

## Short Form 2

**Theme: Advancing with front hand block; front and rear hand counters, utilizing body momentum, rotation, and gravitational marriage. Step into the attacks, All defense done toward attackers center line. Don't raise up in cat stance.**

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

1. With your right foot step forward towards 12 o'clock into a right neutral bow while executing a right inward block with a left hand check. Execute a **right outward hand sword**.
2. With your left foot, step forward towards 12 o'clock into a left neutral bow while executing a left inward block with a right hand check. Execute a **left outward hand sword**.
3. Slide your left foot back into a cat stance while covering your right fist (on hip, palm up) with a left horizontal fist palm down (Cup and saucer). Step out into a left forward bow facing 9 o'clock while simultaneously executing a **left vertical outward block and a right reverse punch**.
4. Slide your right foot to 12 o'clock into a cat stance facing 12 o'clock while covering your left fist (on hip, palm up) with a right horizontal fist palm down (Cup and saucer). Step out into a right forward bow facing 3 o'clock while simultaneously executing a right **vertical outward block and a left reverse punch**.
5. Slide your left foot towards 5 o'clock into a wide kneel, rotate your body counter clockwise facing 6:00 while simultaneously executing a **left upward block and a right hand middle knuckle with a vertical downward snap**.
6. Slide your right foot towards 1 o'clock into a wide kneel while simultaneously executing a **right upward block and a left hand middle knuckle with a vertical downward snap**.
7. Slide your left foot into a cat stance facing 6 o'clock and have your left hand chambered on right shoulder and your right hand chambered under your left arm pit. Step out towards 4:30 into a left neutral bow while executing a left downward block and a right back elbow strike.
8. Step through towards 4:30 into a right neutral bow while executing a **right palm heel strike while the left hand checks your mid-section**.
9. Slide your right foot back into a cat stance facing 6 o'clock and have your right hand chambered on left shoulder and you left hand chambered under your right arm pit. Step towards 7:30 into a right neutral bow while executing a right downward block and a left back elbow strike.
10. Step through, towards 7:30, into a left neutral bow while executing **a left palm heel strike while the right hand checks the mid-section**.
11. Slide your right foot into a cat stance and turn clockwise to 1:30 while executing a left inward block with the right hand checks the mid section.
12. Step forward into a right neutral bow while executing a right extended outward block while the left hand chambered in a half-fist at your rib cage.
13. Shift into a right forward bow while executing **a left half-fist at throat level**. (Keep your extended outward block in position)
14. Slide your left foot into a cat stance and turn counterclockwise to 10:30 while executing a right inward block while the left hand checks the mid section.
15. Step forward into a left neutral bow while executing a left extended outward block while the right hand chambers in a half-fist at your rib cage.
16. Shift into a left forward bow while executing a **right half-fist at throat level**. (Keep your extended outward block in position)
17. Close to a meditative horse stance by checking your right foot to the left knee and finish facing 12 o'clock.