

1. You are in set position, facing west. Step forward to right half horse, as you execute a double clockwise windmill and right punch to the opponent's diaphragm, west. Your left fist is behind, crane style.
2. In the same stance, right down windmill and punch left to opponent's diaphragm. Your right fist is behind.
3. As you perform a double clockwise windmill, step back to a left half horse and left back hammer to the opponent's bladder, east. Your right hand is at shield guard.
4. Same stance, a double counter clockwise windmill and right back chop to the opponent's bladder. Your left hand is at shield guard.
5. Right knee to opponent's groin, west.
6. Salute
7. Place your left foot behind your right foot and right side kick to the west.
8. Step to the south with your right foot as you double clockwise windmill and right spear hand to the opponent's eye to the south east. The left hand moves behind.
9. Right down windmill and left spear hand to the opponent's eye to the south west.
10. Execute a double clockwise windmill, as you shift to a left half horse, then step to the north to a right half horse. Execute a right punch down to a point inside your right thigh. The left fist is by your left side.
11. Right down windmill and left punch to a point inside of your left thigh. Your right fist is by your right side.
12. Double overhead clockwise windmill as you shift to a left half horse. Pull your right foot to your left foot into a right kick stance and as you step to a right half horse to the west, right poke to the opponent's eye, southwest. Left hand is a shield guard.
13. Same stance. Execute a double counter clockwise windmill. Left poke to the opponent's eye, northwest. Right hand is at shield guard.
14. Double clockwise windmill as you step back east to a left half horse, keeping your left foot pointing to the southwest. Left palm and grab, east, to opponent's groin. Right hand is at shield guard.
15. Same stance. Double counter clockwise windmill right palm and grab, east, to opponent's groin. Left hand is at shield guard.

16. Turn your left foot to the left and place it down pointing to the southeast. Right roundhouse kick to the Southwest.
17. Right straight kick to the south.
18. Double clockwise windmills as you step to the south and drop to a right kneeling stance. Strike to his bladder, east with a left thumb down palm. Right hand is at shield guard.
19. Same stance. Double counter clockwise windmills and strike to his bladder, west with a right thumb down palm. Left hand is at shield guard.
20. Raise up and while executing a double overhead clockwise windmill, step to the north and left backhand hammer to the west. Right hand is at shield guard.
21. Double counter clockwise windmill and right backhand hammer to the east. Left hand is at shield guard.
22. Shift to a left half horse as you generate a clockwise overhead double windmill. Pull your right foot to your left foot and step west to a right half horse. Complete the large double windmill with a left palm (thumb down) strike down to his bladder, east. Right palm is at shield guard.
23. In the same stance, execute a double counter clockwise overhead windmill and strike to the opponent's bladder with your right palm, east. Your left palm is at shield guard.
24. Step back with your right foot, keeping your left toe pointing to the southwest. A double overhead clockwise windmill is followed by a right chop to the opponent's left jaw, west. Left hand is behind and open.
25. Same position. A double overhead counter clockwise and left chop to the opponent's right jaw, west. Right hand is help behind, hand open.
26. Salute