

SHORT FORM 1

1. Start from a horse stance facing 12 o'clock.
2. Drop your left foot back, to 6 o'clock, into a right neutral bow while simultaneously delivering a right inward block and a left back elbow strike.
3. Drop your right foot back, to 6 o'clock, into a left neutral bow while simultaneously delivering a left inward block and a right back elbow strike.
4. Turn to face your next imaginary opponent at 9 o'clock. Step with your right foot to 3 o'clock, into a left neutral bow, while simultaneously delivering a left outward block and a right back elbow strike.
5. Drop your left foot back to 3 o'clock into a right neutral bow while simultaneously delivering a right outward block and a left back elbow strike.
6. Turn to face your next imaginary opponent at 3 o'clock. Adjust your right foot towards 9 o'clock settling into a left neutral bow while simultaneously delivering a left rising block and a right back elbow strike.
7. Drop your left foot back to 9 o'clock into a right neutral bow while simultaneously delivering a right rising block and a left back elbow strike.
8. Turn to face your next imaginary opponent at 6 o'clock. Step with your left foot towards 12 o'clock, into a right neutral bow, while simultaneously delivering a right downward block and a left back elbow strike.
9. Drop your right foot back to 12 o'clock, into a left neutral bow, while simultaneously delivering a left downward block and a right back elbow strike.
10. Step, clockwise, with your left foot to 12 o'clock into a horse stance with (right fist in left open palm) salute. Thus returning to the form point of origin.