

LONG 1

Attention – left foot to horse informal opening

Step 1. Left foot steps back into a fighting horse face 12 / right inward / left punch to 12

Step 2. Right foot steps back into a fighting horse face 12 / right inward / left inward / right
Punch to 12

Step 3. Right foot steps up into a fighting horse turn to 9 / right inward / left vertical outward
Right punch to 9

Step 4. Left foot steps back into a fighting horse face 9 / left inward / right vertical
outward / left punch to 9

Step 5. Right foot crosses over left / left reverse elbow / turn into a fighting horse facing 3
left upward / right punch to 3

Step 6. Left foot steps back into a fighting horse face 3 / left inward / right upward / left
Punch to 3

Step 7. Right foot steps back into a fighting horse turn to 6 / right downward / left punch to 6

Step 8. Right foot steps back into a fighting horse face 6 / left downward / right punch to 6

Step 9. Feet stay / face 6 / left right left inward blocks

Step 10. Left foot steps back into fighting horse face 6 / right left right inward blocks

Step 11. Left foot steps up into a fighting horse / turn to 9 left inward / right left right vertical
outward blocks

Step 12. Right foot steps back into a fighting horse face 9 / right inward / left right left
vertical outward blocks

Step 13. Left crosses over right / turn into a fighting horse facing 3 left inward / right left
right upward blocks

Step 14. Right foot steps back into a fighting horse facing 3 / right inward / left right
left upward blocks

Step 15. Right foot steps up into a fighting horse / turn to face 12 / left right left downward
blocks

Step 16. Left foot steps back into a fighting horse / face 12 / right left right downward blocks

Step 17. Left foot steps up into a traditional horse facing 12

Left right left inner wrist strikes across

Right left right hammerfist strikes across

Left right left push blocks down the center

Right left traditional punch to 12

Right left traditional punch to 10:30 and 1:30

Right left traditional punch to 9 and 3

Right left uppercut to 12

Close