

Form, September 9, 2006

1. You are in set position, facing west. Execute a right straight kick, west.
2. As you step west to a right half horse, perform a double clockwise windmill and spear fingers in to his eyes with both hands.
3. In the same stance cross your right arm over your left and double chop back behind you.
4. Step back to a left half horse and you double clockwise windmill and left backhand chop to opponent's groin, east. Your right arm is at shield guard, fingers pointing at his left pulse.
5. Same stance. Double counter clockwise windmill and right chop to opponent's groin, east. Your left arm is at shield guard pointing at his right pulse.
6. Salute
7. Execute double counter clockwise windmill as you cross stance, south. Punch right, palm down, north to opponent's diaphragm. Left hand is at shield guard.
8. Same stance. Double clockwise windmill, left palm down punch, south, to the diaphragm. Right hand is at shield guard.
9. Twist out in a counter clockwise direction and right side kick to the east.
10. Step to a right half horse to the north, while performing a double overhead clock wise windmill. Right hammer to the opponent's neck, north. Left fist points at the right mid forearm.
11. Same stance. Overhead double counter clockwise windmill. Left hammer to the opponent's neck, north. Right fist points at the left mid forearm.
12. Double overhead clockwise windmill. Step to a right half horse and right claw to opponent's face, west. Left hand is open behind.
13. Same stance. Double overhead counter-clockwise windmill and left claw to opponent's face, west.
14. Double clockwise windmill as you step back, to the east, to a left half horse. Right thumb up punch, to opponent's ribs, to the south. Left fist is at the left side.
15. Same stance. Left thumb up punch to opponent's ribs, north. Right fist is held at the right side.
16. Right kick to the west.
17. Step to the south to a right half horse and bring both hands in a counter-clockwise windmill over your left shoulder. Shift to a left half horse and right back chop to opponent's right jaw, south. Left hand is at shield guard.
18. Move both hands in a clockwise windmill, as you shift to a right half horse, and strike north to opponent's left jaw with a left chop. Right hand is at shield guard.

19. Shift to a left half horse as you execute a double overhead clockwise windmill. Step north and right chop to the opponent's left side of the neck. Left hand is at your left side.
20. In the same stance execute a counter-clockwise double windmill and strike to the opponent's left side of the neck with your left hand. Right hand is at your right side.
21. Right side kick to the north.
22. Step to the west as you execute a clockwise double overhead windmill and right chop over your right knee. Left hand is at your left side.
23. Same stance. Double counter-clockwise overhead windmill and left chop over your right knee. Right hand is at your right side.
24. Step back, east with your right foot to a left half horse and right chop opponent's jaw to the southwest. Your left hand is behind.
25. Same stance, chop to the opponent's jaw to the northwest with your left hand. Your right hand hand is behind.
26. Move your right leg forward to a right kick stance and salute.