

## **Moon Form**

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### **First Third**

Salute, announce form "Moon Form". Look R,C,L.

#### **West opponent**

Back stance part: Keep looking L (West), and move L foot to feet together while chambering (arms crossed, L arm lower), then R foot to L backstance while inside blocking with L arm.

Horse stance part: Step over with L foot into horse stance with feet aligned NW, while chambering (arms crossed, L arm higher) and low block to L. Chamber (L arm low) and high block with L arm.

Forward stance part: Punch with right "**Kiah**" pivoting to a forward stance, chamber R low to outside block with right, punch with left "**Kiah**"

#### **East opponent**

Back stance part: Look R (East) and move R foot to feet together while chambering (arms crossed, R arm lower), then L foot to R backstance while inside blocking with R arm.

Horse stance part: Step over with R foot into horse stance with feet aligned NE, while chambering (arms crossed, R arm higher) and low block to R. Chamber (R arm low) and high block with R arm.

Forward stance part: Punch with L "**Kiah**" pivoting to a forward stance, chamber L low to outside block with L, punch with R "**Kiah**"

#### **North opponent**

Look forward (North). Move L foot in to feet together while chambering (L hand cups R ear, L hand palm up underneath L armpit) and step back with R foot into powerful backstance while L hand knife hand to opponent's clavicle.

### **Middle Third**

#### **North opponent**

R hand straight chop to neck while bringing back L hand to forehead.

R roundhouse kick to R hand knife hand, still facing North.

Spinning L elbow, then head smash (L leg steps over and smash R elbow into L hand). R hand cross chop, L hand punch to solar plexus.

C step forward with R leg into R fighting position and R groin grab with L chambered on shoulder, L cross chop, R punch to solar plexus.

Step slide forward (R foot touches R knee to avoid imaginary leg sweep then scooch up with both legs) and L hand punch, R hand punch to solar plexus.

### **East/West opponents**

Rear leg turn 270° to face East. L low block, L high block. R reverse punch, recoil, R ridge hand to face. Stop at imaginary throat and grab it, pull in slightly. R leg front, rear kick.

From R rear kick, pivot facing West. R low block, R high block. L reverse punch, recoil, L ridge hand to face. Stop at imaginary throat and grab it, pull in slightly. L leg front, rear kick.

Face South and sink into backstance with L knifehand.

### **South opponent**

Spinning hook kick with R, land forward, front kick with L, round house with R, stepping side kick with R “Kiah”

### **Last third**

Knife hand with R hand, left leg back in back stance, facing S.

#### **West opponent**

Bring R foot up to feet together facing E, look over left shoulder while doing a low L elbow then low L chop to West.

Step around with left leg to turn body into a forward stance facing West, R ridge hand then R cross chop

L punch-backfist, R punch-back fist, L punch.

#### **East opponent**

R foot in to feet together, look over right shoulder step back with right, low R elbow then low R chop.

Step around with R leg to turn body into a forward stance facing east, L ridge hand then L cross chop

R punch backfist, L punch back fist, R punch

#### **North opponent**

Bring L in to feet together so facing north, step back with L leg to R forward stance, high block R, punch L.

Step back with R to forward stance north, high block L, punch R

Step forward with R to feet together, double block (right arm ice-cream scoop outside block, left low) and then reverse block

Step forward with L leg, hard L hand knife hand in back stance facing N

Step back with L leg, hard R hand knife hand in back stance facing N

Move L foot forward to ready position, salute, bow.