

STARTING POSITION: From position of attention perform the TI CHI Salute.
Move to the Cobra Stance facing west.

JONG HOW:

1. From the Cobra Stance move both hands up and around in a clockwise circle. Strike to the south with a left hand chop (blade edge up) under the chin. Move the right hand to shield guard position. (Note: both thumbs down.)



2. From the Cobra Stance move both hands in a counter clockwise windmill circle. Strike to the north with a right hand chop (blade edge up) under the chin. Move the left hand to shield guard position. (Note: Both thumbs down.)



3. Step to the west with your right foot into a right half horse stance. When the right foot comes to ground pivot 180° to your left into a left half horse stance east. As you turn move both hands in a double clockwise windmill. Strike to the east with a right roundhouse thumb up punch. Note: your (R) fist will be over your left knee.) Draw the left fist to your left side palm up.



R ROUNDHOUSE PUNCH EAST

4. Pivot 180° to your right into a right half horse stance. (An do ma.) west. Block with a double counter clockwise windmill and strike to the west with a left roundhouse thumb up punch. Note: your (L) fist will be over your right knee. Draw the right fist to your right side palm up.



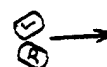
L ROUNDHOUSE PUNCH WEST

5. Draw back into a right kick stance. (El Ma) west. Move both hand in a double counter clockwise windmill. Strike to the west with a right back hand hammer blow. Move the left hand to shield guard position.

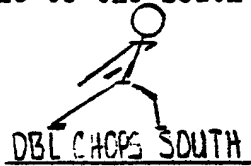


R BACKHAND HAMMER WEST

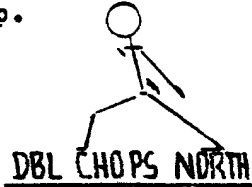
6. San Soo Salute from your left side. Return to Cobra stance west.



7. Side step to the north into a (R) half horse stance (An do ma) with your right foot. (Note: you will be facing west.) Move both hands in a clockwise windmill circle. Strike to the south with a double palm down low chop.



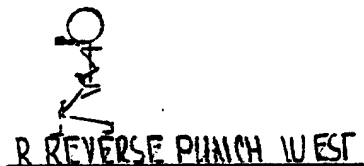
8. Shift weight to your left into a left half horse stance (An do ma). Move both hands in a counter clockwise circle and strike to the north with a double palm down low chop.



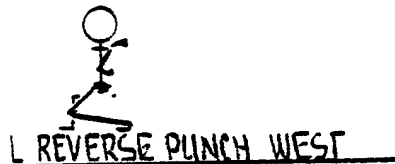
9. Shift weight to your left and deliver a right side kick north. Donot put foot down.



10. Step over your left thigh with your right foot into a right cross stance. (New do ma.) South. As you step block with a left down windmill and deliver a right reverse punch to the west. As your punch draw the left fist to your left side.



11. From the right cross stance (New do ma) block with a right down windmill and strike to the west with a left reverse punch. Draw the right fist to the right side.



12. Pivot 270° to your left uncrossing your legs into a left half horse stance facing north. (An do ma.) Move both hands in a clockwise windmill and strike to the north with a right straight palm up punch. At the same time move the left fist back behind your left leg thumb down palm out. (Crane style)



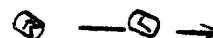
13. Pivot 180° to your right into a right half horse stance facing south. (an do ma.) Move both hands in a double windmill counter clockwise circle. Strike to the south with a left palm up punch. At the same time move the right fist back behind your right leg thumb down palm out. (Crane style)

L PALM UP PUNCH SOUTH

14. Pivot 90° to your left. Step to the east with your right foot into a right half horse stance. (an do ma.) Move both hands in a double clockwise windmill circle. Strike to the east with a "cobra" (Note: will look like a palm down two finger thrust.) Move the left hand to shield guard position.

COBRA STRIKE EAST

15. First, move both hands in a clockwise windmill circle. Then pivot 180° to your left into a left half horse stance west. (An do ma) Deliver a left palm down cobra strike to the west. Move the right hand to shield guard position.

COBRA STRIKE WEST

16. Shift your weight to your left and block with a right down windmill. Deliver a right front kick to the west. Don't step down.

R FRONT KICK WEST

17. Step to the north into a right half horse stance. (An do ma, back stance) Move both hands in a double windmill clockwise circle. Strike to the south with double palm down hammers. (Low)

DBL HAMMERS SOUTH

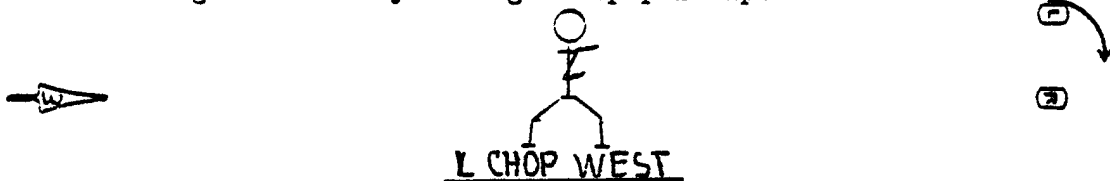
18. Shift your weight to your (R) into a left half horse stance south. (An do ma) (Back stance) Move both hands in a clockwise windmill circle and strike to the NORTH with double palm down low hammers.

DBL HAMMERS NORTH

19. Shift your weight back to the center. You will be facing west. Stand in a full front horse stance. (Su ping ma) Move both hands around your head in a flat clockwise windmill circle. Strike with a right palm up chop with the fingers pointing to the west. Move the left hand to the left hip open with palm up.

R CHOP WEST

20. From the same stance. (Su ping ma) west. Move both hands in a double windmill clockwise circle. Deliver a left chop to the west. (palm up) Move the right hand to your right hip palm up.



21. Pivot to your left 90° south. Deliver a right knee to the south. Don't step down.



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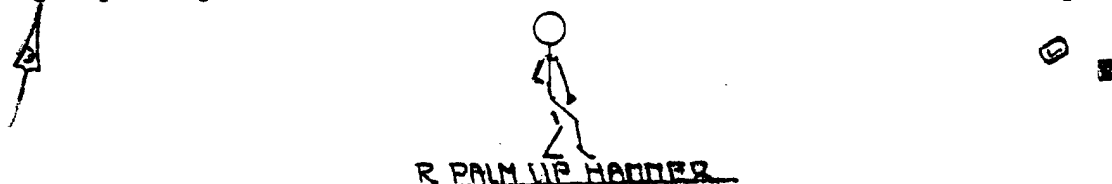
22. Pivot ¼ turn to your left. (west) Deliver a right front kick to the west. Don't step down.



23. Step down into a right kick stance. (El ma) west. As the right foot comes to ground hop back on the left foot and deliver a right front kick. After the kick step down into a right kick stance. (El ma) west.



24. From the right kick stance facing west (El ma) move both fists around your head in a flat windmill. Strike down over your right inside knee with a right palm up hammer blow. Move the left fist to the left side palm up.



25. From the right kick stance move both fist around your head in a counter clockwise flat windmill. Strike down over the right knee with a left palm up hammer. Move the right fist to the right side.



26. Move both fist back over your head to your left side. Present from the left side. Complete the San Soo Salute and return to the Cobra Stance facing west.

