

## Jimmy Show Form

Full salute in a left kick stance...

1. Step back and unfold hands to the west and east.
2. Left down windmill, followed by a right punch to the west.
3. Right down windmill and complete the salutation.
4. Right kick, west.
5. Place your right foot down in front, toe pointing south... push your right foot, hard, into the ground as you rotate your upper body counter- clockwise until you are facing east. As you are pushing your right foot down and twisting left, raise your left knee high while executing a clockwise double windmill. Proceed to a right inside crescent kick to the west. Your right foot and left palm will slap in front of you.
6. Step down with your right foot, north to a full horse and left up windmill as you shift to a left half horse and strike with a right palm to the nose, south. Your left hand pulls back to your left side.
7. Right down windmill as you step right to the south to a full horse and execute a left down windmill followed by a right backhand to the mid-section. The full horse bows to the south as you strike.
8. Left down windmill as you shift to the left to a left half horse facing north and then right palm to the midsection, north. Your left hand pulls back to your left side.
9. Step to a right half horse east, left down windmill covering a right backhand, east.
10. Left down windmill in the same stance your right arm returns low to your right hip and continues in a counter clockwise vertical circle behind and then out... delivering a right downward claw to the opponent's face, east.
11. Pull back to a right kick, east.
12. Step to a right half horse, east and left down windmill. Bow to your left as you right punch west. Your left fist returns to your left side.
13. In the same stance strike north with a quick left palm to the right ribs as you execute a right up windmill over your head.
14. Follow around in a clockwise circle and deliver a right rising palm to the opponent's chin.

15. A left punch to the opponent's liver, north.
16. A right punch to the heart, north.
17. Step to the north to a right half horse as you execute a left down windmill and shoot out a spear hand to his eye, north. Your left hand is at shield guard.
18. Same stance, draw your body back as you move your left hand high, move forward and strike again with your right spear hand, low to the opponent's mid-section, north.
19. As you complete the strike, continue shifting to a left half horse as you execute a left down windmill and strike with a right palm down punch to the south.
20. Step back with your right foot to the east and full salute keeping left foot forward.