

STARTING POSITION: Position of attention facing west. Note: May perform Ti Ch'i Salute and then return to the cobra stance.

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

1. From the starting position (Position of attention) step forward with the right foot into a right half horse stance (an do ma) west. As you step move both hands first in a clockwise double windmill and then chop to the east with a left palm down open hand. Move the right hand to left shoulder high position open and palm down. Fingers of both hands are pointing east.



2. From the (R) 1/2 H Stance (an do ma) move both hands to the front and then up and around in a double counter clockwise circle. Strike to the east with a right palm down open hand chop. Move the left hand to the right shoulder palm down open.



3. Move both hands to the front and then up and around in a double clockwise windmill circle. Simultaneously step back into a right kick stance facing west. (el ma) Strike with a right heel palm (thumb up) to the south. Draw the left hand to the left side open wrist bent back with the thumb up.



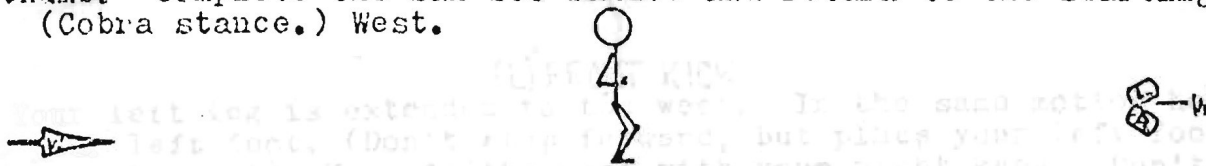
4. Move both hands in a counter clockwise windmill and strike to the north with a left thumb up heel palm. Draw the right open hand to the right hip. You are still in a right kick stance facing west.



5. Move both hands back to center deliver a right straight leg kick to the west. Pull the toes back as you kick. Step down into a right kick stance (el ma) facing west.

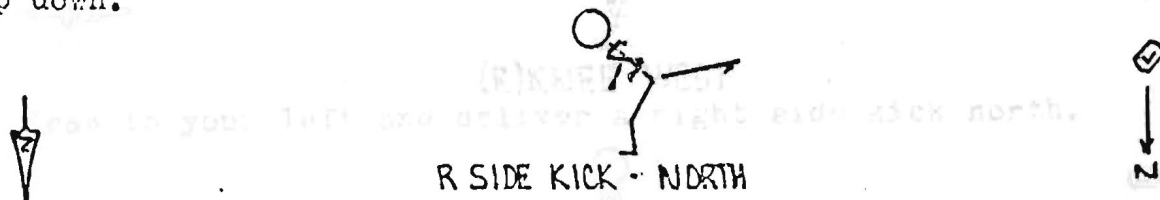


6. Move both hands back to your left side. Place the left hand behind the right fist. Wrist cupped by the "U" created by the left index finger and thumb. Complete the San Soo Salute and return to the starting position. (Cobra stance.) West.



COBRA STANCE - STARTING POSITION

7. Lean to your left (south) and deliver a right side kick north. Don't step down.



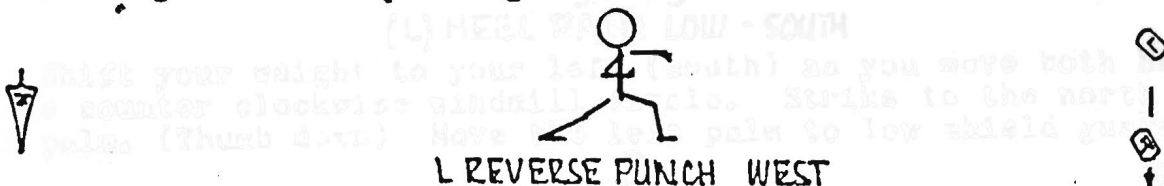
R SIDE KICK - NORTH

8. Hop down over your left leg with your right foot turning 360° to your left. Step to the south with your left foot and turn into a left half horse stance south. As you turn block with a left down windmill and punch south with a right piston punch. Draw the left fist to the left side.



R REVERSE PUNCH SOUTH

9. Pivot 180° to your right into a right half horse stance. As you turn block with a right down windmill and deliver a left piston punch north. Draw the right fist to the right side.



L REVERSE PUNCH WEST

10. Move both hands up around in a clockwise windmill circle. Step back to the east with your left foot. Pivot 270° to your left into a left half horse stance east. Deliver a right roundhouse claw to the east. Draw the left hand to the left side bend the wrist moving the fingers down.



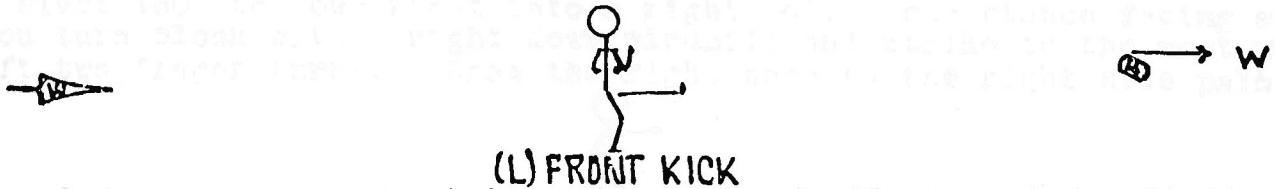
R CLAW EAST

11. Pivot 180° to your right into a right half horse stance facing west. Deliver a left roundhouse claw to the west. Draw the right hand to the right hip. Hand open in a claw.

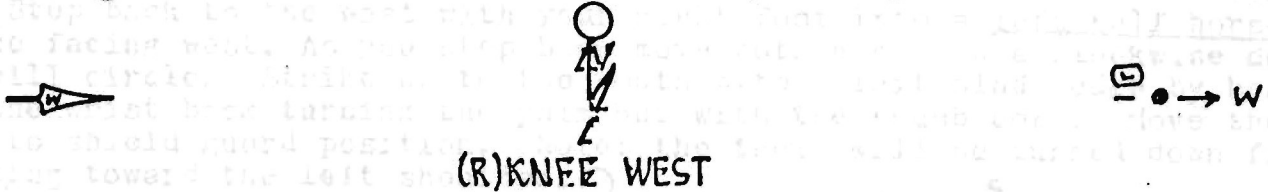


L ROUNDHOUSE WEST

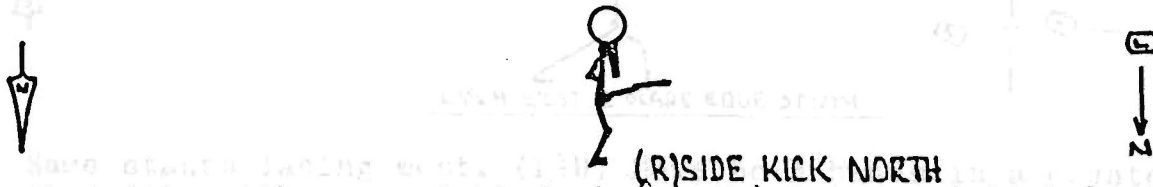
12. Deliver a left front kick west. Note: Donot step down.



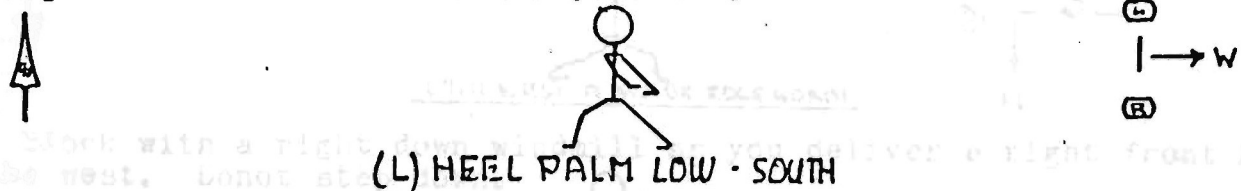
13. Your left leg is extended to the west. In the same motion hop down on to your left foot. (Don't step forward, but place your left foot next to your right foot) Knee to the west with your right knee. Don't step down.



14. Lean to your left and deliver a right side kick north.



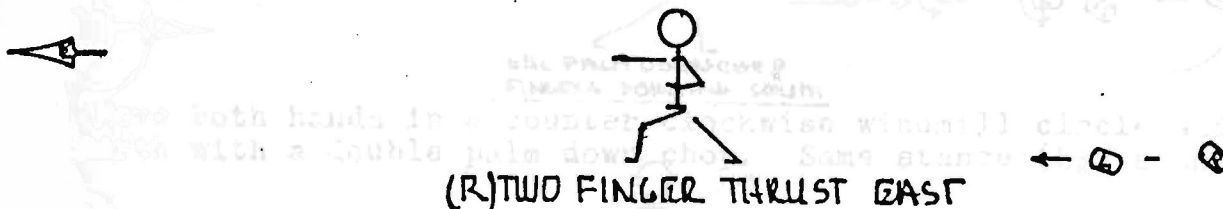
15. Step down with your right foot (north) into a right half horse stance. Note: You are still facing west. Move both hands in a double clockwise windmill circle. Strike to the south with a (thumb down) heel palm. Strike will be to the low position. Move the right palm to low shield guard position thumb down across your body.



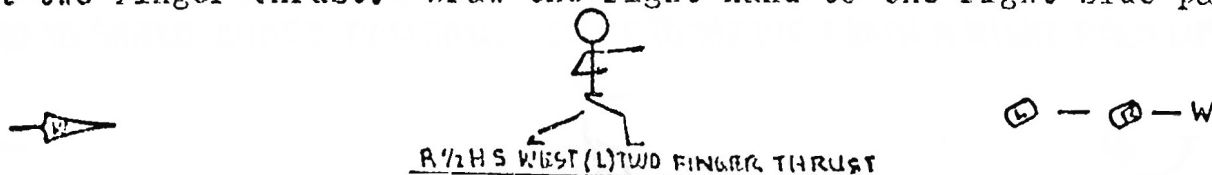
16. Shift your weight to your left (south) as you move both hands in a double counter clockwise windmill circle. Strike to the north with a (R) heel palm. (Thumb down) Move the left palm to low shield guard position.



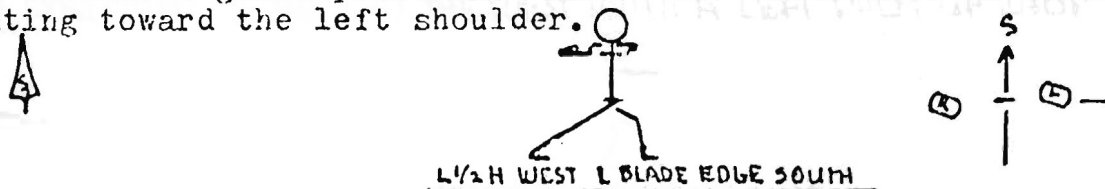
17. Step to the west with your right foot into a right half horse stance. Pivot 180° to your left into a left half horse stance facing east. As you turn block with a left down windmill and strike with a right palm down two finger thrust east. Draw the left hand to the left side palm up.



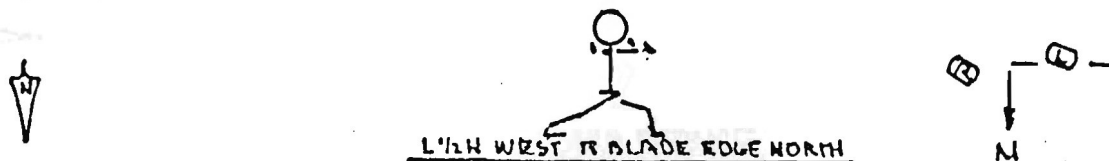
18. Pivot 180° to your right into a right half horse stance facing west. As you turn block with a right down windmill and strike to the west with a left two finger thrust. Draw the right hand to the right side palm up.



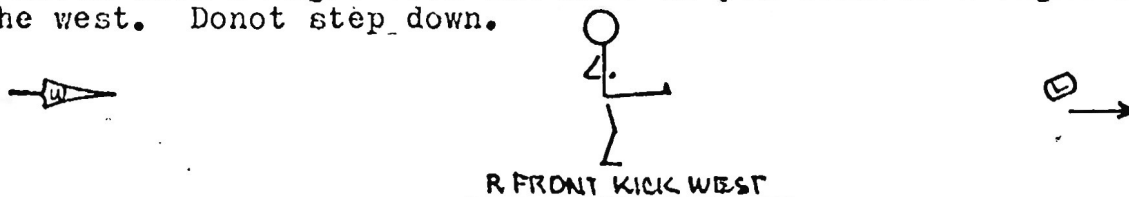
19. Step back to the east with your right foot into a left half horse stance facing west. As you step back move both hands in a clockwise double windmill circle. Strike up to the south with a left blade edge by bending the wrist back turning the palm out with the thumb down. Move the (R) hand to shield guard position. Note: the thumb will be turned down finger pointing toward the left shoulder.



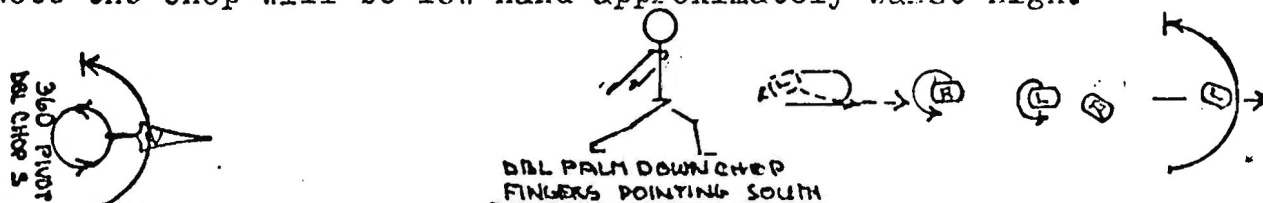
20. Same stance facing west. (L 1/2 H) Move both hands in a counter clockwise windmill circle. Strike to the north with a right blade edge by bending the wrist back turning the palm out with the thumb down. Move the left hand to shield guard position.



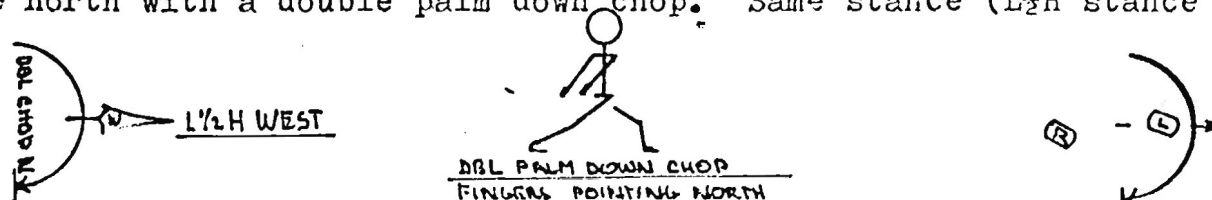
21. Block with a right down windmill as you deliver a right front kick to the west. Do not step down.



22. Hop down with your right foot. Place your right foot where your left foot was as you turn 360° to your left and step back with your left foot. Turn into a left half horse stance facing west. As you pivot block with a double windmill and then deliver a double palm down chop to the south. Note the chop will be low hand approximately waist high.



23. Move both hands in a counter clockwise windmill circle and strike to the north with a double palm down chop. Same stance (L 1/2 H stance west)



24. MOVE THE LEFT FOOT BACK INTO A LEFT KICK STANCE FACING WEST. SIMULTANEOUSLY MOVE BOTH HANDS UP IN A CLOCKWISE WINDMILL CIRCLE. MOVE THE LEFT HAND TO SHIELD GUARD POSITION. STRIKE TO THE WEST WITH A RIGHT PALM UP CHOP



(L) KICK STANCE (R) CHOP

25. MOVE BOTH HANDS AROUND IN A COUNTER CLOCKWISE WINDMILL CIRCLE. AS THE HANDS MOVE SHIFT TO A RIGHT KICK STANCE. MOVE THE RIGHT HAND TO SHIELD GUARD POSITION. STRIKE TO THE WEST WITH A LEFT PALM UP CHOP.



(R) KICK STANCE (L) CHOP

26. COMPLETE THE SAN SOO SALUTE. RETURN TO THE COBRA STANCE - WEST



COBRA STANCE
WEST

NOTES:

... into a right kick stance facing west. Move both hands up and around in a clockwise windmill circle. Move both hands to your right shoulder. The right palm up, strike to the west. At the same time move the left hand to shield position with the palm down and the palm out.



COBRA STANCE