## 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