

# SHORT FORM 1

7th Kyu Orange Belt

Theme: Retreating with a Front Hand Block

Salutation:

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 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, drawing your foot up 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.

Repeat on opposite side.