



SHINJIMASU ACADEMY OF MARTIAL ARTS OF IDAHO

Advanced Form 1st Section

1. Commencement
2. Hold the Ball
3. Grasp the Birds Tail (front)
4. Grasp the birds Tails (right)
5. Single Whip
6. Wave Hands Like Clouds
7. Single Whip
8. High Pat on Horse
9. Right High Pat on the Horse & R Lotus Kick
10. Left High Pat on the Horse & L Lotus Kick
11. Turn, 135° Left Heel Kick
12. Left Brush Knee & Push
13. Right Brush Knee & Push
14. Left Brush Knee & Right Punch Down
15. Turn 180° Right Chop Fist
16. Right Back Fist
17. Snake Flicks His Tongue Left and Right
18. Right Punch Under Elbow
19. Right Heel Kick
20. Turn 135° Left Tiger Strike
21. Turn 180° Right Tiger Strike
22. Left Heel Kick, Pivot 45° on Right Foot
23. Double Strike to the Ears
24. Right Heel Kick, Pivot 45° on Left Foot
25. Double Strike to the Ears
26. Block, Parry, & Punch
27. Apparent Close-up
28. Cross Hands

