

Form, January, 2009

1. Remain in set position, feet forming a "V". You are facing west. Execute a clockwise double overhead windmill and strike with a left backhand chop, east, to the left side of opponent's neck. He is facing west. Your left shoulder is pointing east. Your right hand points at your left pulse.
2. Still in set position, do a counter clockwise overhead double windmill and strike with a right backhand chop, east, to the right side of opponent's neck. Your right shoulder is pointing east.
3. As you perform a left down windmill, step forward into a right half horse and as your right knee flexes forward, strike with a right fore knuckle punch to opponent's bladder, west.
4. Remain facing west as you step back with your right foot, east. This movement occurs as you do a right down windmill. As your right foot lands, punch down to his bladder, west, with your left fore knuckles.
5. Right heel kick, west, to his chest.
6. Salute
7. As you execute a double clockwise windmill, step to the south, into a right half horse. Right palm down punch, south, to the opponent's diaphragm. Left fist is palm up, at the left side.
8. In the same stance, right down windmill and a left palm down punch to the diaphragm, south. Right fist is palm up at the right side.
9. Double over head, clockwise, windmills as you shift to a left half horse, facing north. As you left down windmill, step to the north into a right half horse and right punch to opponent's throat, to the northwest. The left fist is at the left side.
10. Right down windmill and left punch to the throat, northeast. Right fist is at the right side.
11. Right side kick to the north.
12. Right kick to the West.
13. Step to the West, while executing double clockwise windmills and strike with a left backhand to the opponent's spleen, east. Right hand is at shield guard.
14. In the same stance, double counter clockwise windmills and strike with a right backhand to the opponent's liver, east. Left hand is at shield guard.
15. Left down windmill as you step back to a left half horse leaving your left foot pointing to the northwest. Right palm under his chin, west. Left hand is open at your left side.
16. Right down windmill, in the same stance, and then left palm to his chin, west. Right hand is open at your right side.
17. Right kick West to the opponent's groin.
18. Step south to a right cross stance as you double clockwise windmill, and left back hammer to opponent's groin, east. Right fist follows at low shield guard.

19. Same stance. Double counter clockwise windmills and then right back hammer, west to groin. Left hand is at low shield guard.
20. Twist out, shifting to a left half horse and step north to a right half horse. Right claw to the eyes, north.
21. Same stance. Right down windmill and then a left claw to the opponent's eyes.
22. Shift to a left half horse and pull your right left to a right kick stance facing west. Step west, to a right half horse, as you double clockwise windmill, and then drop down to your left knee. Left punch to opponent's bladder, south. The right follows at shield guard.
23. Counter clockwise double windmill and right punch to the bladder. Left is at shield guard.
24. Raise up as you execute a double clockwise windmill. Step back to the east, leaving your left foot turned to the left. Right roundhouse punch, with fore knuckles, to the jaw, west. Left fist is back and thumb down.
25. Double counter clockwise windmill and left roundhouse punch to the right jaw, west.
26. Salute.