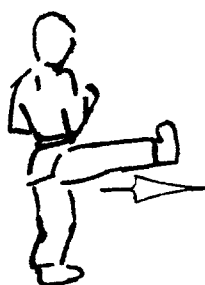
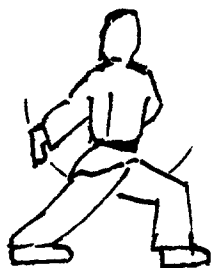


1. From the starting position shift weight to your left and deliver a right kick to (1) the west. The kick is to his groin. Make contact with your right heel. Note: as kick is delivered turn your toe to the left.
2. After the kick step to your front, west. Step into a right ando'ma west. Move (2) both fists in a double clockwise front windmill. Strike to the south west with a right palm up hammer. The strike is to the junction of ear and neck. Draw the left fist to the left hip with the palm up.
3. Same stance. (right ando'ma west) Block with a right down windmill. draw the (3) right fist to your right hip. Strike with a left palm up hammer to the side of your opponents neck. (junction of ear and jaw).



4. Move both hands around your head in a clockwise windmill. As hands move step (4) back with your right foot into a left ando'ma stance west. Strike to the east with a left finger down heel hand. The strike is to the groin. As the left hand moves move the right fist across your body with the palm up.
5. Same stance. (left ando'ma west) Move both hands in a double windmill. Strike (5) to the east with a right open finger down heel hand. Strike to the groin behind you. At the same time move the right fist to palm up across your lower chest.
6. Step forward with the right foot into a right el'ma stance west. Complete the (6) San Soo Salute. Return to the starting position.



7. Move both hands in a clockwise around your head windmill. Pivot one fourth turn (7) to your left. Step south into a right ando'ma stance. Strike with a right round house thumb up claw to the eyes. (South) Draw the left hand to the left hip open in a claw.
8. Same stance. (right ando'ma south) Block with a right down windmill. Draw the (8) right hand to your right hip. (thumb up) Strike with a left roundhouse claw to the south. (claw to the eyes.)

9. Pivot 180 to your left and face north. Swing both hands around your head in a clockwise windmill. Step to the north with your right foot. Step into a right ando'ma north. Step with your right foot. Push down on opponents bladder with a left palm down hand. The push is to the west. Move the right hand across your body with the thumb turned in palm down blade edge out. (9)



10. Same stance as above. (Right ando'ma north) Move both hands in a front counter clockwise windmill. Push down on subjects bladder (east) with a right palm down open hand. Move the left hand across the body with the thumb turned in. (10)

11. Shift weight to your left and deliver a right side kick to the north. Draw the right foot back to the left leg. Don't step down. (11)

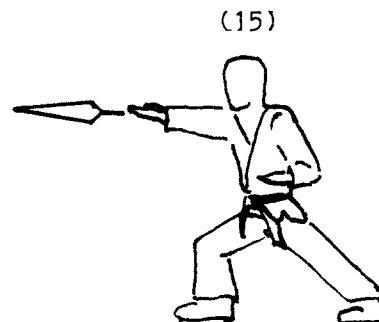
12. Step to the west with your right foot. Drop to a bing guy'ma stance with the left knee on the ground. As you move to the west block with a double front clockwise windmill. Deliver a right reverse punch to the bladder. Draw the left fist to your left hip. (12)



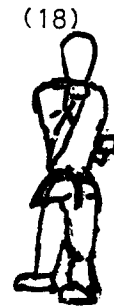
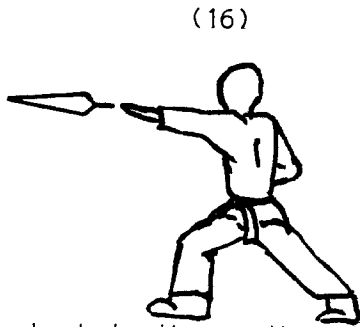
13. Same stance facing west. Block with a right down windmill drawing the right fist to your right hip. Strike to the bladder with a left reverse punch. The punch is to the west. (13)

14. Stand and pivot to your left 180. Block with a right down windmill and kick to the east (diaphragm) with your right heel. Use a front kick. (14)

15. After the kick step east into a right ando'ma stance. Block with a left down windmill and deliver a right palm up thrust to the throat. Note:: Use a spear hand making contact with throat and first two fingers. As thrust is made draw the left hand to the left hip open and palm up. The thrust is to the east. (15)



16. Block with a right down windmill. Draw the right hand to the right hip. Thrust (16) east to the throat with a left palm up spear hand. Same stance as (15).
17. Look to the south. Deliver a right side kick to the south. Bladder. (17)
18. After the kick step to the south with your right foot. Look to the north and shift into a left ando,ma stance north. Block with a left down windmill and strike to the north with a right reverse punch.. The strike is to the diaphragm. As you punch draw the left fist to the left side with the palm up.

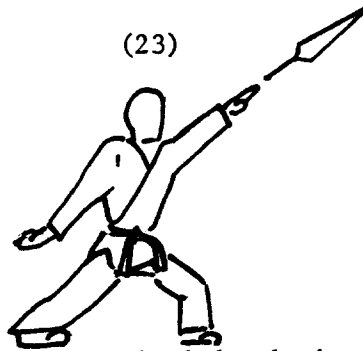
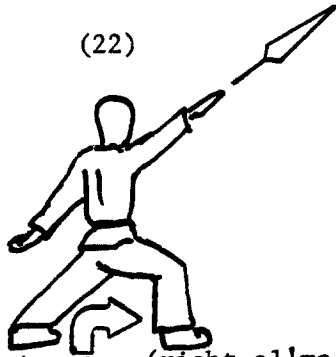


19. Look to the south and block with a right down windmill. Shift into a right ando'(19) ma stance south. Deliver a left reverse punch to the south. The strike is to the diaphragm. Draw the right fist to your right side and turn fist to palm up.
20. Turn to the left into a left ando'ma stance facing north. Step to the north with(20) your right foot. As you step move both fists around your head in a clockwise circle. Strike to the temple with a left backhand palm down hammer. The strike is to the west. Move the (R) fist to shield guard position.
21. Same stance. Move both hands in a counter clockwise circle. Strike to the temple(21) with a right backhand palm down hammer. The strike is to the east. Move the left fist to shield guard position.



22. Turn to your left into a left ando'ma stance facing south. Look to the west. (22) Move both hands around your head in a clockwise windmill. Step to the west with your right foot into a right ando'ma stance facing west. Strike with a right high palm down spear hand finger thrust westerly to your opponents eyes. At the same time strike to the groin with your left hand. The strike is to the east and contact is made with the palm.
23. Step back with your right foot into a left ando'ma stance west. Move both hands (23) in a counter clockwise windmill. Strike to the west with a left palm down thrust. The strike is to the eyes west. Strike to the east with a right palm.

24. Step forward with your right foot into a right el'ma west. Move both hands in a double clockwise windmill. Strike to the chest wall with a left piston punch. The strike is to the south. Move the right fist across the body in the same direction as the left fist. Note: Keep the right fist palm up. (24)



25. Same stance. (right el'ma west) move both hands in a counter clockwise windmill. Strike to the north with a right piston punch. The strike is to the chest wall. Move the left fist thumb up across your body. (25)

26. Complete the San Soo Salute and return to the starting position.



NOTES:

1/25/82