

1. You are in set position, facing west. Step forward to right half horse, as you execute a left down windmill and right punch to the opponent's diaphragm, west. Your left fist is at your left side palm up.
2. In the same stance, right down windmill and punch left to opponent's diaphragm. Your right hand is at your right hip, palm up.
3. As you perform a double clockwise windmill, step back to a left half horse and left palm back to the opponent's jaw, east. Your right hand is at shield guard.
4. Same stance, a double counter clockwise windmill and right back palm to the opponent's jaw, west. Your left hand is at shield guard.
5. Move to a Right kick stance west and as you execute a left down windmill, strike to the diaphragm with a right palm to the diaphragm.
6. Salute
7. Step to the south with your right foot as you execute a double counter clockwise windmill. Shift to a left half horse (back stance) and right back chop upward to the opponent's throat. Your left hand is above your head, palm up. (note: the accompanying movie shows windmills moving clockwise and the strike finishing to the north)
8. Shift to a right half horse as you complete a clockwise double windmill. Back chop up to opponent's throat, north, with your left hand. Your right palm is up, overhead. (note: the accompanying movie shows windmills moving counter clockwise and the strike finishing to the south)
9. Shift to a left half horse, then right straight kick to the north.
10. Step down into a right half horse, double clockwise windmill. Left backhand chop to the opponent's diaphragm, west. Right hand is palm up, at shield guard.
11. Same stance. After a double counter clockwise windmill, right backhand chop to the opponent's diaphragm, east. Left hand is palm up, at shield guard.
12. Shift to a left half horse and right round house kick to the west.
13. Step to the west as you execute a double clockwise windmill. Left backhand hammer to your opponent's groin, east. Right fist is a shield guard.
14. Same stance. Double counter clockwise windmill, then right backhand hammer to opponent's groin, east.
15. Clockwise double windmill as you step back to the east and left backhand hammer to opponent's chest wall, south. Right hand is a shield guard.

16. Counter clockwise double windmill and right backhand hammer to opponent's chest wall, north. Left hand is at shield guard.
17. Step to a right cross stance to the south as you generate a clockwise double windmill. Strike with a left thumb down palm to the opponent's diaphragm, south. Right thumb down palm is at shield guard.
18. In the same stance, counter clockwise double windmill and strike to the north with a right thumb down palm the opponent's diaphragm, north. Left thumb down palm is at shield guard.
19. Twist out of the cross stance, counter clockwise, to a left half horse, the round house kick to the east.
20. Step down, north, to a right half horse as you execute a double clockwise windmill and right palm to the northwest to opponent's jaw. Left palm is at shield guard.
21. Same stance. Counter clockwise double windmill, then left palm, northeast to the opponent's jaw. Right palm is at shield guard.
22. Shift to left half horse as you execute a counter clockwise double windmill. Right knee to the opponent's groin, west.
23. Right side kick to the west.
24. Step down to a right half horse, west, as you clockwise double windmill. Right palm down spear hand to the opponent's eye. Left hand is palm up, behind.
25. Step back, east, to a left half horse as you execute a counter clockwise double windmill. Left palm down spear hand, west, to the opponent's eye. Right hand is palm up behind.
26. Salute.