

June Form 2014

1. Right kick to the west.
2. Double clockwise windmill as you step to the west into a right half horse. Right hammer to the corner of the jaw. Left fist is at your left side
3. Double counter-clockwise windmill as you left hammer to the corner of the jaw. Right fist is at you right side.
4. Execute a clockwise windmill as you step back to the east into a left half horse and chop left back to opponent's groin. Right hand is at shield guard.
5. A counter-clockwise double windmill in the same stance and chop right back to opponent's groin. Left hand is at shield guard.
6. Forward to right kick stance and salute.
7. Step to the south and execute a clockwise double windmill and right claw to opponent's eyes, south.
8. Same stance... a right down windmill and left claw to opponent's eyes, south.
9. Shift 180 degrees and step to the north as you execute a clockwise double windmill into a right half horse. Push down on opponent's bladder with your left palm, west. Right palm is at shield guard
10. Same stance, double counter-clockwise windmill and push down on opponent's bladder with your right palm, east. Left palm is at shield guard.
11. Right side kick, north.
12. Step to the west and drop to your left knee as you execute a clockwise double windmill and right punch to the opponent's groin.
13. Same stance. Then a counter-clockwise double windmill and left punch to the opponent's groin.
14. Execute a double clockwise windmill as you shift to a left half horse and stand and right kick to the east.
15. Blocking with a left down windmill, step to the east and deliver a right palm up thrust to the throat. Left palm is at your left side.
16. Block with a right down windmill and deliver a left palm up thrust to the throat. Left palm is at your right side.
17. Deliver a right side kick south to the opponent's bladder.
18. Step the south into a right half horse then executing a left down windmill shift to a left half horse and deliver a right punch to the opponent's diaphragm, north. Left fist at your left side.
19. As you right down windmill, shift to a right half horse and left punch to the south. Right punch at your left side.
20. Shift to a left half horse as you execute a double clockwise windmill over your head and step to the north. Strike with a left backhand hammer to the opponent west. Your right hammer is at shield guard.
21. Same stance. Counter-clockwise overhead windmill and strike with a right backhand hammer to the opponent, east. Left hammer is at shield guard.
22. Step to the west and execute a clockwise double windmill and jab with a right spear hand to the opponent's eye. Left hand strikes back.

23. Step back right to a left half horse and do a counter clockwise double windmill as you deliver left spear hand to the opponent's eye, west. Right hand strikes back.
24. Step up to a right kick stance as you execute a double clockwise windmill and left piston punch to the south. Right fist is at shield guard.
25. Same stance. Double counter-clockwise windmill and a right piston punch to the north. Left fist is at shield guard.
26. Salute.