

Sword Form

Face west

1. Step south with left leg to left half horse, right backhand, low south.
2. Swing overhead as you turn to your right and pull left leg to center. Continue sword and right backhand to low north as you step to north to right half horse.
3. Pull right foot in to center and step back east with right leg as you hold with double thumb locking grip and stab west and up.
4. Bring right leg up to center and pivot on left foot to your left and face east. Put right foot down to west and stab up to east.
5. Turn to your right and pull in right leg to kick stance and you bring sword over your left shoulder and around head and cut to his midsection, west, continue to figure eight sword and ...
6. Salute.
7. From set position step to west with right leg and at same time bring sword over left shoulder, around to rear and out from your right side. Cut downward to southwest.
8. Step back to east with right foot and cut to north east with right downward backhand.
9. Pull right leg to center and face north as you bring the sword around right side over head to rear and over left shoulder. Cross your arms low right-over-left. Step to north as you uncross upwards.
10. Shift to left half horse kick to south. Lay sword on left arm as you kick. (as in salute)
11. Switch to reverse right grip to sword. (turn your palm up) Rotate sword along your right side pointing back with the blade parallel to the ground and step back with your right to west as you push sword back.

12. Step to east with right and pull sword forward, reverse grip and fling it forward, cutting to midsection.

13. Bring sword to left side and transfer sword to waiting left which is palm up. Re-grip with right normal grip and lock thumbs. As you pull back your right leg, continue around to your left rear and bring over top to north. Vertical down slice as you step forward to north with right leg.

14. Shift to left half horse bring sword down and back up over head and vertical slice down to south as you step right to south.

15. Shift to left half horse as you roll sword down & around right shoulder. (like a pick ax) Raise your right knee at same time. Sword and knee scissor. Sword and knee pass each other.

16. Right side kick east.

17. Step to east with right leg and stab backwards on left side. Keep left arm crossed over right.

18. Bring up over head and as you step back to west vertical slash down to east. You are in left half horse.

19. Turn to right, west, and then step back east as you draw sword over left shoulder, overhead and vertical slash down.

20. Kick right to north.

21. Step north to right half horse as you push blade to his throat. (hold sword horizontally with one hand at each end.)

22. Drop sword to right side as you back kick to south.

23. Put right foot down and shift to right, then two-hand press sword to south. (throat)

24. Hop counter-clockwise and stiff arm stab up to east. You are in left half horse facing east.

25. Turn around and face west and step left and continue shifting till you are back facing east. Meanwhile you slashed uppercut backhand to west. You are facing east in right half horse. Sword is high.

26. As you pull left leg up to center swing sword around your head over right shoulder, back around to left shoulder. Step left to north as you back block to south. (upward swing)
27. Pull left leg to center then step back right to south as you hit his midsection (backstance south).
28. Step to north with right to right half horse and strike with butt of sword up under chin.
29. Shift left to left half horse facing center and south. Knee to south as you hammer butt of sword down to knee. (vice)
30. Cross right over left to east right cross stance as you backhand slash low to opponents right leg (to west)
31. Jona Ma (twist out) and bing guy ma as you stab up under Throat, west.
32. With both hands, bring sword up over right shoulder and around back to left while moving right forward to right kick stance. Then slice down to right side of neck. (west)
33. Then still in right kick stance, bring around left shoulder and behind to right-side rear and continue around to slash the left side of his neck.
34. Place sword on left arm and Salute.