

STARTING POSITION: Face west in a cobra stance.

JONG HOW: First six moves.

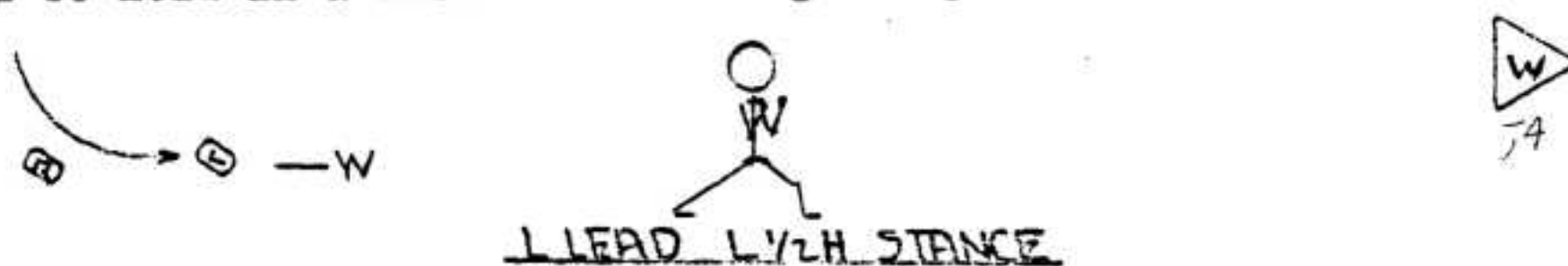
- 52 1. Turn to your left to the south. Step south with your left foot into a left half horse stance. (an do ma) As you move cross your fists in front of your body with the right over the left. Move the left fist out in a blocking action. Fist will move on guard position of a boxer. (left lead)



- 53 2. Pivot 180° to your right north into a right half horse stance. (an do ma) As you pivot cross the left fist over your right arm. Draw the left fist back and block with the right. (right outside block) Move hands to boxer guard position. (right lead)



- 54 3. Turn 1/4 turn to your left. Step to the west into a left half horse stance. (an do ma) Cross the right fist over the left forearm. Block outward with the left forearm. Draw the right fist back. Both hands will be held in a left lead boxer guard position.



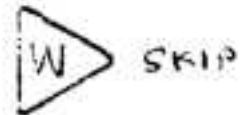
- 55 4. Turn 1/4 turn to your right. Right half horse stance east. (an do ma) Cross the left fist over the right forearm. Block outward with the right forearm. Draw the left fist back. Both fists will be held in a right lead boxer guard position.



5. Pivot 180° to your left. (west) Draw both hands to your shoulders with the palms out. Move into a left kick stance. (el ma) Press hands outward to the west into a San Soo Salute.



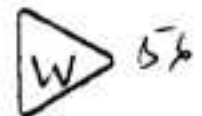
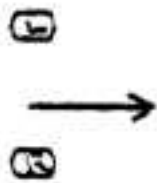
6. Return to the Cobra Stance west.



COBRA STANCE WEST

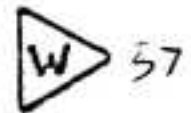
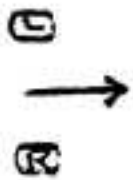
EXERCISE: 20 MOVES

56 7. Step to your left (south) into a front horse stance. (su ping ma west) Strike to the west with a right heel palm with your thumb up. Note: Open the left hand as you strike with the right palm west.



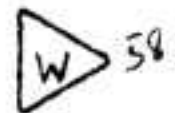
R PALM WEST - SU PING MA

57 8. Same stance west. Strike to the west with a left heel palm. Note: Keep the left thumb up. As you strike with the left palm draw the (R) hand back to your right side. Open claw with the thumb up.



L PALM WEST - SU PING MA

58 9. Step back with your left foot into a left back stance facing west. Note: Your toes will be pointing south. Action will cause you to turn 1/4 turn to your left. Move the left open hand down and around over the crown of your head. Turn the palm out with the thumb down. Will be a clockwise circle. At the sametime move the right fist back and around in a full counter clockwise circle. Strike with a right backhand hammer to the west. Note: Move the right fist inline with your right thigh.



L BACK STANCE ANDO MA  
RH HAMMER

NOTES:

FOLLOWS FORM 2

(Correction)

10. Look back in direction of starting position. \*\* Bring the left hand down to near the right shoulder. Move the right hand to waist high position. Deliver a right snap kick to opponents midsection. This is done by drawing the right foot back to the left leg. Lift the foot upward and kick outward. The foot will follow a circular path to your opponents midsection.

☐ → R Kick



\*\* Draw your left foot up to your right foot.



R snap kick

11. Step forward in a right half horse stance. West. As you shift your weight forward move the left hand near your body with palm down and fingers extended. Continue moving the hand up past the right side of your face and then down past the right shoulder to under the right elbow. As the left hand moves upward bring the right hand between your body and forearm. The right hand is closed into a fist. Strike with a right hand back knuckle blow to opponents temple. The left hand forms the block and grasp. The (R) fist delivers the blow.

☐ - ☐ → W



(R) An Do Ma Right back knuckle

12. Draw the right foot back into a right kick stance, West. As you draw the right foot back move both hands in a small clockwise circle around each other. The right hand is held open in a claw. The left hand is used for grasping and the right for striking.

☐ D



El Ma R Claw

13. Move forward into a right lead half horse stance, West. Strike with a straight right hand claw to opponents face. Move the left hand to the left hip fingers down, thumb out, wrist bent backward.

☐ - ☐ → W



(R) An Do Ma R Claw West

14. Pivot 180° to your left into a left half horse stance facing East. As you pivot strike to the midsection with a right palm. Move the left arm up over the crown of your head - shield block position.

← ☐ - ☐



(L) An Do Ma R Palm east.

15. Step forward with your right foot into a right kick stance - East. Grasp opponents arm with your left hand moving opponent to you as you deliver a right hand claw to his face. (Like a football stiff arm.)



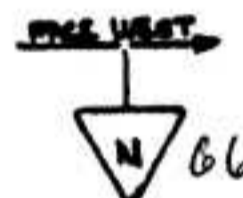
(R) EL MA (east)

16. Step South with your right foot. As you step back with your right foot turn to your left - North - into a left half horse stance. Bring the (R) hand down from its shoulder high position in a tear drop motion turning the heel of the hand up. Strike opponent in his front pelvic area. The fingers are open in a claw with the wrist bent backward. Block with a left down wind mill and draw the left open hand to the left side palm up.



(L) AN DO MA (north)

17. Pivot 180° to your left by stepping forward with your right foot to the North. Move into a right back stance. You will be facing West looking North and leaning to the South in a right back stance. As you pivot move both hands up in a counter clock wise double windmill. Move the left forearm over the crown of your head turning the palm outward thumb down. Continue the circular motion of the right hand. Extend the fingers and keep the thumb next to your index finger. Strike with a right backhand chop to the North. Note: The right hand will be inline with the right leg.



AN DO MA-(R) BACK STANCE

18. Pivot ¼ turn to your right into a front horse stance - West - Move the left hand down to waist high position with fingers extended, palm down, and forearm parallel to the ground. As the left hand block down the right hand strikes up. The right fist travels up between your body and left arm. Keep the right palm facing your body through motion. The heel of your right hand will be on the same level as your forehead.



SU PING MA (west)

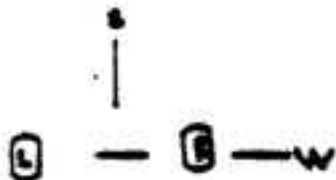
19. Step forward with the right foot into a right kick stance. -West- Move the right hand down to inline with the right thigh. Fingers fully extended with thumb held close to the index finger. The left hand is palm up, fingers extended and resting near the right side of your chest. The left forearm will be parallel to the ground.

19. (continued from page #4.)



(R) EL MA (west) R Spear hand.

20. Take a forward step with the right foot pivoting  $\frac{1}{2}$  turn to your left. -South- Note: You will be facing South and standing in a right back stance West. As you move forward strike with a right thumb up spear hand West. The left hand will remain in the same position as in the previous move.



(R) AN DO MA (west) R Spear hand.

21. Step back with the right foot into a full front horse stance facing West. As the right foot moves back bring both hands up to shoulder high position. Bring the finger tips to gether touching the tip of your thumb. Bend the wrist of both hands down untill the thumb is parallel to the ground. With the hands in this position swing them to the left. Both hands are held inline with each other and at the same height. The right hand will be under your chin and the left out from your left shoulder.



22. LEFT HEEL PALM SOUTH



SU PING MA (west)

22.3) Swing the hands to your right holding the same position as in the previous move.

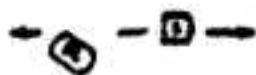


24. R HEEL PALM NORTH



SU PING MA (west)

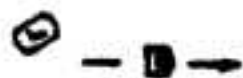
23.5 Step back with the right foot into a left kick stance facing West. As the right foot comes backward cross the right hand over the left hand. Rotate the left shoulder to the West and the right to the East. Move both hands up to head high position. (Palms out with the elbows bent.) Unfold both hands extending the arms to shoulder high position with the thumbs up. You will be pointing both East and West.



72

(L) EL MA

24<sup>8</sup> Block with a left down windmill and return the hand to the left side. The palm is up with the hand closed into a fist. Strike West with a right reverse punch. Step forward into a right kick stance.



27. PUNCH. LEFT W



73

(R) EL MA (west)

74

25<sup>6</sup> The right hand is closed into a fist. Bring both hands together chest high with arms half way extended. Place the left thumb and index finger around your right wrist. The hand held thus will form a circle. Note: This is the first half of the San Soo Salute.



29 R. FRONT KICK



75

(R) ELMA (west)

26<sup>9</sup> Bend both hands down and close the fingers. As fingers close bend both wrist rotating the fingers inward until the knuckles of both hands are opposed. Continue until the palms are up. At this point both hands are closed into fists. Draw both hands back to the sides approximately hip high with your palms up. As hands are drawn back to the hips step back with your right foot. You are now standing in the starting position. (Cobra Stance.)



COBRA STANCE (west)

NOTES:

30 Form 4.