

## Form – July 09

1. From set position, right side kick to the north.
2. Double clockwise windmills over head and then step to a right half horse as you left back chop to opponent's groin to the east. Right chop moves to shield guard position, pointing at left.
3. Double counter clockwise windmills over head as you shift to a left half horse, right back chop to opponent's groin to the west. Left chop moves to shield guard position, pointing at right.
4. Double clockwise windmills over head as you shift first to a right half horse and then step back right to the east to a left half horse. Left foot remains pointing to the left. Right one knuckle punch to opponent's jaw, South. Left moves to the left side.
5. Double counter clockwise windmills over your head. From same stance, left one knuckle punch to opponent's jaw, north. Right moves to the right side.
6. Double clockwise windmills over head as you move to a right kick stance, move hands to your left side, then execute a back hand salute.
7. Double clockwise windmills over the head as you turn your left foot to the left and step to a right half horse to the South. Right spear hand to the opponent's eye, east. Your left hand is on the left hip.
8. Double counter clockwise windmills over the head and left spear hand to the opponent's eye, west. Your right hand is on the right hip and open.
9. As you execute double clockwise windmills over your head, shift to a left half horse, then as you turn your left foot to the left, execute double clockwise windmills over your head again and step to a right half horse to the north, striking, a right chop down on opponent's left collar bone, north. Your left hand will be at your left side and open.
10. Double counter clockwise windmills, over your head, and left chop down, to the opponent's right collar bone, north. Your right hand is at your right side and open.
11. Move your hands in a circle to your left side and behind, as your shift to a full horse, and execute a right side kick to the north.
12. Pull your right foot to your left foot into set position and left down windmill as you step west to a right half horse stance. Right punch, west, to the opponent's diaphragm.
13. Double counter clockwise windmills as pull your hips back over your left leg and then step back to the east with your right foot. Shift to a right half horse, east and left punch, east, to the opponent's diaphragm.

14. Double clockwise windmills as you shift into a left half horse. Turn your left foot to the left into a cross stance and then knee up to the opponent's groin to the west.

15. Touch your right foot down into a right kick stance as you execute double counter clockwise windmills and then left back knuckle to the side of the opponent's neck. (south) Right hand is at shield guard position.

16. Same stance. Clockwise windmills and right back knuckle to opponent's neck, north. Left hand is a shield guard position.

17. As you double windmill, clockwise, step south to a cross stance. Left back hammer to opponent's groin to the east. Right hand moves behind left to shield guard position.

18. Double counter clockwise windmills in the same stance and left hammer to opponent's groin, west. Left follows right at shield guard.

19. As you double clockwise windmill, raise left knee to chest and hop around facing south and land on left foot. Right inside crescent kick to opponent's left jaw. You are facing north.

20. Double overhead clockwise windmills as you step to a right half horse and right claw to eyes. Your left hand is at your left side.

21. Double overhead counter clockwise windmills, same stance, as you left claw to the opponent's eyes, north. Right hand is at your right side.

22. Double clockwise windmills as you shift to a left half horse. Step to the west to a right half horse as you right punch to the tip of opponent's chin, west. Your left arm is behind, crane style.

23. Double clockwise windmills in the same stance then a left punch to the opponent's chin tip, west. Right hand is behind, crane style.

24. Double clockwise windmills, as you step back with your right to a left half horse. Your left foot remains pointing to the left, knee forward. Left palm to opponent's throat, south. Right fist is at shield guard position. Both thumbs are pointed down.

25. Double counter clockwise windmills, then a right palm to opponent's throat, north. Left fist is open in front of your chest, at shield guard position.

26. Right down windmill as you step up to a right kick stance and salute to the west