May Form 2011

- 1. Left kick to the west.
- 2. Move left foot behind your right foot and right kick to the west.
- 3. Left down windmill, as you step to a right half horse, west and right chop to the opponent's neck to the south west. Left hand is behind.
- 4. Right down windmill, as you step back to a left half horse still facing west. Left chop to the opponent's neck to the north west. Right hand is behind.
- 5. Right side kick to the north.
- 6. Salute.
- 7. Step to the south with your right foot as you execute a left down windmill, then right palm to the opponent's groin, east. Left hand is on your left hip.
- 8. Same stance. Right down windmill followed by the left palm to the opponent's groin, west. Right hand in on your right hip.
- 9. Shift to a left half horse and right roundhouse to the east.
- 10. Step to the north with your right as you execute a left down windmill. Right straight punch to the west to the opponent's midsection. Left hand is at your left side.
- 11. Same stance. A right down windmill followed by the left straight punch to the opponent's midsection, east. Right hand is by your right side.
- 12. Step to a right half horse west as you execute a double clockwise windmill. Strike with a left backhand to the opponent's jaw, east. Right hand is at shield guard.
- 13. Step back to a left half horse to the east as you execute a double counter clockwise windmill. Right backhand to the opponent's jaw, east. Left hand is at shield guard.
- 14. Move your right foot to a right kickstance, west as you do a left down windmill. Right spear hand to the southwest to opponent's eye.
- 15. Same stance. Right down windmill and a left to the northwest to your opponent's eye.
- 16. Right front kick to the west.
- 17. Step to a right half horse, south as you execute a left down windmill. Chop right across your left knee.
- 18. Same stance. A right down windmill followed by a left chop across your right knee.
- 19. Shift to a left half horse facing north and right knee up to the north. Hand are on your left side.
- 20. Step to a right half horse, north and double clockwise windmill followed by a left back knuckle to the opponent's temple, west.
- 21. Same stance. Double counter-clockwise windmill followed by a right back knuckle to the opponent's temple, east.
- 22. Step west with your right to a right half horse. Double clockwise windmill. Right roundhouse to the opponent's jaw. Left fist is back.

- 23. Step back, east, to a left half horse facing west while executing a counter clockwise double windmill.
- 24. Left down windmill as you move your right foot west to a right kick stance. Right spear hand to the southwest to opponent's eye.
- 25. Same stance. Right down windmill. Left spear hand to northwest to opponent's eye.
- 26. Salute.