

FROM SET POSITION STEP FORWARD WITH YOUR RIGHT LEG AS LEFT ARM MOVES IN A DOWN WINDMILL AND RIGHT ARM BEGINS PUNCHING FORWARD.

SIDE VIEW

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RIGHT PUNCH AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL FRONT. PALM IN FIST FACES DOWN.

LEFT ARM IS HELD BENT AT THE LEFT SIDE OF THE WAIST WITH THE PALM IN THE FIST FACING UPWARD.



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

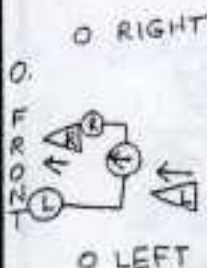
SIDE VIEW

②



THIS IS THE OPPOSITE. LEFT PUNCH AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL FRONT. PALM IN FIST FACES DOWN.

RIGHT ARM IS HELD BENT AT THE RIGHT SIDE OF THE WAIST WITH THE PALM IN THE FIST FACING UPWARD.



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 CONTINUE TOWARD ORIGINAL BACK.

REAR VIEW

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LEFT BACK PALM TOWARD ORIGINAL BACK AT SHOULDER LEVEL. PALM FACES ORIGINAL BACK AND THUMB POINTS DOWN.

RIGHT HAND IS HELD THUMB DOWN NEAR THE LEFT SHOULDER. PALM FACES TOWARD ORIGINAL BACK.

UPPER TORSO TWISTS TO THE LEFT



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

REAR VIEW

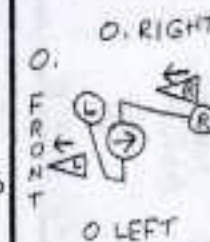
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THIS IS THE OPPOSITE. RIGHT BACK PALM TOWARD ORIGINAL BACK AT SHOULDER LEVEL. PALM FACES ORIGINAL BACK AND THUMB POINTS DOWN.

LEFT HAND IS HELD THUMB DOWN NEAR THE RIGHT SHOULDER. PALM FACES TOWARD ORIGINAL BACK.

UPPER TORSO TWISTS TOWARD THE RIGHT.



BRING YOUR RIGHT FOOT FORWARD INTO A RIGHT KICK STANCE FACING ORIGINAL FRONT AS LEFT ARM MOVES IN A DOWN WINDMILL

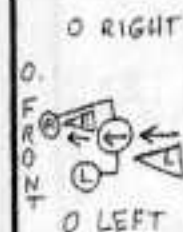
SIDE VIEW

⑤



RIGHT PALM AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL FRONT. THUMB IS ON TOP WITH PALM TOWARD ORIGINAL FRONT

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



MAINTAIN FOOT POSITION AS BOTH ARMS MOVE TOWARD YOUR LEFT SIDE IN PREPARATION FOR THE OPENING SALUTE.

OPENING SALUTE

⑥

SIDE VIEW



WITH YOUR WEIGHT ON YOUR LEFT LEG STEP ACROSS TOWARD ORIGINAL LEFT WITH YOUR RIGHT LEG, SET YOUR RIGHT LEG DOWN INTO A RIGHT FRONT HORSE TOWARD ORIGINAL LEFT WITH YOUR TORSO FACING ORIGINAL BACK. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL

REAR VIEW

⑦



LEFT BACK CLAW AT FACE LEVEL WITH YOUR ARM EXTENDED TOWARD ORIGINAL RIGHT PALM FACES ORIGINAL FRONT WITH THUMB ON THE BOTTOM

RIGHT HAND IS HELD OPEN NEAR THE LEFT SHOULDER. PALM FACES ORIGINAL BACK AND THUMB POINTS DOWNWARD. UPPER TORSO LEANS TOWARD ORIGINAL LEFT.



MAINTAIN FOOT POSITION AND SHIFT YOUR WEIGHT SO YOU'RE IN A LEFT FRONT HORSE TOWARD ORIGINAL RIGHT. YOUR UPPER TORSO LEANS TOWARD ORIGINAL RIGHT AS BOTH ARMS MOVE IN A COUNTER-CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD ORIGINAL LEFT.

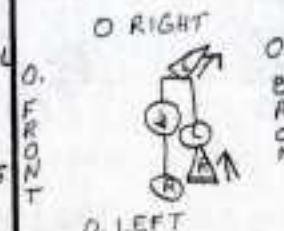
REAR VIEW

⑧



THIS IS THE OPPOSITE. RIGHT BACK CLAW AT FACE LEVEL WITH YOUR ARM EXTENDED TOWARD ORIGINAL LEFT. PALM FACES ORIGINAL FRONT WITH THUMB ON THE BOTTOM

LEFT HAND IS HELD OPEN NEAR THE RIGHT SHOULDER. PALM FACES ORIGINAL BACK AND THUMB POINTS DOWN. UPPER TORSO LEANS TOWARD ORIGINAL RIGHT



SHIFT YOUR WEIGHT ONTO YOUR LEFT FOOT AND BRING YOUR RIGHT HAND TOWARD YOUR GROIN AND YOUR LEFT HAND TOWARD YOUR FACE IN PREPARATION FOR A RIGHT FRONT KICK.

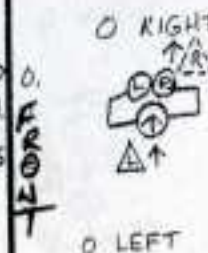
SIDE VIEW

⑨



RIGHT FRONT KICK TOWARD ORIGINAL RIGHT

RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE



SET YOUR RIGHT FOOT DOWN INTO A RIGHT FRONT HORSE FACING ORIGINAL RIGHT AS 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 LEFT HAND BEGINS CHOPPING ACROSS YOUR BODY

SHIFT YOUR WEIGHT ONTO YOUR LEFT FOOT AND BRING YOUR RIGHT HAND TOWARD YOUR GROIN AND LEFT HAND TOWARD YOUR FACE IN PREPARATION FOR A RIGHT ROUNDHOUSE KICK

SET YOUR RIGHT LEG DOWN INTO A RIGHT FRONT HORSE FACING ORIG. FRONT AS BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND CONTINUE BACK TOWARD ORIG. BACK

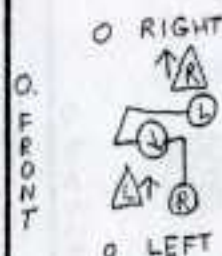
10  
RIGHT CHOP AT WAIST LEVEL TOWARD ORIG. FRONT ACROSS YOUR BODY. PALM FACES UP, FINGERS POINT TOWARD ORIG. FRONT, AND THUMB IS ON THE SIDE BY ORIG. RIGHT.

LEFT ARM IS EXTENDED BEHIND THE LEFT SHOULDER TOWARD ORIG. LEFT. LEFT HAND IS PALM DOWN AND IS CHOPPING TOWARD ORIG. LEFT. LEFT FINGERS POINT TOWARD ORIG. LEFT.



11  
THIS IS THE OPP OF #10.  
LEFT CHOP AT WAIST LEVEL TOWARD ORIG. BACK ACROSS YOUR BODY. PALM FACES UP, FINGERS POINT TOWARD ORIG. BACK, AND THUMB IS ON THE SIDE BY ORIG. RIGHT

RIGHT ARM IS EXTENDED BEHIND THE RIGHT SHOULDER TOWARD ORIG. LEFT. RIGHT HAND IS PALM DOWN AND CHOPPING TOWARD ORIG. LEFT. FINGERS POINT TOWARD ORIG. LEFT.



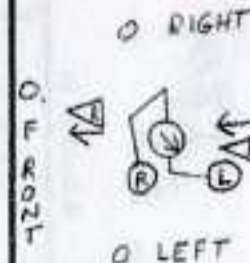
12  
RIGHT ROUNDHOUSE KICK TOWARD ORIGINAL FRONT

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



13  
LEFT BACK HAND AT GROIN LEVEL TOWARD ORIG. BACK BEHIND THE LEFT SHOULDER. PALM IN FIST IS TOWARD ORIGINAL LEFT

RIGHT FIST IS HELD NEAR THE LEFT HIP AS PROTECTION. PALM IN FIST IS TOWARD ORIGINAL LEFT.



MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN A COUNTER CLOCKWISE DIRECTION AND CONTINUE BEHIND YOUR RIGHT SIDE.

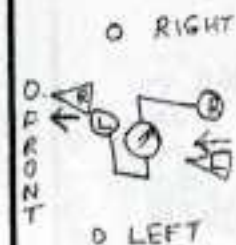
STEP BACK WITH YOUR RIGHT LEG SO YOU'RE IN A LEFT FRONT HORSE FACING ORIG. FRONT. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD YOUR LEFT SIDE.

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

WITH YOUR WEIGHT ON YOUR LEFT FOOT STEP ACROSS WITH YOUR RIGHT LEG INTO A RIGHT CROSS HORSE. BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND CONTINUE TOWARD ORIGINAL LEFT.

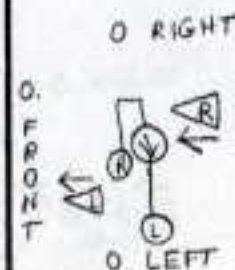
14  
THIS IS THE OPP OF #13.  
RIGHT BACKHAND AT GROIN LEVEL TOWARD ORIGINAL BACK BEHIND THE RIGHT SHOULDER. PALM IN FIST IS TOWARD ORIGINAL RIGHT.

LEFT FIST IS HELD NEAR THE RIGHT HIP AS PROTECTION. PALM IN FIST IS TOWARD ORIGINAL RIGHT.



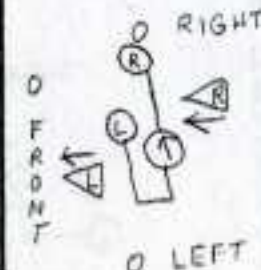
15  
LEFT BACK KNUCKLE AT FACE LEVEL WITH ARM EXTENDED TOWARD ORIGINAL LEFT YOUR FIST SHOULD BE HELD VERTICALLY.

RIGHT FIST IS HELD PALM DOWN NEAR THE LEFT SHOULDER AS PROTECTION.



16  
THIS IS THE OPP OF #15.  
RIGHT BACK KNUCKLE AT FACE LEVEL WITH ARM EXTENDED TOWARD ORIGINAL RIGHT YOUR FIST SHOULD BE HELD VERTICALLY

LEFT FIST IS HELD PALM DOWN NEAR THE RIGHT SHOULDER AS PROTECTION.



17  
LEFT PALM AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL LEFT PALM IS TOWARD ORIGINAL LEFT AND THUMB IS ON THE BOTTOM.

RIGHT HAND IS HELD THUMB DOWN WITH THE PALM FACING ORIGINAL LEFT AT SOLAR PLEXUS LEVEL



9  
780  
MAINTAIN FOOT POSITION AS BOTH ARMS MOVE IN A COUNTER-CLOCK WISE DOUBLE WINDMILL AND CONTINUE TOWARD ORIGINAL RIGHT.



(18)  
THIS IS THE OPP OF #17. RIGHT PALM AT SOLAR PLEXUS LEVEL TOWARD ORIGINAL RIGHT. PALM IS TOWARD ORIGINAL RIGHT AND THUMB IS ON THE BOTTOM

LEFT HAND IS HELD THUMB DOWN WITH THE PALM FACING ORIGINAL RIGHT AT SOLAR PLEXUS LEVEL.



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



(19)  
RIGHT ROUNDHOUSE KICK TOWARD ORIGINAL BACK.

RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE



SET YOUR RIGHT FOOT DOWN INTO A RIGHT FRONT HORSE FACING ORIGINAL RIGHT AS BOTH ARMS MOVE IN A CLOCK-WISE DOUBLE WINDMILL AND THEN CONTINUE TOWARD ORIGINAL RIGHT.



(20)  
RIGHT PALM AT A 45° ANGLE TOWARD ORIGINAL RIGHT AT FACE LEVEL. PALM IS BETWEEN ORIGINAL FRONT AND ORIGINAL RIGHT WITH THE THUMB ON TOP.

LEFT HAND IS HELD OPEN NEAR THE FACE WITH THE PALM BETWEEN ORIGINAL RIGHT AND ORIGINAL FRONT WITH THE THUMB ON THE BOTTOM.



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



(21)  
THIS IS THE OPP OF #20. LEFT PALM AT A 45° ANGLE TOWARD ORIGINAL RIGHT AT FACE LEVEL. PALM IS BETWEEN ORIGINAL RIGHT AND ORIGINAL BACK WITH THE THUMB ON TOP.

RIGHT HAND IS HELD OPEN NEAR THE FACE WITH THE PALM BETWEEN ORIGINAL RIGHT AND ORIGINAL BACK WITH THE THUMB ON THE BOTTOM.



SHIFT YOUR WEIGHT ONTO YOUR LEFT LEG AND BRING YOUR RIGHT HAND TOWARD YOUR GROIN AND LEFT HAND TOWARD YOUR FACE IN PREPARATION FOR A RIGHT KNEE



(22)  
RIGHT KNEE TOWARD ORIGINAL FRONT.

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



MAINTAIN FOOT AND HAND POSITION AND DON'T SET YOUR RIGHT FOOT DOWN AS YOU PREPARE FOR A RIGHT SIDE KICK TOWARD ORIGINAL FRONT.



(23)  
RIGHT SIDE KICK TOWARD ORIGINAL FRONT

RIGHT HAND PROTECTS YOUR GROIN AND LEFT HAND PROTECTS YOUR FACE

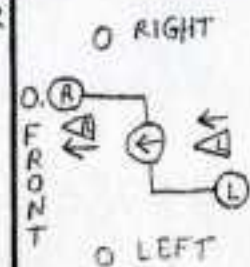


SET YOUR RIGHT FOOT DOWN INTO A RIGHT FRONT HORSE AS BOTH ARMS MOVE IN A CLOCKWISE DOUBLE WINDMILL AND RIGHT HAND BEGINS MOVING FORWARD



(24)  
RIGHT FOUR FINGER JAB AT EYE LEVEL TOWARD ORIGINAL FRONT. FINGERS POINT TOWARD ORIGINAL FRONT WITH THE THUMB ON THE LEFT SIDE.

LEFT ARM IS EXTENDED DOWNWARD BEHIND THE LEFT SHOULDER. LEFT HAND MAKES A GROIN GRAB - PALM UP WITH THUMB ON THE RIGHT SIDE

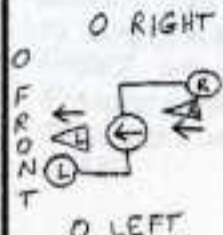


STEP BACK WITH YOUR RIGHT LEG SO YOU'RE IN A LEFT FRONT HORSE TOWARD ORIGINAL FRONT. BOTH ARMS MOVE IN A COUNTER-CLOCKWISE DOUBLE WINDMILL AND LEFT HAND MOVES FORWARD.



(25)  
THIS IS THE OPP OF #24. LEFT FOUR FINGER JAB AT EYE LEVEL TOWARD ORIGINAL FRONT. FINGERS POINT TOWARD ORIGINAL FRONT WITH THE THUMB ON THE RIGHT SIDE

RIGHT ARM IS EXTENDED DOWNWARD BEHIND THE RIGHT SHOULDER. RIGHT HAND MAKES A GROIN GRAB - PALM UP WITH THUMB ON THE LEFT SIDE.



BRING YOUR RIGHT FOOT FORWARD INTO A KICK STANCE AS YOU MOVE BOTH HANDS TOWARD YOUR LEFT SIDE IN PREPARATION FOR THE CLOSING SALUTE.



(26)  
CLOSING SALUTE

