

# Long Form 1

1. Attention Stance

2. Bow.

3. Signify.

4. Step your left foot to a meditative horse stance.

1. Have your left foot step back toward 6 o'clock into a right neutral bow, facing 12 o'clock as you simultaneously execute a right hammering inward block. (Elbow should be implied on all these blocks).

2. Pivot into a right forward bow toward 12 o'clock as you execute a left punch toward 12 o'clock. (Contrary to Kenpo rules, you will chamber your blocking hand during all punches).

3. Slide your right foot into a right transitional cat stance while executing a right thrusting inward block. Complete your right step through by having your right foot plant back toward 6 o'clock into a left neutral bow. As you settle into your left neutral bow, execute a left thrusting inward block.

4. Pivot into a left forward bow toward 12 o'clock as you execute a right punch to 12 o'clock.

5. Cover (by moving your right foot toward 2 o'clock) into a left neutral bow **facing 9 o'clock**, while simultaneously executing a left vertical outward block.

6. Pivot into a left forward bow toward 9 o'clock as you execute a right punch to 9 o'clock.

7. Step your left foot back to 3 o'clock into a right neutral bow facing 9 o'clock, as you execute a right vertical outward block.

8. Pivot into a right forward bow toward 9 o'clock as you execute a left punch to 9 o'clock.

9. Cover (step right foot to 7 o'clock, look towards 3 o'clock) as you execute a left outward elbow. Immediately pivot in-place into a left neutral bow facing 3 o'clock, while simultaneously executing a left upward block.

10. Pivot into a left forward bow toward 3 o'clock as you execute a right punch to 3 o'clock.

11. Step your left foot back towards 9 o'clock into a right neutral bow facing 3 o'clock, as you execute a right upward block.

12. Pivot into a right forward bow toward 3 o'clock as you execute a left punch to 3 o'clock.

13. Cover (V-step- fall back into a cat stance, step your right foot to 6 o'clock) into a right neutral bow facing 6 o'clock, as you execute a right downward block.

14. Pivot into a right forward bow toward 6 o'clock as you execute a left punch to 6 o'clock.

15. Step your right foot back to 12 o'clock into a left neutral bow facing 6 o'clock as you execute a left downward block.

16. Pivot into a left forward bow toward 6 o'clock as you execute a right punch to 6 o'clock.

17. (a): Pivot back to a left neutral bow facing 6 o'clock while simultaneously executing a left inward block.

(b): Execute a right inward block.

(c): Execute a left inward block.

18. (a): Step your left foot back to 12 o'clock into a right neutral bow, facing 6 o'clock as you execute a right inward block.

(b): Execute a left inward block.

(c): Execute a right inward block.

19. (a): Cover (by moving your left foot toward 3 o'clock) into a right neutral bow facing 9 o'clock as you execute a right outward block.

(b): Execute a left outward block.

(c): Execute a right outward block.

20. (a): Step your right foot back to 3 o'clock into a left neutral bow facing 9 o'clock as you execute a left outward block.

(b): Execute a right outward block.

(c): Execute a left outward block.

21. (a): Cover (by moving your left foot toward 9 o'clock) into a right neutral bow facing 3 o'clock as you execute a right upward block.

(b): Execute a left upward block.

(c): Execute a right upward block.

22. (a): Step your right foot back to 9 o'clock into a left neutral bow facing 3 o'clock as you execute a left upward block.

(b): Execute a right upward block.

(c): Execute a left upward block.

23. (a): Cover (by moving your right foot to a side cat stance, then toward 6 o'clock) into a left neutral bow facing 12 o'clock as you execute a left downward block.

(b): Execute a right downward block.

(c): Execute a left downward block.

24. (a): Step your left foot back to 6 o'clock into a right neutral bow facing 12 o'clock as you execute a right downward block.  
(b): Execute a left downward block.  
(c): Execute a right downward block.

NOTE: The remainder of this form constitutes an isolation. They are not linked to produce logical working sequences, but are to be studied for their individual value. An isolation gives a preview of things to come and covers things that have been done yet.

25. (a): Step your left foot to 9 o'clock into a horse stance, facing 12 o'clock. This maneuver is simultaneously done it while executing a left inward downward block palm down.  
(b): Execute a right inward downward block (palm down).  
(c): Execute a left inward downward block (palm down).

26. (a): Cock your right hand high. Execute a right inside downward block (palm up) simultaneously with a left back elbow strike.  
(b): Cock your left hand high. Execute a left inside downward block (palm up) simultaneously with a right back elbow strike.  
(c): Cock your right hand high. Execute a right inside downward block (palm up) simultaneously with a left back elbow strike.

27. (a): Execute a left push-down block simultaneously with a right back elbow strike.  
(b): Execute a right push-down block simultaneously with a left back elbow strike.  
(c): Execute a left push-down block simultaneously with a right back elbow strike.

28. (a): Execute a right straight punch to 12 o'clock simultaneously with a left back elbow strike.  
(b): Execute a left straight punch to 12 o'clock simultaneously with a right back elbow strike.  
(c): Execute a right punch to 10:30 simultaneously with a left back elbow strike.  
(d): Execute a left punch to 1:30 simultaneously with a right back elbow strike.  
(e): Execute a right straight punch to 9 o'clock simultaneously with a left back elbow strike.  
(f): Execute a left straight punch to 3 o'clock simultaneously with a right back elbow strike.  
(g): Execute a right upper cut punch to 12 o'clock simultaneously with a right back elbow strike.  
(h): Execute a left upper cut punch to 12 o'clock simultaneously with a left back elbow strike.

29. Close with meditative horse stance.