

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.