

## Form, July 2010...

1. From set position, right kick to the west.
2. Double clockwise windmills over head and then step to a right half horse as you right hammer to opponent's temple to the southwest. Left fist moves to left side.
3. Double counter clockwise windmills over head and then, from the same stance, left hammer to opponent's temple to the northwest. Right fist at right side.
4. Double clockwise windmills over head as you step back right to the east to a left half horse. Left foot remains pointing to the left. Left palm to opponent's groin east. Right moves across chest to the left.
5. Double counter clockwise windmills over your head. From same stance, right palm to opponent's groin east. Left moves across chest to the right.
6. Double clockwise windmills over head as you move to a right kick stance, move hands to your left side then execute a back hand salute.
7. Double clockwise windmills over the head as you turn your left foot to the left and step to a right half horse to the South. Right claw to the opponent's face. Your left hand is on the left hip.
8. Double counter clockwise windmills over the head and left claw to the opponent's face. Your right hand is on the right hip and open.
9. As you execute double clockwise windmills over your head, shift to a left half horse, then as you turn your left foot to the left, execute double clockwise windmills over your head again and step to a right half horse to the north, striking, right palm, fingers down, to the west, to the opponent's bladder. Your left hand will be at your left side and open.
10. Double counter clockwise windmills, over your head, and left palm, fingers down, to the opponent's bladder, to the east. Your right hand is at your right side and open.
11. Move your hands in a circle to your left side and behind, as your shift to a full horse, and execute a right side kick to the north.
12. Pull your right foot to your left foot into set position and left down windmill as you step west to a right kneeling stance. Right straight punch, west, to the opponent's groin.
13. In the same stance, right down windmill, and left straight punch, west, to the groin.
14. Double counter clockwise windmills as you raise up into a right half horse, shift to a Left half horse, east, then turn your left foot to the left and right heel kick to the diaphragm, east.

15. Step to a right half horse to the east, as you left down windmill, and then right spear hand, palm up. to the opponents throat. (east)

16. Same stance. Right down windmill and left, palm up, spear hand to the throat. (east)

17. Pull the right leg back to the left into a right kick stance and right sidekick to the south.

18. Left down windmill as you turn your upper torso 45 degrees to the left. Place your right leg down on the south point. Right palm down punch to the midsection, north.

19. Right down windmill, as you shift to a right half horse. Left punch to the midsection, south.

20. Double overhead clockwise windmills as you shift to a left half horse, then continue turning your left heel to the right, until your left toes are pointing to the north west. (cross stance), step with your right foot into a right half horse, north. Execute a left back hammer to the opponent's temple, west. Right hand is at guard position.

21. Double overhead counter clockwise windmills, same stance, as you right backhand to the opponent's temple, east. Left hand is at shield guard position.

22. Double clockwise windmills as you shift to a left half horse. Step to the west to a right half horse as you right palm down spear hand to your opponents eye, west. Your left hand is behind you.

23. Right down windmill as you step back with your right foot to the east. Your left foot remains pointing to the southwest, weight forward. Left spear hand to the opponent's eye. Right hand behind.

24. Double clockwise windmills, as you step up to a right kick stance west. Left jab to the chest wall to the south. Right fist is in front of your chest.

25. Double counter clockwise windmills, then a right jab to the chest wall to the north. Left fist is in front of your chest.

26. Right down windmill and salute to the west.