



**downward strike** to horizontal level while simultaneously pulling the right leg to form a **left vertical** stance (60/40) > PR.

8. Center-contract onto right ball-of-foot and center-extend left leg forward into a **left walking stance** while center-extending a **left punch** > PR.
9. Look left while center-contracting onto right ball-of-foot with a 1/4 turn spiral leftward and center-extend left leg into a **left walking stance** > PF with center-spiraling outwards of a **left outer forearm low block**.
10. Center-contract onto left ball-of-foot and center-extend right leg forward into a **right walking stance** with a center-extended **right middle punch** > PF.
11. Simultaneously center-gather forward onto right foot while bending the right elbow slightly to quickly slap **the left hand on top of right fist and grasp it**.
12. Center-pull both fists rearward to left shoulder while simultaneously center-extending a **right forward side kick** forward, and then lower the right leg forward into a **left L-stance** while simultaneously center-spiraling rightwards a **right knife-hand strike** > PF.
13. Center-pull-and-extend into a simultaneous **left walking stance** and **left middle punch**.
14. Center-pull-and-extend into a simultaneous **right walking stance** and **right middle punch**.
15. Look leftward over shoulder while center-contracting onto right foot and center-spiraling leftwards 3/4 turn into **right L-stance** with **swordarm guarding block** > PR. [ swordarm, see \*\* }
16. Center-pull to left foot while spiraling torso rightwards 1/4 turn (least-target position) and leaving right swordarm behind and bringing left swordarm vertically in front as guard (with palm turned toward you), and then center-extend forward while center-pulling left palm downward to clear front attacks and, as the forearm gets to horizontal, center-spiral 1/4 turn leftwards and center-extend forward a **right straight fingertip thrust** with a **right walking stance** > PR, and immediately . . .
17. . . center-pull right ball-of-foot leftward to your centerline while looking leftwards behind you and center-spiraling leftwards onto the line in a **right L-stance** with a **swordarm guarding block** > PL.
18. Center-spiral a **right foot high front roundhouse kick**, and use the power in lowering the right foot forward to . . .
19. . . . start acceleration of a rightward center-spiraling **left foot high front roundhouse kick**, and use the power in lowering the foot downward into a **right L-stance** to begin a center-spiraled **swordarm guarding block** > PL.

20. Look left while center-contracting onto right ball-of-foot foot with a 1/4 turn leftward spiral and center-extend left leg into a **left walking stance** with center-spiraling outwards of a **left outer forearm low block** > PRr.
  21. Simultaneously center-pull the left leg back to form a **right L-stance** while center-extending a **right middle punch** > PRr.
  22. Simultaneously center-extend right leg forward into a **left L-stance** while center-extending a **left punch** > PRr
  23. Simultaneously center-extend left leg forward into a **right L-stance** while center-extending a **right punch** > Rr.
  24. Center-contrast to right ball-of-foot foot and simultaneously center-extend into an **X-fist pressing block** and **left walking stance** > PRr.
  25. Center-contrast arms and right leg forward to the left foot while center-spiraling 1/2 turn leftwards (keeping eyes > PRr) center-push away with the left foot to continue forward motion into a backwards sliding **right rear elbow strike** > PRr in a **right L-stance** (towards PF).
  26. Look leftwards while center-spiralling and -expanding 1/4 turn leftwards on right ball-of-foot and simultaneously center-crossing **right inner forearm outward middle front block** and **left outer forearm low front block** finishing in a close stance > PL, and immediately . . .
  27. . . center-close both vertical forearms toward your centerline and, bending elbows, center-rotate forearms into **left inner forearm outward middle front block** and **right outer forearm low front block**.
  28. Simultaneously center-contrast and -spiral onto right leg into a **right L-stance** with a center-spiraled **swordarm guarding block** > PL.
  29. Look quickly to the right behind you while pulling left leg to right leg and center-spiral and -extend right leg rightwards into a **left L-stance** with **swordarm guarding block** > PR.
- End: Look left while center-pulling right leg back into the beginning ready stance C.

PYI/BFH