Star Form
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General notes
- Look in direction you are going to move in before you move
- Make stances deep and correctly-rooted

Intro
- Ready, salute, “Star Form”, look x3
- Horse stance, R hand palm heal block, L punch, R punch, Kiah
- Feet together

2 Kick, Land, Punches
- L forward stance facing West, L low block, good chamber
- R Front kick (snap back and hold) land, R body punch
- R front leg turn 180° to East into right front stance, R low block
- L front kick, land, L body punch

2 Block, Backfist, Punches
- C step L foot to horse stance facing NE while low block with L hand
- L Back fist, R reverse punch in rapid succession to NW corner, Kiah. L hand by face.
- Chamber by bringing R arm pointing diagonally up across chest, L arm diagonally downwards across chest
- C step R foot to horse stance facing NW while low block with R hand
- R Back fist, L reverse punch in rapid succession to NE corner, Kiah. R hand by face.

2 Cross Chops
- Move R foot to feet together facing W, R cross chop to N, bring it back dramatically with palm out fingers up, move it to the right and down, R side kick N
- Feet together, still facing W, L cross chop to S, bring it back, L side kick S

2 Flip Kicks
- Touch R knee with L foot, horse stance facing S and bring up R hand to R ear
- Right side - Inside block, low block, feet together, backfist, 2 flip kicks, land horse stance. Notes: the L hand moves into a chamber during the inside block (same direction as R hand), moves out of chamber than back in during low block (opposite direction as R hand), and then both hands move up to face for flip kicks. As soon as the second flip kick lands, move L hand up to L ear in preparation for the L inside block. Flip kicks are low, then as high as you can. Point the knee, then kick.
- Left side - Inside block, low block, feet together, backfist, 2 flip kicks, land feet together

2 Kick land punches
- step back with R foot, still facing S, R low block
- R Front kick, land, R punch
- L Front kick, land, L punch

2 Cross chops
- Look L (West) and chamber R hand by L ear, 270° step around using R foot into horse stance facing N, R cross chop
- Shuffle left, horse stance, L cross chop

**Palm heel block**
- Shuffle right, horse stance, L palm heal block and chamber R hand
- 2 punches R, L *kiah*
- move R foot in to ready position, L foot to salute, bow