

Coordination Set

Note: The Coordination Set 1 consists of ten sets of the same actions. The left foot is the pivot except for when it is lifted to kick or step down into a training horse stance.

Start from a meditating horse stance facing 12:00 (Scholar and the Warrior)

SET I:

1. Drop your right foot back to 6:00 so you're facing 12:00 in a left neutral bow while simultaneously delivering a left vertical outward block and a right back elbow strike.
2. Turn your vertical outward block into a left punch to the chin.
3. Shift into a left forward bow while delivering a **right reverse punch** to the chin and a left back elbow strike.
4. Simultaneously deliver a right rear leg front snap kick to the mid section and a left hand punch to the chin with a right back elbow strike.
5. Plant into a left forward bow while delivering a **right reverse punch** to the solar plexus with a left back elbow strike.

1. Step through with your right foot into a right neutral bow while delivering a right vertical outward block and keeping your left hand palm up on hip.
2. Turn your outward block into a right punch to the chin.
3. Shift into a right forward bow while delivering a **left reverse punch** to chin and a right back elbow strike.
4. Simultaneously deliver a left rear leg front snap kick to the mid section and a right hand punch to the chin with a left back elbow strike.
5. Plant into a right forward bow while delivering a **left reverse punch** to the chin with a right back elbow strike.

SET II:

- Turn your head so you're facing 9:00. Repeat the Set.

SET III:

- Turn your head so you're facing 9:00. Repeat the Set.

SET IV:

- Turn your head so you're facing 9:00. Repeat the Set.

SET V:

- Turn your head so you're facing 12:00. Repeat the Set.

Step your Right foot back into a meditating horse stance facing 12:00.
Courtesy Bow