

FROM SET POSITION STEP FORWARD INTO A RIGHT FRONT HORSE AS BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND RIGHT ARM BEGINS PUNCHING FORWARD.

MAINTAIN FOOT POSITION AS RIGHT ARM MOVES IN A DOWN WINDMILL AND LEFT ARM BEGINS PUNCHING FORWARD.

STEP BACK WITH YOUR RIGHT LEG SO YOU'RE IN A LEFT FRONT HORSE FACING ORIGINAL FRONT AS BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND MOVE TOWARD YOUR LEFT SIDE

MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN A COUNTER-CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD ORIGINAL RIGHT.



RIGHT VERTICAL PUNCH AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL FRONT PALM IN FIST IS TOWARD ORIGINAL LEFT WITH THUMB AT THE TOP.

LEFT ARM IS EXTENDED DOWNWARD BEHIND THE LEFT SHOULDER. FIST IS HELD VERTICALLY WITH THE PALM TOWARD ORIGINAL RIGHT AND THUMB AT THE BOTTOM



THIS IS THE OPP OF #1. LEFT VERTICAL PUNCH AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL FRONT PALM IN FIST IS TOWARD ORIGINAL RIGHT WITH THUMB AT THE TOP.

RIGHT ARM IS EXTENDED DOWNWARD BEHIND THE RIGHT SHOULDER FIST IS HELD VERTICALLY WITH THE PALM TOWARD ORIGINAL LEFT AND THUMB AT THE BOTTOM



LEFT BACKHAND AT GROIN LEVEL TOWARD ORIGINAL LEFT. PALM IN FIST FACES ORIGINAL BACK AND THUMB IS ON THE SIDE BY ORIGINAL RIGHT

RIGHT FIST IS HELD PALM DOWN NEAR THE LEFT HIP AS PROTECTION. THUMB IS NEAR YOUR BODY



THIS IS THE OPP OF #3. RIGHT BACKHAND AT GROIN LEVEL TOWARD ORIGINAL RIGHT PALM IN FIST FACES ORIGINAL BACK AND THUMB IS ON THE SIDE BY ORIGINAL LEFT

LEFT FIST IS HELD PALM DOWN NEAR THE RIGHT HIP AS PROTECTION. THUMB IS NEAR YOUR BODY.

MAINTAIN FOOT POSITION AS RIGHT HAND MOVES TOWARD YOUR GROIN AND LEFT HAND MOVES TOWARD YOUR FACE IN PREPARATION FOR A RIGHT KNEE TOWARD ORIGINAL FRONT.

SET YOUR RIGHT FOOT DOWN INTO A KICK STANCE AND BRING BOTH HANDS TOWARD YOU IN PREPARATION FOR THE OPENING SALUTE.

PIVOT ON YOUR LEFT FOOT SO YOU'RE FACING ORIGINAL LEFT AND MOVE YOUR RIGHT HAND TOWARD YOUR GROIN AND LEFT HAND TOWARD YOUR FACE IN PREPARATION FOR A RIGHT SIDE KICK TOWARD ORIGINAL FRONT

SET YOUR RIGHT FOOT DOWN INTO A RIGHT FRONT HORSE FACING ORIGINAL LEFT LEFT ARM MOVES IN A DOWN WINDMILL AND RIGHT HAND BEGINS JABBING FORWARD.

MAINTAIN FOOT POSITION AS RIGHT ARM MOVES IN A DOWN WINDMILL AND LEFT HAND BEGINS TO JAB FORWARD.



RIGHT KNEE TOWARD ORIGINAL FRONT.

RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE.



OPENING SALUTE



RIGHT SIDE KICK TOWARD ORIGINAL FRONT.

RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE.



RIGHT TWO FINGER JAB AT A 45° ANGLE TOWARD ORIGINAL LEFT JUST ABOVE EYE LEVEL. RIGHT HAND IS ALMOST IN FRONT OF THE LEFT SHOULDER WITH THE PALM FACING DOWN. FINGERS POINT BETWEEN ORIGINAL BACK & ORIG. LEFT.

LEFT ARM IS HELD BENT AT THE LEFT SIDE OF THE WAIST WITH THE LEFT HAND HELD PALM UP.



THIS IS THE OPP OF #8. LEFT TWO FINGER JAB AT A 45° ANGLE TOWARD ORIGINAL RIGHT JUST ABOVE EYE LEVEL. LEFT HAND IS ALMOST IN FRONT OF THE RIGHT SHOULDER WITH THE PALM FACING DOWN. FINGERS POINT BETWEEN ORIGINAL FRONT & ORIGINAL LEFT

RIGHT ARM IS HELD BENT AT THE RIGHT SIDE OF THE WAIST WITH THE RIGHT HAND PALM UP.

SHIFT YOUR WEIGHT ONTO YOUR LEFT FOOT AND PIVOT TO YOUR LEFT. STEP AROUND WITH YOUR RIGHT LEG AND END IN A RIGHT FRONT HORSE FACING ORIGINAL RIGHT. LEFT ARM MOVES IN A DOWN WINDMILL AND RIGHT ARM BEGINS PUNCHING DOWNWARD.

MAINTAIN FOOT POSITION AS RIGHT ARM MOVES IN A DOWN WINDMILL AND LEFT FIST BEGINS PUNCHING DOWNWARD.

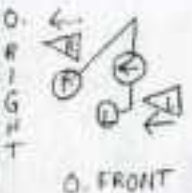
SHIFT YOUR WEIGHT ONTO YOUR LEFT LEG AND STEP TOWARD ORIGINAL FRONT WITH YOUR RIGHT LEG. YOU ARE IN A RIGHT FRONT HORSE FACING ORIGINAL FRONT AS BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND THEN CONTINUE FORWARD TOWARD ORIGINAL FRONT.

MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN A COUNTER-CLOCKWISE DOUBLE WINDMILL AND LEFT HAND BEGINS JABBING FORWARD.

10



RIGHT DOWNWARD PUNCH NEAR THE INSIDE OF YOUR RIGHT THIGH. PALM IN FIST IS TOWARD YOUR INNER RIGHT THIGH AND THUMB IS NEAR YOUR BODY. LEFT ARM IS HELD BENT AT THE LEFT SIDE OF THE WAIST. PALM IN FIST FACES UPWARD.

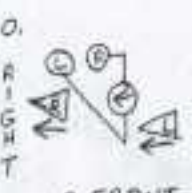


O. RIGHT
O. FRONT

11



THIS IS THE OPP OF #10. LEFT DOWNWARD PUNCH NEAR THE OUTSIDE OF YOUR RIGHT THIGH. PALM IN FIST IS TOWARD YOUR OUTER RIGHT THIGH AND THUMB IS ON THE SIDE TOWARD ORIGINAL BACK. RIGHT ARM IS HELD BENT AT THE RIGHT SIDE OF THE WAIST. PALM IN FIST FACES UPWARD.



O. RIGHT
O. FRONT

12



RIGHT TWO FINGER JAB AT A 45° ANGLE AT EYE LEVEL IN FRONT OF YOUR LEFT SHOULDER. FINGERS POINT BETWEEN ORIGINAL LEFT AND ORIGINAL FRONT WITH THE PALM FACING DOWN. LEFT HAND IS HELD OPEN NEAR YOUR RIGHT HAND AS PROTECTION. THUMB POINTS DOWN AND PALM FACES BETWEEN ORIGINAL LEFT AND ORIGINAL FRONT.

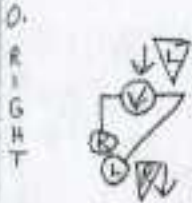


O. RIGHT
O. FRONT

13



THIS IS THE OPP OF #12. LEFT TWO FINGER JAB AT A 45° ANGLE AT EYE LEVEL IN FRONT OF YOUR RIGHT SHOULDER. FINGERS POINT BETWEEN ORIGINAL RIGHT AND ORIGINAL FRONT WITH THE PALM FACING DOWN. RIGHT HAND IS HELD OPEN NEAR YOUR LEFT HAND AS PROTECTION. THUMB POINTS DOWN AND PALM FACES BETWEEN ORIGINAL RIGHT AND ORIGINAL FRONT.



O. RIGHT
O. FRONT

STEP BACK WITH YOUR RIGHT LEG SO YOU'RE IN A LEFT FRONT HORSE FACING ORIGINAL FRONT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND THEN CONTINUE TOWARD YOUR LEFT SIDE.

MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN A COUNTER-CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD YOUR RIGHT SIDE.

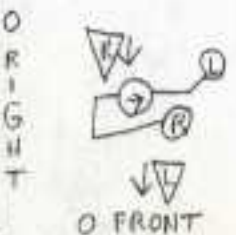
SHIFT YOUR WEIGHT ONTO YOUR LEFT LEG AND MOVE YOUR RIGHT HAND TOWARD YOUR GROIN AND YOUR LEFT HAND TOWARD YOUR FACE IN PREPARATION FOR A RIGHT ROUNDHOUSE KICK.

DONT SET YOUR RIGHT FOOT DOWN AND KEEP YOUR HANDS WHERE THEY ARE IN PREPARATION FOR A RIGHT FRONT KICK TOWARD ORIGINAL LEFT.

14



LEFT GROIN GRAB BACK TOWARD ORIGINAL BACK. FINGERS POINT DOWN WITH THUMB NEAR YOUR BODY. AS YOUR HAND COMES BACK TOWARD ORIGINAL FRONT IT CLOSES INTO A FIST WITH THE PALM TOWARD ORIGINAL BACK. RIGHT FIST IS HELD PALM DOWN NEAR THE FRONT OF THE LEFT HIP.

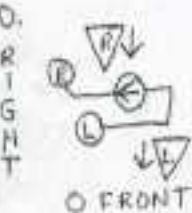


O. RIGHT
O. FRONT

15



THIS IS THE OPP OF #14. RIGHT GROIN GRAB BACK TOWARD ORIGINAL BACK. FINGERS POINT DOWN WITH THUMB NEAR YOUR BODY. AS YOUR HAND COMES BACK TOWARD ORIGINAL FRONT IT CLOSES INTO A FIST WITH THE PALM TOWARD ORIGINAL BACK. LEFT FIST IS HELD PALM DOWN NEAR THE FRONT OF THE RIGHT HIP.



O. RIGHT
O. FRONT

16



RIGHT ROUNDHOUSE KICK TOWARD ORIGINAL FRONT/ORIGINAL LEFT. RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE. YOU SHOULD BE FACING ORIGINAL LEFT AFTER COMPLETING THE KICK.



O. RIGHT
O. FRONT

17



RIGHT FRONT KICK TOWARD ORIGINAL LEFT. RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE.



O. RIGHT
O. FRONT

SET YOUR RIGHT FOOT DOWN INTO A RIGHT FRONT HORSE TOWARD ORIGINAL LEFT AND THEN KNEEL DOWN ONTO YOUR LEFT KNEE. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD ORIGINAL BACK.

MAINTAIN FOOT/KNEE POSITION AS BOTH ARMS MOVE IN A COUNTER CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD ORIGINAL FRONT.

STAND UP AND SHIFT YOUR WEIGHT ONTO YOUR LEFT LEG AND PIVOT TO YOUR LEFT STEP AROUND WITH YOUR RIGHT LEG TOWARD ORIGINAL RIGHT SO YOU END IN A RIGHT FRONT HORSE FACING ORIGINAL RIGHT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD ORIGINAL FRONT.

MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN A COUNTER- CLOCKWISE DOUBLE WINDMILL AND THEN CONTINUE TOWARD ORIGINAL BACK.



18 LEFT SIDEWAYS PALM UPWARD TOWARD ORIGINAL BACK BETWEEN NECK AND SHOULDER LEVEL. PALM FACES ORIGINAL BACK, THUMB IS ON THE BOTTOM, AND FINGERS POINT TOWARD ORIGINAL LEFT.

RIGHT HAND IS HELD OPEN NEAR THE LEFT SHOULDER AS PROTECTION. PALM FACES ORIGINAL BACK, THUMB POINTS DOWN AND FINGERS POINT TOWARD ORIGINAL RIGHT.



19 THIS IS THE OPPOSITE OF #18. RIGHT SIDEWAYS PALM UPWARD TOWARD ORIGINAL FRONT BETWEEN NECK AND SHOULDER LEVEL. PALM FACES ORIGINAL FRONT, THUMB IS ON THE BOTTOM, AND FINGERS POINT TOWARD ORIGINAL LEFT.

LEFT HAND IS HELD OPEN NEAR THE RIGHT SHOULDER AS PROTECTION. PALM FACES ORIGINAL FRONT, THUMB POINTS DOWN AND FINGERS POINT TOWARD ORIGINAL RIGHT.



20 LEFT BACKHAND AT SHOULDER LEVEL TOWARD ORIGINAL FRONT. PALM IN FIST FACES DOWN AND KNUCKLES ARE BETWEEN ORIGINAL RIGHT AND ORIGINAL FRONT.

RIGHT FIST IS HELD PALM DOWN NEAR THE LEFT SHOULDER. THUMB IS NEAR YOUR BODY.



21 THIS IS THE OPPOSITE OF #20. RIGHT BACKHAND AT SHOULDER LEVEL TOWARD ORIGINAL BACK. PALM IN FIST FACES DOWN AND KNUCKLES ARE BETWEEN ORIGINAL RIGHT AND ORIGINAL BACK.

LEFT FIST IS HELD PALM DOWN NEAR YOUR RIGHT SHOULDER. THUMB IS NEAR YOUR BODY.

SHIFT YOUR WEIGHT ONTO YOUR LEFT LEG AND STEP TOWARD ORIGINAL FRONT SO YOU END IN A RIGHT FRONT HORSE FACING ORIGINAL FRONT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD YOUR LEFT SIDE.

MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN A COUNTER CLOCKWISE DOUBLE WINDMILL AND THEN TOWARD ORIGINAL RIGHT.

STEP BACK WITH YOUR RIGHT LEG SO YOU'RE IN A LEFT FRONT HORSE FACING ORIGINAL FRONT BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND RIGHT HAND BEGINS CHOPPING FORWARD.

MAINTAIN FOOT POSITION AND BRING BOTH ARMS IN A COUNTER CLOCKWISE DOUBLE WINDMILL AND LEFT HAND BEGINS CHOPPING FORWARD.

BRING YOUR RIGHT FOOT UP INTO A RIGHT KICK STANCE AND BRING BOTH HANDS TOWARD YOU IN PREPARATION FOR THE CLOSING SALUTE.



22 LEFT PALM AT GROIN LEVEL TOWARD ORIGINAL BACK. LEFT ARM IS EXTENDED DOWNWARD BEHIND THE LEFT SHOULDER. PALM FACES DOWN WITH FINGERS POINTING TOWARD ORIGINAL LEFT.

RIGHT HAND IS HELD PALM DOWN NEAR YOUR LEFT HAND. FINGERS POINT TOWARD ORIGINAL BACK.



23 THIS IS THE OPPOSITE OF #22. RIGHT PALM AT GROIN LEVEL TOWARD ORIGINAL BACK. RIGHT ARM IS EXTENDED DOWNWARD BEHIND THE RIGHT SHOULDER. PALM FACES DOWN WITH FINGERS POINTING TOWARD ORIGINAL RIGHT.

LEFT HAND IS HELD PALM DOWN NEAR YOUR RIGHT HAND. FINGERS POINT TOWARD ORIGINAL BACK.



24 RIGHT CHOP IN FRONT OF THE RIGHT SHOULDER BETWEEN NECK AND SHOULDER LEVEL. PALM FACES UP WITH THUMB ON THE RIGHT SIDE AND FINGERS TOWARD ORIGINAL FRONT. LEFT ARM IS EXTENDED DOWNWARD BEHIND THE LEFT SHOULDER WITH THE OPEN LEFT HAND PALM DOWN FINGERS POINT TOWARD ORIGINAL BACK.



25 THIS IS THE OPPOSITE OF #24. LEFT CHOP IN FRONT OF THE LEFT SHOULDER BETWEEN NECK AND SHOULDER LEVEL. PALM FACES UP WITH THUMB ON THE LEFT SIDE AND FINGERS TOWARD ORIGINAL FRONT.

RIGHT ARM IS EXTENDED DOWNWARD BEHIND THE RIGHT SHOULDER WITH THE OPEN RIGHT HAND PALM DOWN FINGERS POINT TOWARD ORIGINAL BACK.



26 CLOSING SALUTE



O FRONT