

Long 1 (Adult)

Theme: Retreating with a Front Hand Block and a Rear Hand Counter; Blocking with the Rear Hand; Hand Isolations.

Salutation

Start from a meditating horse stance facing 12:00.

1. Have your left foot drop back toward 6:00 into a right neutral bow, facing 12:00 as you simultaneously execute a right inward block and left back elbow.
2. Pivot into a right forward bow toward 12:00 as you execute a **left reverse punch** toward 12:00.
3. Have your right foot slide 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 6:00 into a left neutral bow. As you settle into your left neutral bow simultaneously execute a left inward block.
4. Pivot into a left forward bow toward 12:00 as you execute a **right reverse punch** to 12:00.
5. Cover (by moving your right foot toward 3:00) into a left neutral bow facing 9:00, while simultaneously executing a right inward / left vertical outward block combination.
6. Pivot into a left forward bow toward 9:00 as you execute a **right reverse punch** to 9:00.
7. Your left foot drops back toward 3:00 into a right neutral bow facing 9:00, while simultaneously executing a left inward / right vertical outward block combination.
8. Pivot into a right forward bow toward 9:00 as you execute a **left reverse punch** to 9:00.
9. Cover (step right foot to 6:00, look towards 3:00) into a left neutral bow facing 3:00, while simultaneously executing a right inward / left upward block combination.
10. Pivot into a left forward bow toward 3:00 as you execute a **right straight punch** to 3:00.
11. Your left foot drops back towards 9:00 into a right neutral bow facing 3:00, while simultaneously executing a left inward / right upward block.
12. Pivot into a right forward bow toward 3:00 as you execute a **left straight punch** to 3:00.
13. Cover (Cover- slide back into a side cat stance as you execute a left inward downward block palm up) step into a right neutral bow facing 6:00, while simultaneously executing a right outward downward block.
14. Pivot into a right forward bow toward 6:00 as you execute a **left straight punch** to 6:00.
15. Your right foot drops back toward 12:00 into a left neutral bow facing 6:00 while simultaneously executing a right inward downward block palm up, followed by a left downward outward block.
16. Pivot into a left neutral bow toward 6:00 as you execute a **right straight punch** to 6:00.
17. (a): Pivot back to a left neutral bow facing 6:00 while simultaneously executing a left thrusting inward block.

(b): Execute a right inward block.

(c): Execute a left inward block.

18. (a): Your left foot steps back toward 12:00 into a right neutral bow, facing 6:00 while simultaneously executing 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 3:00) into a right neutral bow facing 9:00, while simultaneously executing a right outward block.

(b): Execute a left outward block.

(c): Execute a right outward block.

20. (a): Your right foot drops back toward 3:00 into a left neutral bow facing 9:00 while simultaneously executing 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 9:00) into a right neutral bow facing 3:00, while simultaneously executing a right upward block.

(b): Execute a left upward block.

(c): Execute a right upward block.

22. (a): Your right foot drops back to 9:00 into a left neutral bow facing 3:00, while simultaneously executing 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 6:00) into a left neutral bow facing 12:00, while simultaneously executing a left downward block.

(b): Execute a right downward block.

(c): Execute a left downward block.

24. (a): Your left foot drops back toward 6:00 into a right neutral bow facing 12:00, while simultaneously executing a right downward block.

(b): Execute a left downward block.

(c): Execute a right downward block.

25. (a): Recover by first dragging your left foot your right foot and then moving it out toward 9:00 into a horse stance, facing 12:00. This maneuver is simultaneously done while executing a left inside downward block palm down- bottom fist.

(b): Execute a right inside downward block (palm down).

(c): Execute a left inside downward block (palm down).

NOTE: The remainder of this form constitutes moves that are isolated. They are not linked to produce logical working sequences, but are to be studied as hand isolations for their individual value.

26. (a): Execute a right inside downward block palm up -hammer fist -simultaneously with a left back elbow strike.

(b): Execute a left inside downward block palm up simultaneously with a right back elbow strike

(c): 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 12:00 simultaneously with a left back elbow strike.
(b): Execute a left straight punch to 12:00 simultaneously with a right back elbow strike.
(c): Execute a right inward diagonal punch simultaneously with a left back elbow strike.
(d): Execute a left inward diagonal punch simultaneously with a right back elbow strike.
(e): Execute a right hook punch to 9:00 simultaneously with a left back elbow strike.
(f): Execute a left hook punch to 3:00 simultaneously with a right back elbow strike.
(g): Execute a right upper cut punch to 12:00 simultaneously with a right back elbow strike.
(h): Execute a left upper cut punch to 12:00 simultaneously with a left back elbow strike.
29. Close with meditative horse stance.