

Form – March 1, 2011
(May be used as a baton form)

1. Double clockwise windmill in set position facing west. Strike left back fist to opponent's jaw, south. Right fist is at shield guard.
2. Double counter clockwise windmill, same stance. Strike right back fist to opponent's jaw, north. Left fist is at shield guard.
3. Right kick west.
4. Step to a right half horse as you execute a left down windmill and punch right to the opponent's jaw to the south-west. Left fist is palm up at your left side.
5. Step back to a left half horse as you right down windmill and left punch to opponent's jaw to the north-west.
6. Salute
7. Step south to a right half horse as you execute a double clockwise windmill and coming from the right side, press your palms on his hips to the south.
8. Same stance. Double counter-clockwise windmill and from the left side press your palms on his hips to the south.
9. Shift to a left half horse as you execute double windmills to your left side and snap a right side kick to the east.
10. Step to a right half horse to the south with a left down windmill and right claw to his eyes, south.
11. Same stance. Right down windmill and left claw to his eyes, south.
12. Step to the west into a right half horse and then strike back to the east to the opponent's groin with a left backhand. Right hand is at shield guard.
13. Same stance. Double counter-clockwise windmill as you shift to a left half horse and right backhand to the west. Left hand is at shield guard.

14. Shift to a left half horse and execute a left clockwise windmill, followed by a right roundhouse punch to the opponent's spleen, east.
15. Same stance. Right down windmill and then a left punch to opponent's liver, east.
16. Shift to a left half horse facing west and right side kick to the north.
17. Cross step to the south while executing a clockwise double windmill and strike east with a left backhand hammer to the opponent's groin. Right fist is at shield guard.
18. Same stance, double counter clockwise windmill and strike with a right backhand hammer to the west. Left hand is at shield guard.
19. Raise your left knee to your chest and hop around to your left executing a right inside crescent and slapping your left hand against the side of your right foot. You are facing north.
20. Step to a right half horse. A left down windmill and right spearhand to the eyes.
21. Same stance. A right down windmill and left spearhand to the eyes.
22. Step west with your right foot as you execute a left down windmill and right palm to your opponent's chin, west.
23. Same stance. Right down windmill and left palm to your opponent's chin, west.
24. Left down windmill as you step back to a left half horse and right thumb up punch to the opponent's solar plexus, west.
25. Same stance. Right down windmill and a left thumb up punch to opponent's solar plexus, west.
26. Salute