

## Long Form 2

### **Theme: Sophisticated Basics**

#### **Salutation:**

#### **Start from a meditating horse stance facing 12:00**

1. Step with your right foot forward into a right neutral bow as you execute a right inward block and left back elbow strike. Instantly snap that inward block into an outward downward diagonal hand sword to 12 o'clock, as you shift into a forward bow, execute a left horizontal four finger thrust to the eyes. (Your right hand should be cocked at your hip palm open.) As you rotate back into a right neutral bow, execute a mid-range **right vertical hand spear** to the solar plexus.
2. Step with your left foot forward into a left neutral bow as you execute a left inward block and right back elbow strike. Both hands open as you instantly snap that inward block into a left outward downward diagonal hand sword to 12 o'clock, as you rotate into a forward bow execute a right four finger horizontal thrust to the eyes. (Your left hand should be cocked at your hip, palm open.) As you shift into a right neutral bow, execute a mid-range **left vertical hand spear** to the solar plexus.
3. Pull your left foot back to your right as you face 12 o'clock in a 45 degree cat stance. Your hands cocked at your right hip, left on top, right on bottom, palms facing each other (cup and saucer.)
4. Step with your left foot to 9 o'clock into a left forward bow as you execute a left outward block and a right reverse punch. Stay in the left forward bow as you execute a left jab. Snap it back as you execute a right reverse punch without changing stance. Simultaneously execute a **left vertical jab and a left knife-edge kick** to the knee, landing in a left forward bow.
5. Pull your right foot your left so you are in a 45 degree cat stance facing 12 o'clock. (Your hands should be at your left hip, right on top, palms facing each other.)
6. Step your right foot to 3 o'clock into a right forward bow as you execute a right outward block and a left reverse punch. Stay in the right forward bow as you execute a right jab. Snap it back as you execute a left reverse punch without changing stance. Simultaneously execute a **right vertical jab and a right knife-edge kick** to the knee, landing in a right forward bow.
7. Pull your left foot to your right into a cat stance facing 9 o'clock. (Your hands should be cocked at your right hip, left on top, right palm up.)
8. Step your left foot to 5 o'clock into a forward bow stance facing 6 o'clock as you execute a universal block (with the right hand as the inward block.)
9. Simultaneously execute a left upward parry block and a right outward hammerfist strike to the groin in front of you. As you rotate into a neutral bow, turn your upward block into a left inward overhead claw as you bring your right arm up underneath in a horizontal armbrace, palm down. Execute a **right backfist**, moving your left hand under as the horizontal armbrace. Execute a left backfist as you move your right arm back into the bracing position. Follow that with another **right backfist** as you move your left arm back into the bracing position.

10. Pull your right foot to your left into a cat stance facing 9 o'clock. (Your hands should be cocked at your left hip, right on top, left palm up.)
11. Step your right foot to 12 o'clock into a horse stance facing 9 o'clock as you execute a universal block (with the left hand as the inward block.)
12. Step back with your right foot so you are now standing in a right neutral bow facing 12 o'clock as you simultaneously execute a right upward block and a left hammerfist to the groin in front of you. Turn your upward block into an overhead claw as you bring your left arm up as a horizontal arm brace under your right elbow, palm down. Execute a **left backfist** as you move your right arm into the bracing position. Execute a right backfist as you move your left arm into the bracing position. Follow that with a **left backfist** as you move your right arm into the bracing position.
13. Pull your left foot to your right into a cat stance facing 6 o'clock. (Your hands should be cocked at your right hip, left on top, right palm up.)
14. Step your left foot to 4:30 in a left neutral bow as you execute a left downward block. Execute a left inward overhead looping back knuckle strike to the back of your attacker's head. Follow that motion as you chamber your looping backfist and execute a **right reverse punch**. Instantly follow that with a right front thrust kick and left jab.
15. Land forward in a right neutral bow as you execute a mid-range **right vertical thrust punch**.
16. Pull your right foot to your left into a cat stance facing 6:00. (Your hands should be cocked at your left hip, right on top, left palm up.)
17. Step your right foot to 7:30 into a right neutral bow as you execute a right downward block. Execute a right inward overhead looping back knuckle strike to the back of your opponent's head. Follow that motion and as you chamber your right back knuckle strike, execute a **left reverse punch** as you go into a right forward bow. Instantly follow that with a left front thrust kick and a right jab.
18. Land forward in a left neutral bow as you execute a mid-range **left vertical thrust punch**.
19. Step into a left front crossover to 1:30 as you execute a left overhead horizontal strike to the bridge of the opponent's nose. Step with your right foot out into a right neutral bow as you execute a right uppercut followed immediately with an upward block (striking under the opponent's chin.) Pulling the block down, execute a **left one-finger eye poke**. Instantly follow with a right one-finger eye poke. Instantly follow that with a **left one-finger eye poke**. (These last three strikes should be rolling one off the other.)
20. Step your right foot into a right front crossover to 10:30 as you execute a right overhead horizontal strike to the bridge of the opponent's nose. Step your left foot to 10:30 into a left neutral bow as you execute a left uppercut followed immediately with an upward block (striking under the opponent's chin.) Execute a **right one-finger eye poke**. Instantly follow that by executing a left one-finger eye poke. Follow that with another **right one-finger eye poke**. (These last three strikes should be rolling off the other.)
21. Execute a palm up left inward downward block as you step into a rear crossover towards 4:30. Unwind into a right neutral bow facing 10:30 as you execute a **right vertical punch**.
22. Execute a palm up right inward downward block as you step into a rear crossover towards 4:30. Unwind into a left neutral bow facing 1:30 as you execute a **left vertical punch**.

23. Step your right foot back to 7:30 into a left neutral bow as you execute a left inward downward palm down block flowing without pause, into a left outward block. Execute a **left uppercut strike**.

24. Step your left foot back to 7:30 into a right neutral bow as you execute a right inward downward palm down block flowing without pause, into a right outward block. Execute a **right uppercut strike**.

25. Execute a left palm heel strike to your attacker's groin. In place twist as you cock the left arm up near the head. Step your left foot to 1:30 into a left neutral bow as execute a **left outward elbow strike**. Follow that by executing a left outward overhead claw.

26. Execute a right palm heel strike to your attacker's groin. In place twist as you cock the right arm up near the head. Step your right foot to 1:30 into a right neutral bow execute a **right outward elbow strike**. Follow that by executing a right outward overhead claw.

27. Execute a left palm heel strike to your attacker's groin. In place twist as you cock the left arm up near the head. Step your left foot to 1:30 into a left neutral bow execute a left outward elbow strike. Follow that by executing a left outward overhead claw.

28. Still facing 1:30. Execute a right thrust punch. Follow that by executing a left inward block and move your left foot into a rear crossover towards 7:30. Unwind so you are in a horse stance facing 10:30 as you execute an inward overhead elbow.

29. Step your right foot into a rear crossover to 7:30. As you unwind into a horse stance facing 4:30, execute a left inward overhead elbow.

30. Check the left leg back to the right leg and set it down in a horse stance facing 12:00. Perform a right inward sandwiching elbow to 12:00 followed by double outward elbow strikes to the right and left simultaneously. Next perform a right back elbow and a left upward elbow simultaneously.

31. Step the triangle pattern as hands chamber near the right shoulder in the scholar and warrior position.

32. Go to a meditating horse stance.

### **Salutation**