

81. REVERSING CIRCLES (Left roundhouse kick followed by left punch)

1. While standing in a right neutral bow stance and with opponent attempting to kick you in the right kidney with his left roundhouse kick execute a right universal block over your right knee (right hand downward and left hand inward) to block his kick.
2. As opponent plants down and attempts to punch with his left to your face, change your stance to a right forward bow stance as you simultaneously execute a right upward block (to the inside of his punching arm), and a left outward hand sword thrust to his floating ribs.
3. Now as you switch back into a neutral bow stance switch your hands by executing a left upward block and a right outward handsword thrust to his right floating ribs, (your left upward block at this point has switched to a grab to his left wrist).
4. While still maintaining your grab execute a right front crossover toward 8 o'clock as you pull opponent's arm with you, and as you settle in the twist stance (right front twist) break his arm with a right downward forearm strike to his elbow, (strike is like the break in "Crossing Talon").
5. While still holding your opponent's right wrist execute a right side kick to his thigh with a simultaneous right backknuckle to his left temple.
6. Plant back into the twist stance (point of origin) and reach over *his* left wrist with your right hand, and grab his hand, (fingers in his palm) and switch your left grab around counter clockwise and under (fingers in his palm) then step out left to 8 o'clock, and then swing your right foot back to 8 o'clock into a left neutral bow stance as you twist your opponent's left wrist clockwise so that you force him over onto his back (his head should be pointing toward 5 o'clock or 6 o'clock) and immediately execute a left downward looping roundhouse kick to his solar plexus.
7. As you execute a left front crossover do a left hand clear to his arm, and double cover out to 7 o'clock.

NOTES:

82 SNAKING TALON (Front two hand push)

1. With feet together, drop back with your left foot to 6 o'clock into a right neutral bow as your right hand loops a figure eight, first with a right inward handsword on the outside of opponent's left hand and a right extended outward handsword on the outside of opponent's right hand, grasping his right wrist with your right hand while fading back into a right front 45 degree cat stance.
2. While your right hand pulls opponent toward you (to your right and down), deliver a right ball kick to opponent's groin (kicking toward 12 o'clock).
3. With your right kicking foot still in the air, have it right front crossover into a right front twist stance toward 7 o'clock.
4. Immediately pivot counter clockwise and deliver a left reverse spinning back kick to opponent's abdominal area toward 12 o'clock.
5. With back facing your opponent, hop on to your left leg while edging toward opponent (gauge distance correctly) and deliver a right back kick (this is actually a reverse chicken kick) to any opening opponent may have preferably the face or chest.
6. Right front crossover and cover out twice toward 6 o'clock.

NOTES:

83 CIRCLING FANS (Front straight left and right punch)

1. With feet together, step back into a right neutral bow to 6 o'clock and execute a double circular parry (with both done slightly diagonally and inwardly) commencing with your right hand first to the top and side of opponent's left punch and then your left hand to the top and side of opponent's right punch while sliding your right foot back into a right 45 degree cat stance and cocking your right hand to the center of your chest while keeping your left hand high in guard position.
2. Deliver a right front snap kick to opponent's groin toward 12 o'clock.
3. As you plant your right foot forward (into a right neutral bow) deliver a right thrusting vertical back knuckle to opponent's forehead (right between the eyes). Left front (twist stance) crossover as your right horizontal downward forearm checks opponent's arms and as you deliver a left vertical punch to opponent's sternum.
4. From a left front twist stance, deliver a right upward knee kick to opponent's groin (right arm still checking, left fist still in punching position).
5. As your right foot plants to 11 o'clock (buckling opponent's right knee from the inside) deliver a right upward lifting forearm punch under opponent's chin. (Left hand should now be checking opponent's arms).
6. Right front crossover and cover out toward 5 o'clock.
7. Left rear crossover and right back kick to any available opening.
8. Right front crossover and cover out twice toward 5 o'clock.

NOTES

84 CIRCLING WINDMILLS (Two hand push followed by right punch your back near a wall)

1. Standing naturally with your hand up like "Hey take it easy" and as opponent steps in right with his right punch, as you step forward left, into a left neutral bow stance, execute a right extended outward overhead block to his punch as you simultaneously execute a left heel of palm strike to his sternum.
2. Now while still in a left neutral bow stance windmill your left hand counter clockwise up into a claw to his face as you simultaneously execute a right clockwise inward hammer fist strike to his left floating ribs.
3. While still in a left neutral bow stance facing 12 o'clock windmill your right hand clockwise up to become an overhead parry as you simultaneously execute a left counter clockwise inward hammer fist strike to his right floating ribs.
4. Now check his right arm with your left hand as you step through right into a right neutral bow stance (against his right knee to act as a check) as you execute a right inward knuckle rake.
5. While still in a right neutral bow stance, execute a right outward horizontal finger slice, then double back in and out just like in Long Form 4.
6. Turn clockwise in place to a right front rotating twist stance as you execute a left inward knuckle rake to the bridge of his nose or cheek bone.
7. Now unpivot back into a right neutral bow stance, as you execute a left outward horizontal slice with your fingers from inside out.
8. Now execute a right front crossover sweep to his right ankle as you execute a left inward horizontal slice across his eyes then follow this immediately by an outward slice while still in place.
9. Grab the left hand of the opponent at the wrist and step back left to 7 o'clock to a right neutral bow stance as you execute a right heel palm thrusting strike to his left jaw and using the striking point to fulcrum, rotate your right hand counter clockwise as your fingers windshield-wiper across his eyes, (at this point you are starting to pivot counterclockwise into a right reverse bow stance).
10. While still maintaining your left grab onto his right wrist pull down as you circle your right crane hand around and in back of his right side of head to hook his neck, and while keeping your elbow anchored pull his head down into a right upward vertical heel hook to his face and plant your right kicking foot down to the point of origin (for stability). Now execute a right front crossover as you execute a right underhand back knuckle strike to his face.
11. Unpivot counter clockwise as you execute a left spinning back kick to any available opening.
12. Left front crossover and double cover out to 6 o'clock.

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