

Form, May, 2009

1. You are in set position, facing west. Clockwise double windmill. Strike back to the east with a left backhand chop to the opponent's groin, east. Right hand is at shield guard.
2. Same Position. Counter Clockwise double windmill. Strike back to the east with a right backhand chop to the opponent's groin, east. Left hand is at shield guard.
3. Step forward to a right half horse, execute a clockwise overhead double windmill and right chop to the opponent's neck, west. Left hand is back.
4. Step back with your right foot as you double counter clockwise windmill over your head and left chop to the opponent's neck, west. Right hand is back.
5. Left down windmill. Step into a right kick stance, west. Right piston punch, west.
6. Salute
7. Step to the south as you double clockwise windmill over your head. Left palm to opponent's jaw, east. Right hand is at shield guard.
8. Over head counter clockwise double windmill and then right palm to opponent's jaw west. Left hand is at shield guard.
9. Over head clockwise double windmill as you shift to a left half horse and then kick right to the north.
10. Over head clockwise double windmill as you step to a right half horse, north. Left hammer, west. Right fist is at shield guard.
11. Overhead counter clockwise double windmill as you right hammer, east. Left fist is at shield guard.
12. Shift to a left half horse and pull your right foot to the left into a kick stance. Step west to a right half horse as you double clockwise windmill and then right roundhouse to his left jaw throwing your left arm behind.
13. Execute a double counter clockwise windmill and left roundhouse to his right jaw.
14. Shift to your left 90 degrees into a full horse as you left down windmill and follow with a right punch downward between your legs.
15. Move your hands west shifting to a right half horse. Reverse both hands and move them overhead to your left as you step back east with your right foot. Move to a full

horse, north as you execute a right down windmill and then left punch downward between your legs.

16. Shift to a left half horse, west and right kick to the west.
17. Step to the south to a right half horse as you move both hands forward then out and around behind each hand's respective side, double palming to the opponent's chin, south.
18. Cross both arms in front of your chest, left arm over right and double strike low behind to the north.
19. Shift to a left half horse then right knee to the east.
20. Execute a double clockwise windmill as you step to the north into a right half horse. Right hammer to the opponent's diaphragm, west. Left fist is at your left side.
21. Double counter clockwise windmill, same stance. Left hammer to the opponent's diaphragm, east. Right fist is at your right side.
22. Double overhead clockwise windmill as you shift to a left half horse and step to a right half horse, west. Left palm down strike to the opponent's jaw, east. Right hand is at shield guard.
23. Double overhead counter clockwise windmill as you shift to a left half horse (east). Right palm down strike to the opponent's jaw, west. Left hand is at shield guard.
24. Move both hand to the west in a clockwise double windmill as you shift to a right half horse. As the windmill follows around to the south draw the right foot in to a right kick stance. Execute a left down windmill and punch right to the opponent's diaphragm, south.
25. Right down windmill and left punch to the opponent's diaphragm, north.
26. Salute