**Coordination Set 1**

Note: Coordination set 1 consists of 10 sets of the same group of actions. Once you have learned these group of actions you have the whole set. The rest is just coordination. The first two sets are executed facing 12, the second to 9, the third to 6, the fourth to 3, and the final two are back towards 12. You are pivoting on your left foot for the entire set. The only times it is lifted is for front kicks and to square into a horse upon completion of the final set.

Start from a horse stance facing 12 o'clock.

**Set 1 (12 o'clock) :**

1. Drop your right foot back, to 6 o'clock, into a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.

2. Extend your left outward block forward into a head level left punch.

3. Shift into a left forward bow while simultaneously delivering a midsection level right reverse punch with a left back elbow strike.

4. Simultaneously deliver a waist level right front ball kick and a midsection level left reverse punch with a right back elbow strike.

5. Plant into a left forward bow while delivering a midsection level right reverse punch with a left back elbow strike.

**Set 2 (12 o'clock) :**

1. Step through with your right foot into a right neutral bow while delivering a right outward block. Keep your left hand palm up on your hip.

2. Extend your right outward block forward into a head level right punch.

3. Shift into a right forward bow while simultaneously delivering a midsection level left reverse punch with a right back elbow strike.

4. Simultaneously deliver a waist level left front ball kick and a midsection level right reverse punch keeping the left hand palm up on your left hip.

5. Plant into a right forward bow while delivering a midsection level left reverse punch with a right back elbow strike.

**Set 3 (9 o'clock) :**

1. Drop your right foot back to 3 o'clock, turn and face 9 o'clock into a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.

2. Extend your left outward block forward into a head level left punch.

3. Shift into a left forward bow while simultaneously delivering a midsection level right reverse punch with a left back elbow strike.

4. Simultaneously deliver a waist level right front ball kick and a midsection level left reverse punch with a right back elbow strike.

5. Plant into a left forward bow while delivering a midsection level right reverse punch with a left back elbow strike.

**Set 4 (9 o'clock) :**

1. Step through with your right foot into a right neutral bow while delivering a right outward block. Keep your left hand palm up on your hip.

2. Extend your right outward block forward into a head level right punch.

3. Shift into a right forward bow while simultaneously delivering a midsection level left reverse punch with a right back elbow strike.

4. Simultaneously deliver a waist level left front ball kick and a midsection level right reverse punch keeping the left hand palm up on your left hip.

5. Plant into a right forward bow while delivering a midsection level left reverse punch with a right back elbow strike.

**Set 5 (6 o'clock) :**

1. Drop your right foot back to 12 o'clock, turn and face 6 o'clock into a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.

2. Extend your left outward block forward into a head level left punch.

3. Shift into a left forward bow while simultaneously delivering a midsection level right reverse punch with a left back elbow strike.

4. Simultaneously deliver a waist level right front ball kick and a midsection level left reverse punch with a right back elbow strike.

5. Plant into a left forward bow while delivering a midsection level right reverse punch with a left back elbow strike.

**Set 6 (6 o'clock) :**

1. Step through with your right foot into a right neutral bow while delivering a right outward block. Keep your left hand palm up on your hip.

2. Extend your right outward block forward into a head level right punch.

3. Shift into a right forward bow while simultaneously delivering a midsection level left reverse punch with a right back elbow strike.

4. Simultaneously deliver a waist level left front ball kick and a midsection level right reverse punch keeping the left hand palm up on your left hip.

5. Plant into a right forward bow while delivering a midsection level left reverse punch with a right back elbow strike.

**Set 7 (3 o'clock) :**

1. Drop your right foot back to 9 o'clock, turn and face 6 o'clock into a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.

2. Extend your left outward block forward into a head level left punch.

3. Shift into a left forward bow while simultaneously delivering a midsection level right reverse punch with a left back elbow strike.

4. Simultaneously deliver a waist level right front ball kick and a midsection level left reverse punch with a right back elbow strike.

5. Plant into a left forward bow while delivering a midsection level right reverse punch with a left back elbow strike.

**Set 8 (3 o'clock) :**

1. Step through with your right foot into a right neutral bow while delivering a right outward block. Keep your left hand palm up on your hip.

2. Extend your right outward block forward into a head level right punch.

3. Shift into a right forward bow while simultaneously delivering a midsection level left reverse punch with a right back elbow strike.

4. Simultaneously deliver a waist level left front ball kick and a midsection level right reverse punch keeping the left hand palm up on your left hip.

5. Plant into a right forward bow while delivering a midsection level left reverse punch with a right back elbow strike.

**Set 9 (12 o'clock) :**

1. Drop your right foot back to 6 o'clock, turn and face 12 o'clock into a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.

2. Extend your left outward block forward into a head level left punch.

3. Shift into a left forward bow while simultaneously delivering a midsection level right reverse punch with a left back elbow strike.

4. Simultaneously deliver a waist level right front ball kick and a midsection level left reverse punch with a right back elbow strike.

5. Plant into a left forward bow while delivering a midsection level right reverse punch with a left back elbow strike.

**Set 10 (12 o'clock) :**

1. Step through with your right foot into a right neutral bow while delivering a right outward block. Keep your left hand palm up on your hip.

2. Extend your right outward block forward into a head level right punch.

3. Shift into a right forward bow while simultaneously delivering a midsection level left reverse punch with a right back elbow strike.

4. Simultaneously deliver a waist level left front ball kick and a midsection level right reverse punch keeping the left hand palm up on your left hip.

5. Plant into a right forward bow while delivering a midsection level left reverse punch with a right back elbow strike.

Step, clockwise, with your left foot to into a horse stance facing 12 o'clock.

Salute.