

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.