

Short Form 2

Under the Purple Belt Curriculum

1. Start from a horse stance facing 12 o'clock.
2. Step your right foot forward towards 12 o'clock into a **RIGHT NEUTRAL BOW** while executing a right inward block with your left hand checking at chest. Execute a right outward hand sword.
3. Step your left foot forward towards 12 o'clock into a **LEFT NEUTRAL BOW** while executing a left inward block with your right hand checking at chest. Execute a left outward hand sword.
4. Slide your left foot into a left cat stance facing 12 o'clock while covering your right fist (on hip, palm up) with a left fist on top of Right (Cup & Saucer). Step out with left foot towards 7:00 into a right forward bow facing 1 o'clock **briefly** and then pivot to the Left into a Left Neutral Bow facing 9 o'clock while simultaneously executing a left outward block and a right reverse punch.
5. Slide your right foot into a right cat stance facing 12 o'clock while covering your left hand (on hip, palm up) with a right fist on top of Left (Cup & Saucer). Step out with right foot towards 4 o'clock into a left forward bow facing 11 o'clock **briefly** and then pivot to the Right into a Right Neutral Bow facing 3 o'clock while simultaneously executing a right outward block and a left reverse punch.
6. Slide your left foot all the way around to the left toward 5 o'clock, pivoting into a **Left Wide Kneel** facing 6 o'clock as you simultaneously execute a left upward block and a right middle knuckle with a vertical downward snap.
7. Slightly adjust your Right Foot to the left to 1 o'clock and Pivot to the right into a **Right Wide Kneel** facing 12 o'clock while simultaneously executing a right upward block and a left vertical raking middle knuckle with a vertical downward snap.
8. Slide your left foot back into a **Left Cat Stance** as you pivot left facing 6 o'clock and have your hands at your right hip, right hand over left (Cup & Saucer). Step your left foot to 4:30 into a **LEFT NEUTRAL BOW** while executing a left downward block.
9. Step through towards 4:30 into a **RIGHT NEUTRAL BOW** while executing a right palm heel strike while your left hand checks your mid-section.
10. Slide your right foot back into a **Right Cat Stance** as you pivot right facing 6 o'clock – Step out towards 7 o'clock with your right foot to into a **RIGHT NEUTRAL BOW** while executing a right downward block.
11. Step through to 7 o'clock, into a left neutral bow while executing a left palm heel strike while your right hand checks your mid-section.

12. Slide your right foot back into a cat stance and **turn** clockwise to 1:30 while executing a left inward block with the right hand cocking palm up at the waist.
13. Step to 1:30 into **RIGHT NEUTRAL BOW** while executing a right extended outward block with the left hand cocked palm up in a half-fist at your rib cage.
14. Shift into a right forward bow while executing a left half-fist at throat level.
15. Slide your left foot forward into a cat stance and turn counterclockwise to 10:30 while executing a right inward block with the left hand cocking itself palm up at your waist.
16. Step to 10:30 into a left neutral bow while executing a left extended outward block with your right hand cocked palm up in a half-fist at your rib cage.
17. Shift into a left forward bow while executing a right half-fist at throat level.
18. Shift your foot so you are in a meditative horse stance facing 12 o'clock.