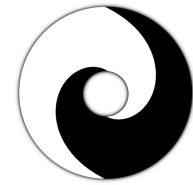




SHINJIMASU ACADEMY OF MARTIAL ARTS OF IDAHO

Advanced Form 2nd Section

1. Cross hands (Front)
2. Yank Outwards
3. Break Inwards
4. Elbow Strike-Left
5. Shoulder Strike-Left
6. Right Single Whip
7. Snake Creeps Down-Right
8. Golden Rooster Stands on Right Leg
9. Golden Rooster Stands on Left Leg
10. Part the Horses Mane-Right
11. Part the Horses Mane-Left
12. Part the Horses Mane-Right
13. Fair Lady Works the Shuttle-Four Corners
14. Yank Inwards
15. Break Outwards
16. Elbow Strike-Right
17. Shoulder Strike-Right
18. Single Whip-Left
19. Cloud Hands
20. Cloud Hands Reversed
21. Needle at the Bottom of the Sea
22. Push the Mountain with Back
23. Snake Creeps Down-Left





SHINJIMASU ACADEMY OF MARTIAL ARTS OF IDAHO

24. Step-up and Seven Star Punch
25. Step-back and Ride the Tiger
26. Snake Spits Tongue
27. Snake Coils Up
28. Snake Whips Its Tail
29. Step-in and Punch the Groin
30. Slant and Kick-Right
31. Spin and Double Hand Lotus Kick-Right
32. Bend the Bow to Shoot the Tiger-Left
33. Double Hand Lotus Kick-Left
34. Bend the Bow to Shoot the Tiger-Right
35. Cross Hands
36. Return to Wuji

