

Form, March 2013...

1. Right heel kick west to opponent's sternum.
2. Double clockwise windmill as you step to a right half horse and right palm down punch to your opponent's chest wall to the west. Your left hand is at your left side, palm up.
3. Right down windmill, in the same stance, and left palm down punch to opponent's chest wall to the west. Your right hand is at your right side, palm up.
4. Double clockwise windmill as you step back with your right foot, east, keeping your left foot pointing to the left, knee forward. As your foot touches down, strike with a left palm, thumb down to opponent's throat, east. The right hand is a thumb down position, at shield guard position.
5. Double counter clockwise windmill, in the same stance, striking with a right palm down strike to opponent's throat, to the east. The left hand is thumb down, at shield guard position.
6. Draw right foot up to a right kick stance, as you right down windmill and salute.
7. As you turn your left foot to the left, execute a double clockwise windmill and step with your right to a right half horse to the south. Right uppercut to the opponent's groin, east.
8. Execute a double counter clockwise windmill and then left uppercut to the opponent's groin, west.
9. As you shift to a left half horse, make a double clockwise windmill overhead. Turn your left foot to the left and step to a right half horse to the north as you right down hammer to the opponent's left collarbone.
10. Execute a double counter clockwise windmill, overhead, and left down hammer to the opponent's right collarbone.
11. As you move your left heel inward, forming a full horse, move your arms to your left side, lean to the left, and execute a right side kick, north.
12. Step to the west with your right foot to a right half horse. Block with a left down windmill, pushing opponent's head down. Then a right downward punch, west, to the back of his neck. Left hand is at your left side.
13. Step back to the east with your right foot. Execute a right down windmill as you shift to a right half horse and left punch east in a downward fashion. Right hand goes to your right side.
14. Right knee to the groin, west.

15. As you step down to a right half horse, west, executes a double clockwise windmill and strike with a left, fingers up palm to the opponent's nose, south. The right hand is thumb down in shield guard position.
16. Execute a double counter clockwise windmill. The right heel palm strikes fingers up to the opponent's nose, north. The left hand is at shield guard position, thumb down.
17. Draw back to a right kick stance and snap a right kick to the west.
18. Step south to a right half horse while making a double clockwise windmill. Strike north, to his nose, with the left palm, fingers up. Right hand is a shield guard position.
19. While executing a double counter clockwise windmill, shift to a left half horse and strike right palm, fingers up to his nose, south. Left hand is a shield guard position.
20. Step north to a right half horse as you double clockwise windmill over your head. Right chop to the left side of his neck. The left had is at the left side.
21. Same stance. Right down windmill and then left chop to the right side of his neck. Right hand is at the right side.
22. Double clockwise windmills, as you shift to a left half horse, pull your right foot to a kick stance and step west to a right half horse. Right punch, southwest to the opponent's chest. Your left fist at your left side.
23. Right down windmill and left punch to the northwest, to the opponent's chest. Same stance.
24. Step back, to the east, with your right foot, as you execute a double clockwise windmill and left back hammer to the opponent's liver, east. Right fist is at shield guard.
25. Then, a double counter clockwise windmill and right back hammer to the opponent's spleen, west. Left fist is at shield guard.
26. Move to a right kick stance as you execute a left down windmill and salute.