Long Handled Broadsword

learning outline

1. Opening: rxtend R arm straight at shoulder height

* L vertical palm push W at shoulder height.
* Double push/vertical block at centre.

1. L Climbing Mountain Stance downward chop

* R Climbing Mountain Stance stab.

1. L Cat Stance block to lower R side, R Climbing Mountain Stance downward chop.

* 360-degree jumping cartwheel horse, landing in Horse Stance. Downward chop

1. R Climbing Mountain Stance angle outside chop.

* L Climbing Mountain Stance angle inside chop.

1. R Climbing Mountain Stance stab.
2. R large cross step weapon to back. L upper block

* Uncoil to L Climbing Mountain Stance. Overhead circle block, horizontal chop to waist.

1. Standing Step. Straight thrust W at shoulder height, parallel with floor
2. L Climbing Mountain Stance E. Strike with tail to head height.
3. L Twisting Horse Stance forward figure eight, open to Horse Stance downward chop.

* L Climbing Mountain Stance overhead block

1. L retreat cross step. L tail strike to temple height.

* L Climbing Mountain Stance chop to neck.

1. L retreat cross step. Block to lower R side.

* L Climbing Mountain Stance chop to neck.

1. Advance L to Cat Stance small angle. Circle block and cut through cl to R low outside slice to knee height.

* Repeat for opposite side.

1. R Climbing Mountain Stance stab.
2. L Climbing Mountain Stance downward chop

* Hopping step land in R low cross step,
* R step through to Climbing Mountain Stance downward chop.

1. R Climbing Mountain Stance. Overhead circle bock and cut to R.

* Repeat previous movement for opposite

1. R Climbing Mountain Stance uppercut to R side.

* Repeat previous movement for opposite side

1. R Climbing Mountain twisting block and stab.

1. L Climbing Mountain Stance weapon to back, L vertical palm push.
2. L kneeling stance. Overhead circle block and chop at knee height.
3. Low inside clearing block, return to Standing Step

* L palm extend to W, arm straight.
* L arm circles to midline. Vertical palm on cl. Bow.

End of form.