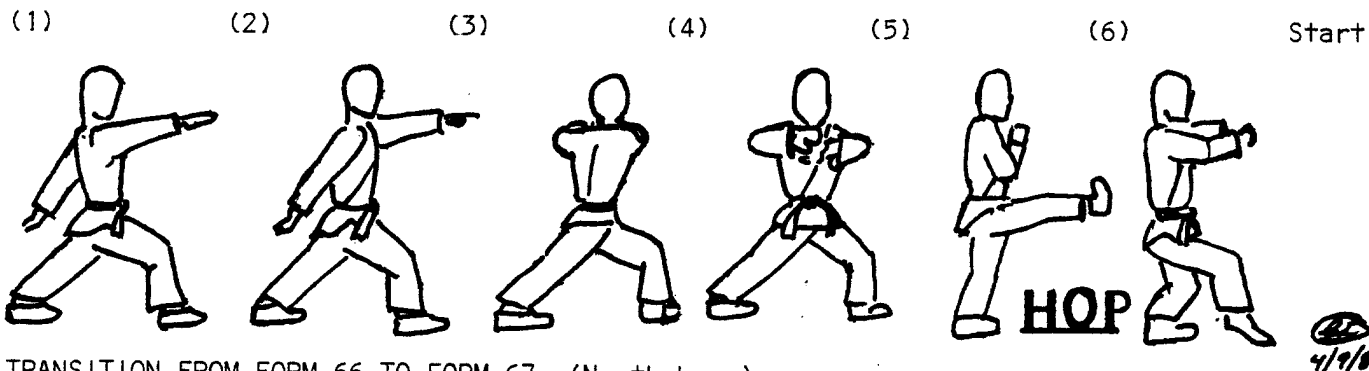


STARTING POSITION - Face west and stand in position of attention.

JONG HOW:

1. Move both hands in a front clockwise windmill. Step to the west with your right foot into a right ando'ma . Strike to the west (eyes) with a right palm down spear hand. At the same time strike back to the east (groin) with a right palm back open hand.
2. Same stance. Right ando'ma west. Move both hands in a front counter clockwise windmill. Strike to the west with a left palm down spear hand. In the same move strike to the groin.
3. Move both hands in a front double clockwise windmill. As hands move step back with your right foot into a left ando'ma stance west. With a pushing motion strike to the diaphragm with a left heel palm. (thumb down) south. Move the right hand with the left hand to shield guard position with the thumb turned down.
4. Same stance. (Left ando'ma north) Move both hands in a front double windmill. Strike to the north (diaphragm) with a right heel palm (thumb down). Move the left hand with the right hand. Keep the left thumb down.
5. Look to the west and deliver a right snap kick up to the groin. Make contact with the ball of the foot.
6. After the kick place your right foot down (el'ma) hop and complete the San salute to the west. After the salute return to the starting position.



TRANSITION FROM FORM 66 TO FORM 67. (North base)

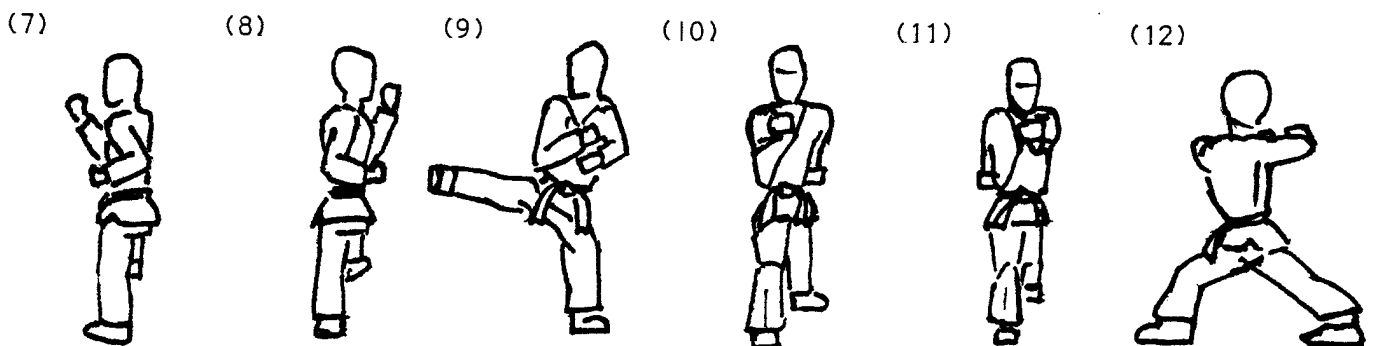
- T1. From the left ando'ma stance facing west move the right foot up to the left knee. Deliver a right side kick to the north.
- T2. Place your right foot down and turn facing south. Step back to the north with your left foot into a right ando'ma stance facing south. Note: For hand action see number seven form 67. Continue motion and turn 380 again stepping back with (L) foot.
7. From the starting position move both hands in a clockwise overhead windmill. Step (64) Step to the south into a right ando'ma stance. Strike to the east with a right upper cut. Draw the left fist to your left hip. (chin)
8. Look to the west. Block with a right down windmill. Strike to the west with a left upper cut up to the chin. Draw the right fist to the right side. (65)

9. Pivot one fourth turn to your left. (east) Deliver a right heel kick to the diaphragm. Kick to the east. After the kick don't step down. Draw the foot back. (66)

10. Step to the north with your right foot. Move both hands in a clockwise windmill. Step into a right ando'ma stance and deliver a right reverse punch to the north. The punch is to the diaphragm. Draw the left fist to your left side. (67)

11. Same stance. Right ando'ma stance facing north. Block with a right down windmill drawing the right fist to your right side. Strike to the north (diaphragm) with a left reverse punch. (68)

12. Move both hands up in a counter clockwise windmill. Shift into a left ando'ma stance south. Step in and to the west with your right foot. Turn to a left ando'ma stance EAST. Strike off the back of your stance with a palm down right backhand chop. The chop is to the throat west. Move the left hand to breast high palm out shield guard position. (69)



13. Move both hands in a clockwise windmill. Shift into a right ando'ma stance west. Strike to the east with a left palm down backhand chop. Strike to the throat. Move the right hand to the breast high puard position with the thumb down. (70)

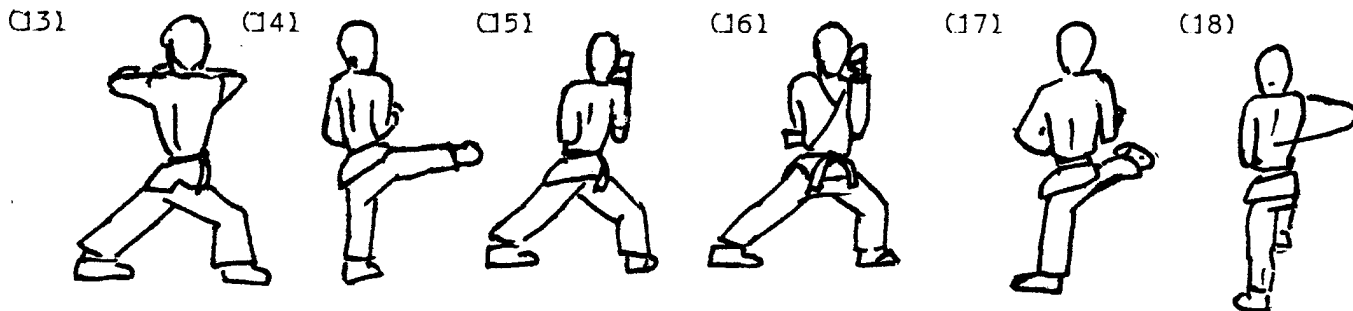
14. Look to the west. Draw the right foot back to your left leg. Deliver a right side kick west to the bladder. (71)

15. Step back with your right foot into a left ando'ma west. (almost a left new do' ma.) Block with a left down windmill and strike to the south with a right hand hammer. The strike is to the eye ball. Draw the left fist to your left hip with the palm up. (72)

16. Same stance as above. Block with a right down windmill and deliver a left hand hammer to the north. The strike is to your subjects eye. Draw the right fist to your right side. (73)

17. Pivot 280 to your left and deliver a roundhouse kick to the south. The kick is to the thigh. (74)

18. Step down into a right ando'ma stance south. Move both hands in a clockwise windmill. Strike south with a right thumb up roundhouse punch to the spleen. Draw the left hand to the left hip. (75)



19. Same stance. (right ando'ma) Block with a right down windmill and strike to the south with a left roundhouse punch. The strike is to the liver. Draw the left fist to the left side. (76)

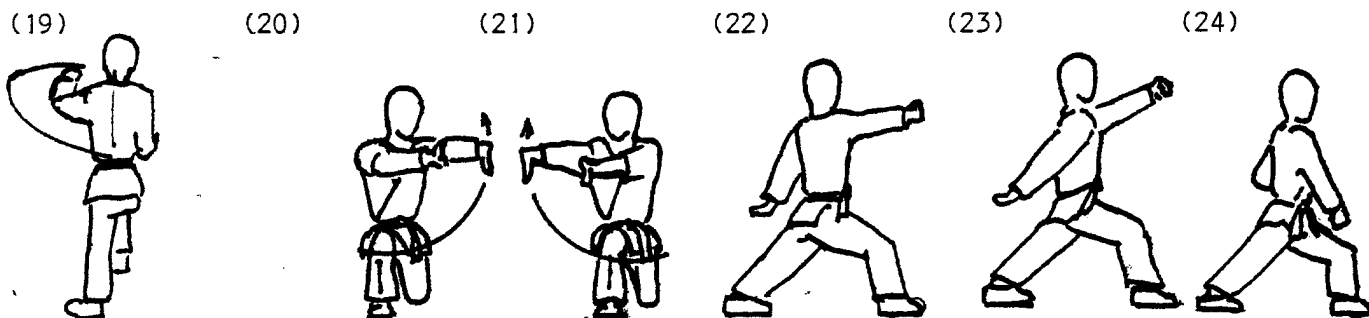
20. Pivot to your left 180 into a left ando'ma north. Step north with the right foot right ando'ma north. Drop to a kneeling position facing north. Move both hands in a double windmill. Strike to the west with a left heel of the hand. Note: Rotate the hand all the way over to fingers down heel of hand up. The strike is to the groin. Move the right hand to guard position with thumb down and palm out. (77)

21. Same stance. (right bing guy ma.) Move hands in a counter clockwise windmill circle and strike to the east with a right heel hand. Note: Keep fingers down and palm out. Grab the groin. Move the left hand to guard position with the thumb down and the palm turned out. (78)

22. Stand and pivot to your left into a left ando'ma stance south. Step to the west into a right ando'ma stance. Move both hands in a front clockwise windmill. Grab the throat with the right hand. Thumb up. Move the left hand behind you and grab the groin at the same time. (east) (79)

23. Same stance (right ando'ma west) Move both hands in a counter clockwise windmill Grab the throat with your left hand. (west) Keep the thumb up. At the same time grab back east to the groin with the right hand. (80)

24. Move both hands in a clockwise double windmill. Step back with your (R) foot into a left ando'ma stance facing west. Strike to the west with a right reverse punch to the bladder. Note: Don't move shoulder with the strike. Draw the left fist to the left side. (81)



25. Same stance. (L) ando'ma west. Block with a right down windmill. Strike to the bladder with a left reverse punch. Draw the right fist to the right side. (82)

26. Move both hands over head and step forward with the right foot. Complete the San Soo Salute. Return to the starting position facing west.