

October 2010 Form

1. Facing west. While executing a double clockwise windmill, step forward to a right half horse and left chop east to the opponent's groin. Right arm is pointing at your left pulse.
2. Same stance. Do a double counter-clockwise windmill and right chop back east to the opponent's groin. Left fingers point at your right pulse.
3. Step back east to a left half horse as you do a double clockwise windmill and left chop south to your opponent's throat. Right arm is at shield guard.
4. Same horse, counter-clockwise double windmill, right chop to opponent's throat, north. Left arm is at shield guard.
5. Right side kick to the north.
6. Salute to the west.
7. As you double clockwise windmill step with your right foot to the south. Press your opponent's bladder with your left palm, thumb down, to the south. Right hand, thumb down, protects your face.
8. Same stance. Counter-clockwise windmills and then press to opponent's bladder with your right palm, thumb down, to the south. Left hand protects your face, thumb down.
9. Throw your arms to your left side as you shift to your left to a left half horse facing north. Right round-house kick to the north.
10. Step to the north to a right half horse as you left down windmill. Right claw to the eyes, north. Left hand is at your side open.
11. Same stance. Right down windmill and left claw to the opponent's eyes, north. Right hand is at your side open.
12. Step west to a right half horse and right roundhouse punch to opponent's spleen. Left fist is at your left side.
13. Same stance, left round house to opponent's liver. Right hand is at your side.
14. Step back with you right foot and right uppercut to the chin. Left fist is behind.
15. Same stance. Left uppercut punch to his chin, your right fist is behind.
16. Right knee to the west.
17. Right side kick to the west.

18. Step to the south to a right half horse, double clockwise windmill and strike with a left back chop along your left side to his spleen, north. Your right points at your left pulse.
19. Same stance and double counter-clockwise windmill and strike with a right back chop along your right side to his liver, north. Your left hand points at your right pulse.
20. Clockwise double windmill as you shift to a left half horse. Step forward with your right and punch to the north west with a right straight punch to his spleen.
21. Same stance. Right down windmill and left straight punch to the south west to his liver
22. Step west to a right half horse and right spear hand, palm down to opponent's eyes. Left hand is behind.
23. Step back to left half horse as you execute a right down windmill and left spear hand, palm down to opponent's eyes. Right hand is behind.
24. Double clockwise windmills, left palm to the south, to his chin. Fingers are pointing up to the ceiling. Right hand at shield guard.
25. Double counter-clockwise windmills, right palm to the north, to his chin. Fingers are pointing up to the ceiling. Left hand at shield guard.
26. Salute