

October 2016

1. You are in set position, facing west. Step to a right half horse west executing a left down windmill as you straight punch west to the opponent's diaphragm.
2. Same stance. Right down windmill and left straight punch west to opponent's diaphragm.
3. Execute a double overhead clockwise windmill as you step back east to a left half horse. Right chop to opponent's neck. Left hand in on your left hip.
4. A double overhead counter clockwise windmill, in the same stance, as you left chop to the opponent's right side of neck. Right hand is on right hip.
5. Right kick to the west.
6. Salute
7. Execute a double clockwise windmill and cross step right to the south. Left thumb down palm to the south at hip level. Right hand is at shield guard.
8. Same stance, a double counter clockwise windmill and then right palm to the north at hip level. Left hand is at shield guard.
9. Rotate 180 to the north with a double clockwise windmill and perform an inside right crescent to the north. Your left hand slaps the inside of the right foot.
10. As you step down to a right half horse, north, generate a double over the head counter-clockwise windmill and right backhand to the right side of the opponent's neck. Your left hand is at shield guard.
11. Same stance. Perform a double overhead clockwise windmill as you shift to a left half horse to the south. Left backhand to the left side of the opponent's neck. Right hand is at shield guard.
12. Right round house kick to the west.
13. Step down to a right half horse, west as you generate a clockwise double windmill and left back palm to the opponent's hip, east. Your right hand is at shield guard.
14. A counter clockwise double windmill as you shift to a left half horse east, and right back palm to the opponent's hip, west. Left hand is at shield guard.
15. Look east as you perform a double overhead clockwise windmill while stepping east to a right half horse. Strike with a back left hammer to your opponent's groin, west. Your right fist is at shield guard.

16. Execute a double overhead counter-clockwise windmill in the same stance and strike with a back right hammer to your opponent's groin, west.

17. Shift to left half horse facing west and simultaneously execute a double overhead clockwise windmill. Right thumb up palm to the opponent's face, west. Left hand is at shield guard, palm open, thumb down.

18. Same stance, counter-clockwise overhead double windmill. Left palm to the opponent's face, west. Right palm is at shield guard.

19. Step to the north into a right half horse as you generate a clockwise double windmill. Right palm to the opponent's face, north.

20. Shift to a left half horse while doing a clockwise double windmill. Left palm to the face, south, and right at shield guard.

21. Pull right foot back to a right kick stance, west, as you execute a right overhead clockwise windmill and then claw, west to his eyes.

22. Right down windmill and left claw to the eyes, west from the same stance.

23. Right kick west.

24. Hop forward.

25. Present Salute.

26. Close Salute.