

## Short 1

### **Theme: Retreating with a Front Hand Block**

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

1. Drop your left foot back to 6:00, into a right neutral bow while simultaneously delivering a **right inward block** and a left back elbow strike.
2. Drop your right foot back to 6:00, into a left neutral bow while simultaneously delivering a **left inward block** and a right back elbow strike.
3. Turn to face your next imaginary opponent at 9:00. Step with your right foot to 3:00, into a left neutral bow, while simultaneously delivering a right inward block followed by **left outward block** and a right back elbow strike.
4. Drop your left foot back to 3:00 into a right neutral bow while simultaneously delivering a left inward block followed by a **right outward block** combination and a left back elbow strike.
5. Turn to face your next imaginary opponent at 3:00, moving your right foot forward to "cover." Settle into a left neutral bow while simultaneously delivering a right high inward block followed by a **left upward block** and right back elbow strike.
6. Drop your left foot back to 9:00 into a right neutral bow while simultaneously delivering a left high inward block followed by a **right upward block** and left back elbow strike.
7. Turn to face your next imaginary opponent at 6:00, slide your left foot to a transitional cat stance, executing a left inward downward block palm up (active check). Step back with your left foot towards 12:00, into a right neutral bow, while simultaneously delivering **a right outward downward block** and left back elbow strike.
8. Drop your right foot back to a 12:00, into a left neutral bow, while simultaneously delivering a right inward downward block palm up, followed by a **left downward outward block palm down** and right back elbow strike.
10. Step clockwise with your left foot to 12:00, returning to a meditative horse stance, thus returning to point of origin.