

Form – April 25,2014

1. Step to a right half horse, west, generate a clockwise double windmill as you shift to a left half horse and right strike to the opponent's solar plexus with a right palm down punch.
2. Shift to a right half horse as you execute a double counter-clockwise windmill and left strike to the opponent's diaphragm with a palm down punch.
3. Pull your right foot back to a right kick stance, west as you execute a clockwise double windmill and left chop to the opponent's nose, south. Right hand is at shield guard.
4. Same position, a counter-clockwise double windmill followed by a right chop to the opponent's nose, north. Left hand is at shield guard.
5. Right kick with heel to the opponent's groin.
6. Set position.
7. Step south to a right cross stance as you execute a clockwise double windmill and a left backhand hammer to the groin, east.
8. Same stance, counter-clockwise double windmill and a right backhand hammer to the groin, west.
9. Twist counter-clockwise to your left as you raise your left knee high and execute a right inside crescent kick to the north and strike your own left hand. Your left hand slaps your right foot.
10. Step to the north and execute a clockwise double windmill and left chop to the opponent's neck ( left side). Right hand is at shield guard.
11. Same stance. A counter-clockwise double windmill and right chop to the opponent's neck (right side). Left hand is at shield guard.
12. Generate a double clockwise windmill as you step west to a right half horse and right round house punch to the southwest to opponents spleen. Left hand is by your left side.
13. Same stance, right down windmill and left round house punch to the northwest to opponent's liver.
14. Execute a double clockwise windmill as you step back to the east to a left half horse. Then a left knife edge palm to the opponent's throat to the south. Right hand is at shield guard.
15. Same stance... a double counter clockwise windmill followed by a right knife edge palm to the opponent's throat to the north. Left hand is at shield guard.
16. With your right foot step around to the south as you execute a double clockwise windmill and shift to a left half horse to the north. Deliver a right roundhouse to the opponent's left eye, north. Your left hand is at your right side.
17. Execute a right down windmill as you shift to a right half horse, south and strike with a left roundhouse to the opponent's right eye, south. Right hand is at your right side.
18. While executing a double counter clockwise windmill, shift to a left half horse facing north and move into a right kick stance, north. Strike with a right backhand to the opponent's groin, east. Left hand is at shield guard.
19. Right front kick north.
20. Step north as your left down windmill pulls your opponent's head down and strike down to the back of his neck with a right punch.

21. Same stance. Right down windmill pulls the opponent's head down and a left punch down on the back of the opponent's neck.
22. Step west to a right half horse while doing a clockwise double windmill and double palm to the southwest to the opponent's spleen.
23. Same stance. Counter clockwise windmills and double palm to the northwest to the opponent's liver.
24. Step back to a left half horse while executing a double clockwise windmill and left punch to the south to the opponent's diaphragm. Right fist is at shield guard.
25. Same stance. Double counter clockwise windmill and right fist, north to opponent's diaphragm. Left fist is at shield guard.
26. Salute