

Star Form

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General notes

- Look in direction you are going to move in before you move
- Make stances deep and correctly-rooted

Intro

- Ready, salute, “Star Form”, look x3
- Horse stance, R hand palm heel block, L punch, R punch, **Kiah**
- Feet together

2 Kick, Land, Punches

- L forward stance facing West, L low block, good chamber
- R Front kick (snap back and hold) land, R body punch
- R front leg turn 180° to East into right front stance, R low block
- L front kick, land, L body punch

2 Block, Backfist, Punches

- C step L foot to horse stance facing **NE** while low block with L hand
- L Back fist, R reverse punch in rapid succession to **NW** corner, **Kiah**. L hand by face.
- Chamber by bringing R arm pointing diagonally up across chest, L arm diagonally downwards across chest
- C step R foot to horse stance facing **NW** while low block with R hand
- R Back fist, L reverse punch in rapid succession to **NE** corner, **Kiah**. R hand by face.

2 Cross Chops

- Move R foot to feet together facing **W**, R cross chop to **N**, bring it back dramatically with palm out fingers up, move it to the right and down, R side kick **N**
- Feet together, still facing **W**, L cross chop to **S**, bring it back, L side kick **S**

2 Flip Kicks

- Touch R knee with L foot, horse stance facing **S** and bring up R hand to R ear
- Right side - Inside block, low block, feet together, backfist, 2 flip kicks, land horse stance. Notes: the L hand moves into a chamber during the inside block (same direction as R hand), moves out of chamber than back in during low block (opposite direction as R hand), and then both hands move up to face for flip kicks. As soon as the second flip kick lands, move L hand up to L ear in preparation for the L inside block. Flip kicks are low, then as high as you can. Point the knee, then kick.
- Left side - Inside block, low block, feet together, backfist, 2 flip kicks, land feet together

2 Kick land punches

- step back with R foot, still facing **S**, R low block
- R Front kick, land, R punch
- L Front kick, land, L punch

2 Cross chops

- Look L (West) and chamber R hand by L ear, 270° step around using R foot into horse stance facing N, R cross chop
- Shuffle left, horse stance, L cross chop

Palm heel block

- Shuffle right, horse stance, L palm heel block and chamber R hand
- 2 punches R, L **kiah**
- move R foot in to ready position, L foot to salute, bow