

## Jimmy Show Form

Full salute in a left kick stance.

1. Right kick, west.
2. Hopping counter-clockwise replace your left foot with your right foot. You are facing east. Raise your left knee, high and execute a right inside crescent kick to the west. Your right foot and left palm will slap in front of you.
3. Step down with your right foot, north to a full horse and shift to a left half horse as you strike with a right palm to the nose, south. Your left hand pulls back to your left side.
4. Right down windmill as you step right to the south to a full horse and execute a left down windmill followed by a right backhand to the mid-section. The full horse bows to the south as you strike.
5. Left down windmill as you shift to the left to a left half horse facing north and right palm to the midsection, north. Your left hand pulls back to your left side.
6. Step to a right half horse east, left down windmill covering a right backhand, east.
7. Left down windmill in the same stance your right arm returns low to your right hip and continues in a counter clockwise vertical circle behind and then out delivering a right claw to the opponent's face, east.
8. Pull back to a right kick, east.
9. Step to a right half horse, east. Shift to a full horse as you pull your left hand back to your left side and right punch west...
10. In the same stance strike north, a quick left palm to the right ribs as you execute a right up windmill over your head and follow around in a clockwise circle and deliver a right rising palm to the opponent's chin. A left punch to the opponent's liver.
11. Right palm down extension punch to the opponent's heart, north.
12. Step to the north into a right half horse as you execute a left down windmill and shoot out a spear hand to his eye, north. Your left hand is in shield guard at waist level.
13. Moving your left hand up, high, strike again with your right spear hand, low, to the opponent's mid-section, north.
14. As you complete the strike, continue shifting to a left half horse as you execute a left down windmill and strike with a right palm down punch to the south.
15. Step back with your right foot, east and full salute keeping left foot forward