

Show Form (Broad Sword, Knife or Hand)

1. From set position right backhand chop to opponent's throat
2. Then a left backhand chop to opponent's throat
3. Left down-windmill as you step back (and down) with your right foot, right palm to face.
4. Right down-windmill as you pull back to left kick stance, left palm to face.
5. Right punch to solar plexus
6. Pull left back to set position as you complete San Soo salute
7. Step forward and shift left (back), right chop to opponent's neck
8. Shift right and left chop to opponent's neck
9. Left down-windmill and bring right hand between left arm and body, claw to eyes with left arm at shield-guard position
10. Shift left and right down-windmill, claw to eyes with left claw between right arm and body, right arm at shield-guard position
11. In same stance, right and left arms cross in front of body, right inside, double back strike to groin
12. Shift to right half horse, left and right arms cross in front of body, left inside, double back strike to groin
13. Double counter-clock-wise windmill as you step to east into right cross stance, double back chops to opponent's neck, west.
14. Twist out, Right palm to opponent's solar plexus, west
15. Left palm to opponent's solar plexus, north
16. Right punch, downward arc to bladder, west
17. Right backhand to opponent's nose, east
18. Right roundhouse punch to opponent's head, west
19. Right cross stance, south, as you left jab to opponent's face, west (you are facing west)

20. Right down punch
21. Left down punch
22. Twist out to full horse as you chop to opponent's neck, east
23. Step back with right, west, shift to Right half horse, as you Right back chop to right side of opponent's neck
24. Left down-windmill you step west to left kick stance, Right down-windmill, Left down windmill.
25. Right punch to west
26. Bring left palm forward to right fist and salute