13. Right side kick to the west.
- 14. Put your right foot down to the west to a right half horse as you double block in a clockwise direction. Right palm to the opponent's nose. Left hand at shield guard.
- 15. Execute a double counter clockwise windmill as you step back east with your right foot and shift to a right half horse. Left palm to opponent's nose, east. Right palm is at shield guard.
- 16. Shift to a left half horse. Right knee, west.
- 17. Left down windmill as you step south with your right foot to a right half horse. Shift to a full horse facing east and execute a right palm down punch to the opponent's diaphragm. Left fist is at your left hip.

- 18. Same stance. Left palm down punch to the diaphragm, east. Right fist is at your right side.
- 19. Right side kick to the east.
- 20. Step north with your right foot to a right half horse with doing a left down windmill. Shift to a full horse facing west and right palm to the opponent's diaphragm, west. Your left fist is at your left side.
- 21. Same stance. Left palm to diaphragm, west. Right hand at your right side.
- 22. Shift to a left half horse as you execute a double overhead windmill, pull up to a right kick stance and step to a right half horse, west, as you deliver a right fore knuckle punch to the opponent's left jaw, west. Left fist is behind, crane-style.
- 23. Same stance. A right down windmill, followed by a left fore knuckle punch to the opponent's right jaw, west. Right fist is held behind, crane-style.
- 24. Left down windmill as the right foot is pulled back to a right kick stance. Keep the right foot very close to the right palm down punch to the opponent's bladder, west. Left fist is held at the left side.
- 25. Same stance. Right down windmill, then left palm down punch to the opponent's bladder, west. Right fist is held at the right side.
- 26. Salute.