

STARTING POSITION: Position of attention facing west. Note: may perform Ti Ch'i Salute and then return to Cobra Stance.

JONG HOW: Next six moves. (Warm up) Exercise: Next 20 moves.

1. From the starting position step back with the right foot (east) into a left half horse stance facing west. Simultaneously move both fists in a clockwise circle up over your left shoulder and around your head. Strike to the west with a right uppercut to the west. (up your center line, with the palm in. ) Move the left fist down and behind your left leg. (Crane style with the fist turned palm east.)



2. From the same stance (L½H) in a counter action draw the right fist back and down behind the right leg (fist palm out). Deliver a left center line uppercut (palm in) to the west.



3. Step west (forward) with the right foot into a right kick stance. Move both fists in a clockwise windmill circle. Strike to the south with a right reverse punch. (Shoulder high & palm down) Simultaneously move the left fist to the left side with the palm up.



4. Move both hands in a counter clockwise circle (in front) as you punch to the north with a left reverse fist. Move the right fist to the right side with the palm up. Note: You are in a right kick stance facing west.



5. Shift your weight to the left as you block with a right (closed fist) down windmill. Deliver a right waist high heel kick to the west.

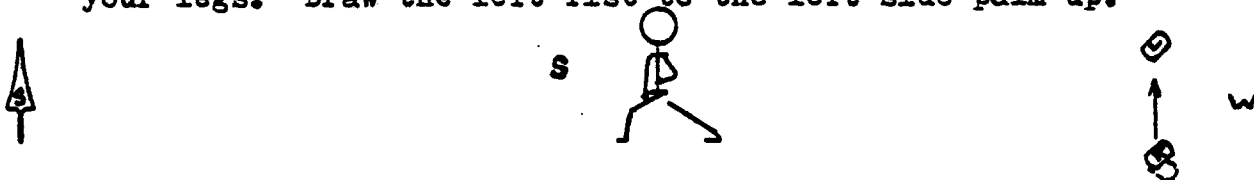


6. Complete the San Soo Salute as your return to the Cobra Stance west.



EXERCISE : Next 20 moves.

7. From the Cobra Stance facing west step to your left into a left half horse stance facing south. Block with a left down windmill as you deliver a right reverse punch straight down your center line between your legs. Draw the left fist to the left side palm up.



8. Pivot 180° to your right into a right half horse stance facing north. As you turn block with a right down windmill returning the right fist to the right side. Simultaneously deliver a left reverse punch down between your legs.



9. Look to the west. Deliver a left front kick to the west. Step down into a left half horse stance facing west.



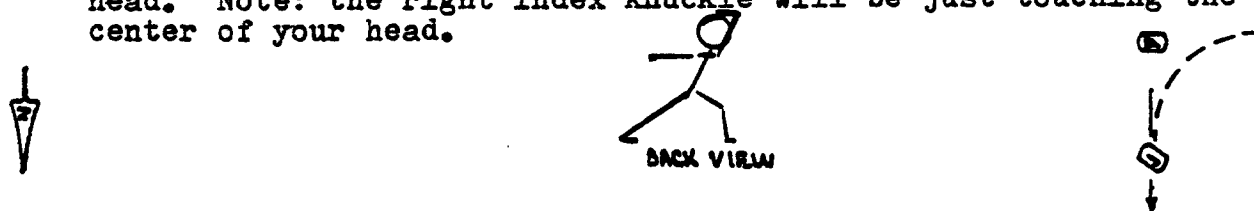
10. Block with a left down windmill as you deliver a right reverse punch to the west. Draw the left fist to the left hip.



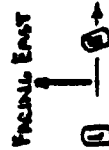
11. Pivot 180° to your right into a right half horse stance facing east. As you turn block with a right down windmill returning the right fist to the right hip palm up. Deliver a left reverse punch to the east.



12. Pivot ¼ turn to your left north. Step to the north and move into a left back half horse stance. Note: extend the left heel as your lean away. Move both hands in a clockwise front windmill circle and then strike to the north with a left backhand palm down hammer. (shoulder high.) At the sametime move the right fist up over the center of your head. Note: the right index knuckle will be just touching the top center of your head.



13. Shift your weight to the north as you move into a right back stance facing south. Simultaneously move both fists in a counter clockwise windmill circle. Strike to the south with a right backhand hammer. Move the left fist up above the top of your head with the palm out.



14. Shift your weight to the center and face the east. Deliver a left front kick to the east and step down into a left half horse stance.



15. Move both hands in a clockwise windmill circle drawing the left fist down behind the left leg. (crane style) Deliver a right punch almost straight up to the east.



16. Pivot 180° to your right into a right half horse stance. Block with a right down windmill and deliver a left punch almost straight up to the west.



17. Pivot ¼ turn to your left by stepping to the south into a left half horse stance. Move both fists in a double clockwise windmill circle. Deliver a right palm up hammer blow over your left knee. (south) Draw the left fist to the left side with the palm up.



18. Pivot ½ turn to your right into a right half horse stance north. Move both hands in a clockwise windmill circle. Strike with a left palm up hammer blow over your right knee. (north) Draw the right fist to your right side with the palm up.



19. Turn  $\frac{1}{2}$  turn back to your left and deliver a left front kick west. Don't step down.



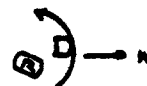
20. After kick block with a (L) down windmill and step down into a left kneeling stance. As you kneel deliver a right reverse punch to the west and draw the left fist to your left side with the palm up.



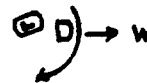
21. Stand and pivot  $180^\circ$  to your right (east). Block with a right down windmill and deliver a left reverse punch to the east from a right kneeling stance. Return the right fist to the right side palm up.



22. Stand and pivot  $180^\circ$  to your left into a left kick stance west. As you turn move both fists in a clockwise windmill circle. Strike with a right palm up hammer roundhouse to the south over your left hip. Draw the left fist to the left side palm up.



23. Shift into a right kick stance facing west. Move both hands in a clockwise windmill circle. Strike with a left palm up roundhouse hammer blow to the north. Draw the right fist back to the (R) hip.



24. From the right kick stance block with a left down windmill and deliver a right reverse punch west. Move the (L) fist to the (L) side.



25. Block with a (R) hand down windmill and deliver a (L) reverse punch to the west. Move the (R) fist to the (R) side.

26. Complete the San Soo Salute & return to the starting position. Note: See drawings for number 25 & 26 below. Form complete.

