

1. *Fudo dachi*. (12:00)
2. Bring hands together at chest level, left open hand covering right knuckles.
3. Bring toes together into *attention stance* as you bring hands (held in previous position) down to belt level.
4. Step left foot out into *cat stance*, simultaneously bringing hands (held in previous position) out in front of you at chest level.
5. Step forward into crossover stance, left foot behind right, hands rotating clockwise so that left open hand is horizontal over right fist at head level. (Right palm faces you.)
6. Step left foot back into *side facing horse stance* (9:00). Bring hands downward in semi circle to shoulder level, palms facing outward.
7. Head snap left. Bring left open hand back so that your left palm faces your right ear, with your right open hand at your left side, chest level, palm up.
8. Execute left shoulder level hammerfist, simultaneously pulling right fist to right hip.
9. Head turn right. Step right foot back into *front facing horse stance*, executing **right down block** to side, immediately followed by a **left hook-punch**, solar plexus level, simultaneously bringing right fist to right hip. (Still in *horse stance*).
10. Bring **left foot to right knee** in sweeping motion, and return to *horse stance*.
11. Execute a left downward back of hand block (palm up) to left side.
12. Bring left hand under right elbow, palm down, and execute an upper chest level right downward backknuckle strike, immediately followed by a right horizontal knifehand strike.
13. Immediately execute a left upper chest level knifehand strike.
14. Shift to left in-line front stance and execute a right front punch. (facing 12:00)
15. Shift to right in-line front stance and execute a left front punch.
16. Shift to left in-line front stance and execute a right front punch.
17. Step forward into *right cat stance*, simultaneously executing a right circular palm forward hand position, left hand at chest level, left fingertips at right elbow. (**right forward, left back**).
18. Step forward into *left cat stance*, simultaneously executing a left circular palm forward hand position, right hand at chest level, right fingertips at left elbow. (**left forward, right back**).
19. Step forward into *right cat stance*, simultaneously executing a right circular palm forward hand position, left hand at chest level, left fingertips at right elbow. (**right forward, left back**).
20. Immediately step right foot back into back leaning stance, simultaneously executing a knee level left knifehand strike.
21. Bring hands to hips and execute a right knee level edge of foot rearleg side kick.
22. Set right foot down at 11:00 as you turn 180°, shifting into a *left front stance*, simultaneously executing **double knife - hand blocks**. (**left forward, right back**). (facing 6:00)
23. Step forward into *right front stance*, simultaneously executing **double knife - hand blocks**. (**right forward, left back**).
24. Bring left foot up to right in *fudo dachi*, simultaueously bringing both hands overhead, palms facing outward.

- *25. Step-and-slide right foot forward into right cat stance, simultaneously bringing right and left hands together into a right hammerfist to left palm, chest level.
26. Step right foot to 6:00 into a shoulder width horse stance, (facing 3:00), and execute a right upward elbow strike to 6:00.
27. Bring left foot to right in fudo dachi. Bring left fist to right elbow as you execute a right upper chest level downward backknuckle strike.
28. Head snap right. From the previous stance, execute a right augmented middle block.
29. Step left foot out into a side facing horse stance,(facing 3:00), and execute a left down block, simultaneously bringing right fist to right hip.
30. Execute a **right crescent kick** to your left palm as you step 180° into a side facing horse stance,(facing 9:00).
31. Immediately execute a left downward palm heel strike, simultaneously bringing right fist to right hip.
32. Execute a right downward punch, immediately followed by left and right downward punches. (still in horse stance).
33. Step right foot back into left front stance, hands on hips. (facing 12:00), and execute double front punches - left to 8:00, right to 2:00.
34. Bring left foot back into *shoulder width stance*, crossing your arms as you bring your fists back to your hips.
35. Step your right foot out into a *right front stance*, (facing 12:00), and execute double front punches - right to 4:00, left to 10:00.
36. Bring right foot back into *shoulder width stance*, crossing your arms as you bring your fists back to your hips.
37. Step your right foot out into a *left front stance*, (facing 12:00), and execute double front punches - left to 8:00, right to 2:00.
38. Shift to left in-line front stance and execute a right outward middle block. (facing 12:00)
39. Shift to right in-line front stance and execute a left outward middle block. (facing 12:00)
40. Step your right foot across into a *right cat stance*, simultaneously executing a right circular palm forward hand position, left hand at chest level, left fingertips at right elbow. (**right forward, left back**). (facing 10:30).
41. Step forward into *left cat stance*, simultaneously executing a left circular palm forward hand position, right hand at chest level, right fingertips at left elbow. (**left forward, right back**).