

LONG 2

Informal Opening

SECTION 1

Right foot steps to 12 into a fighting horse left hand covers right hand cocks to right ear / right inward to right chop / left palm heel to 12 as right hand chambers go into hard bow stance / right spear as left chambers return to fighting horse

Left foot steps to 12 into a fighting horse right hand covers left hand cocks to left ear / left inward to left chop / right palm heel to 12 as left hand chambers go into a hard bow stance / left spears as right chambers return to fighting horse

SECTION 2

Left foot steps straight back / turn to a fighting horse to face 9 as you do a left vertical outward and a right traditional punch to 9

Right hand chambers as you throw a left traditional punch / left hand chambers as you throw a right traditional punch / left side fist and left lift kick to 9 / right hand chambers

Right foot cross steps behind left / turn to fighting horse to face 3 as you do a right vertical outward left traditional punch to 3 / left hand chambers as you throw a right traditional punch / right hand chambers as you throw a left traditional punch / right side fist and right lift kick to 3 / left hand chambers

SECTION 3

Turn right foot sideways / left foot cross steps behind right to 4:30 / turn to face 4:30 in a fighting horse as you throw a left downward and a right inward / lean forward into an extended bow as you do a left upward and a right inverted hammer fist to 4:30 / left hand grabs and pulls down return to fighting horse as you do a right left right rolling back fist to 4:30

Right foot cross steps behind left to 1:30 / turn to face 1:30 in a fighting horse as you do a right downward and a left inward / lean forward into a extended bow as you do a right upward and a left inverted hammer fist to 1:30 / right hand grabs and pulls down return to fighting horse as you do a left right left rolling back fist to 1:30

SECTION 4

Right foot steps forward CCW to 10:30 in a square horse you are facing 7:30 left downward to 4:30 / left corkscrew to 4:30 / right traditional punch to 4:30 as you turn to face 4:30 / left traditional punch to 4:30 as you do a right front snap kick to 4:30

Right foot sets down to 4:30 / right side fist to 4:30 as you turn into a square horse facing 1:30

Right foot steps back to square horse to 7:30 you will be facing 4:30 right downward to 7:30 / right corkscrew to 7:30 / left traditional punch to 7:30 as you turn to face 7:30 / left front snap kick to 7:30 as you do a right traditional punch to 7:30 / left foot sets down to 7:30 / left side fist to 7:30 as you turn into a square horse you will be facing 10:30

LONG 2

SECTION 5

Left foot crosses over right to 1:30 as you do a left smother block / right foot steps to 1:30 into a fighting horse facing 1:30 as you do a right upward to 1:30 / 3 one finger spear hands to 1:30 left right left

Right foot crosses over left to 10:30 as you do a right smother block / left foot steps to 10:30 into a fighting horse facing 10:30 as you do a left upward to 10:30 / 3 one finger spear hands to 10:30 right left right

SECTION 6

Left foot steps behind right to 4:30 as left hand cocks to left ear right hand chambers / left downward palm out across front of body / right side fist to 10:30 as you turn into a side horse

Right foot steps behind left to 4:30 as right hand cocks to right ear left hand chambers / right downward palm out across front of body / left side fist to 10:30 as you turn into a side horse

SECTION 7

Right foot steps clockwise to 7:30 into a side horse as left downward palm in blocks across the side of the body in a left to right movement / left outward to back fist to 1:30 right hand is chambered

Left foot steps counter clockwise to 7:30 into a side horse as right downward palm in blocks across the side of the body in a right to left movement / right outward to back fist to 1:30 left hand is chambered

SECTION 8

Turn to face 1:30 left push block down as right hand chambers / left foot steps forward to 1:30 left outward claw / right push block down as left hand chambers / right foot steps forward to 1:30 right outward claw / left push block down as right hand chambers / left foot steps forward to 1:30 left outward claw

SECTION 9

Right traditional punch to 1:30 as left hand chambers / left inward block as right hand chambers turn to face 4:30

SECTION 10

Left foot steps back to 7:30 in a side horse right elbow drop to 1:30

Right foot steps back to 7:30 in a side horse left elbow drop to 1:30

SECTION 11

Right foot steps up to a square horse even with left foot you will be facing 12 right elbow sandwich / two reverse elbows / right hand chambers / left circles counter clockwise to uppercut to 12

INFORMAL CLOSE