

July 2019 Form

1. From set position execute a clockwise double windmill and left chop to the opponent's neck, south.
2. Same position, a counter- clockwise double windmill and right chop to the opponent's neck, north
3. Shift your weight onto your left leg and right heel kick to the opponent's groin, west.
4. Step to a right half horse, west while executing a left down windmill and strike to the south west to the opponent's jaw. Your left fist is at your left side.
5. Step back with your right foot while executing a right down windmill and punch to the northwest to the opponent's jaw. Your right fist is at your right side.
6. Move forward to set position and salute
7. Step south to a right half horse as you double windmill over your right shoulder and double palm push to the opponent's waist, south.
8. Same stance. Double windmill over your left shoulder and double palm push to opponent's waist, south.
9. Right side kick, east.
10. Step to a right half horse while performing a double clockwise down windmill and right claw with finger tips to his eyes. Left hand is at your left side.
11. Same stance, right down windmill and left claw to his eyes. Right hand is at your right side.
12. A clockwise double windmill as you step to a right half horse west and left back chop to the groin, east. Right hand points at the left wrist
13. Execute a double counter clockwise windmill as you shift to a left half horse and right back hand to the groin, west. Left hand points at the right wrist.
14. Step to a right half horse east as you do a clockwise double windmill and roundhouse punch to the opponent's spleen, east.

15. Same stance. A counter clockwise double windmill and a left roundhouse punch to the opponent's liver, east.

16. Right sidekick to the bladder, north.

17. Pivot left 270 degrees and set your right foot down to the east into a right cross stance. Execute a clockwise double windmill and right downward punch across the body to the bladder, south. Left fist is by your side.

18. Same stance. A right down windmill followed by a left downward punch across the body to the bladder, south. Right fist is by your side.

19. Pivot left and raise your left knee to your chest as you rotate to your left and right crescent kick striking your left hand. You are facing south.

20. Set your right foot down to a right half horse facing north as you execute a clockwise double windmill and right finger jab to the eyes, north. Left hand is by your left side.

21. Same stance. Counter clockwise double windmill and left finger jab, north. Right hand is by your right side.

22. Execute a clockwise double windmill as you step west and strike with a right palm up to the chin, west. Left hand is behind.

23. Same stance. Counter Clockwise Double Windmill and strike to the chin, west with a left palm up.

24. Step back with your right, execute a clockwise double windmill and right, thumb up vertical punch to the solar plexus, west. Left fist is at your left side.

25. A right down windmill and thumb up left vertical punch to the solar plexus, west. Right fist is at your right side.

26. Salute.