

Form - December 1976

1. Right kick to the east.
2. As you step right to a full horse as you execute a counter clockwise double windmill, left palm down towards right knee. Right shield guard.
3. Left kick to the east.
4. Double clockwise windmill as you step left to a full horse as you execute a right palm down towards your left knee. Left shield guard.
5. Pull back to a kick stance facing east as you execute a double clockwise windmill and right palm to the face. Left hand at shield guard.
6. Salute from left side.
7. Deliver a counter clockwise windmill as to step back to the west with your right foot to a left half horse. Right back hammer to the groin, west. Left fist at shield guard.
8. Shift to a right half horse as you execute a double clockwise windmill and left back hammer to the groin, east.
9. A left down windmill as you step back to the north into a left half horse. Right spear hand to the eyes, south. Left hand at left side.
10. A right down windmill as you shift to a right half horse and Left spear hand to the eyes, north. Right hand at right side.
11. Right knee to the west.
12. Right side kick to the north.
13. Right kick to the west.
14. Step right to the west and execute a left down windmill as you shift to a left half horse facing east. Right hammer over your left knee. Left fist at the left side.
15. A right down windmill as you shift to a right half horse and execute a left hammer over the right knee. Right hand is at the right side.
16. A double counter clockwise windmill as you step to the south to a right half horse and strike with a right backhand hammer to the opponent's jaw. Left fist is at shield guard.
17. A double clockwise windmill as you shift a left half horse, north and strike with a left backhand hammer to the opponent's jaw. Right fist is at shield guard.
18. A double counter clockwise windmill as you step right to the east and execute a right backhand chop to the opponent's temple to the south. Left chop is at shield guard.
19. A double clockwise windmill and left back chop to the north. Right chop is at shield guard.
20. Step back with your right foot, west to a left half horse while executing a counter clockwise double windmill and right palm pushes down on his right hip. Left palm is at shield guard.
21. A clockwise double windmill and left hand presses down on his left hip, east. Right palm at shield guard.
22. Execute a double clockwise windmill as you pull up to the right kick stance east. Right fingers down palm to opponent's chin. Left palm is at shield guard.

23. Same stance. A double counter clockwise windmill, left palm to the right jaw, east. Fingers are pointing to your left. Right palm at shield guard.
24. Clockwise double windmill, right palm to the left jaw, east. Fingers are pointing to your right. Left palm at shield guard.
25. Still in a right kick stance, execute a right back salute to the east.
26. Close to set position.