

Form, January 20, 2007

1. You are in set position, facing west. Right kick to the west.
2. Step to right half horse, west, as you left down windmill, then a right palm down punch to the opponent's liver, south. Left hand is at your left side.
3. Same stance. Right down windmill, then a left palm down punch to the opponent's spleen.
4. Step back with your right foot as you double clockwise windmill over your head and left back hammer to opponent's groin to the east. Right hand is at shield guard.
5. Same stance. Execute a double counter clockwise windmill over your head. Right back hammer to the opponent's groin to the east. Left hand is at shield guard.
6. Salute
7. Right side kick west.
8. Step to the south as you double clockwise windmill over your head. Right chop to the opponent's neck, south. Your left hand is behind.
9. Over head counter clockwise windmill and then left chop to opponent's neck to the south. Right hand is behind.
10. Over head clockwise windmill as you shift to a left half horse and then step to the north to a right half horse. Execute a left down windmill and right punch to the diaphragm, west. Your left hand is at your left side.
11. Right down windmill and left punch to the diaphragm, east. Right hand is at your side.
12. Shift to a left half horse while executing a double overhead counter clockwise windmill. Step to the west and right chop to the opponent's neck, west. Your left hand is at your left side.
13. Same stance. Clockwise overhead double windmill and then left chop to the opponent's right side of neck, west.
14. Step back to the east with your right foot as you generate a double overhead counter clockwise windmill and left back arm to his ribs. The right arm is at shield guard.
15. Same stance. Overhead clockwise windmill and right back arm to his ribs, east. Left arm is at shield guard.
16. Turn your left foot hard left and slightly backwards and right side kick to the west.
17. Front kick to the south.
18. Step to right half horse to the south, double clockwise windmill, as you right palm up four finger poke to the opponent's throat, south. Left palm is at shield guard.

19. Counter clockwise double windmill. Left four finger poke to south in the same stance. Right hand is at shield guard.

20. Shift to a left half horse and step to the north as you execute an overhead counter clockwise windmill. In a Right Half Horse strike right to the northwest with a right four knuckle uppercut to his chin. Left hand is at your left side.

21. Same stance. Left strike to the northeast with a left four knuckle uppercut to his chin. Right hand is at your right side.

22. Shift to a left half horse and pull your right foot up to your left foot into a right kick stance west. Execute a double clockwise windmill and left palm to the opponent's jaw, south. Right palm is at shield guard.

23. Same stance. Double counter clockwise windmill and then right palm to the opponent's jaw, north. Left palm is at shield guard.

24. Right kick to the west.

25. Hop forward onto your right foot and then back onto your left foot.

26. Salute