

FORM INTEGRITY

"Sincerity and Honesty to Self and Others".

- SET #1: Straddle leg punch KIAI, double punch, high-center-low punch, right knife hand chop, left palm heel strike, right eye gouge, left horizontal spear hand, right half punch, KIAI.
- SET #2: Look left, $\frac{1}{4}$ turn lunging back into back stance with a left low block, left knife hand block back stance, right reverse punch shifting to forward stance, right stepping front kick, landing in back stance with right high block, left reverse punch shifting into forward stance.
- SET #3: Look over right shoulder, step left foot through and across turning into back stance with right low block, right knife hand block in back stance, left reverse punch twisting into forward stance, left stepping front kick, landing in back stance with left high block, right reverse punch shifting into forward stance.
- SET #4: Look $\frac{1}{4}$ turn right then look back, fighting guard, right thrusting front kick, look $\frac{1}{4}$ right, right stepping back kick, $\frac{1}{2}$ turn left into back stance with left knife hand block, right reverse punch, right foot kick, jumping front kick KIAI.
- SET #5: Look right, $\frac{3}{4}$ spin into a back stance with left outside block, shift to forward stance with right reverse punch, look over right shoulder $\frac{1}{2}$ and shift to a cat stance, execute a right inside block, shift to forward stance with left reverse punch, look left 90%.
- SET #6: $\frac{1}{4}$ turn into back stance with left reinforced low chop (left hand down, low block position, hand open, right hand across solar plexus, hand open), step right leg into side stance with right side punch, left spinning bottomfist in side stance, step right into side stance with right side punch KIAI.
- SET #7: Look right, $\frac{3}{4}$ spin into back stance with left reinforced center chop, look over right shoulder, $\frac{1}{2}$ spin right into back stance with right reinforced center chop, look left, $\frac{1}{4}$ turn into back stance with left reverse chop. KIAI.
- SET #8: Return salute.