

Form 2:

Young Phoenix Walks

Step	Action	Side
	Starting Stance (開站) Kāi jàn	
1	Bow = Cup-Fist (抱拳) bào chuán	
2	Official fighting stance (正式打站) Jèong shì dǎ jàn (right side)	R
3	Turn right dǎ jàn (left side)	R
4	Stomp kick (LF), sweep RF back & spin Left	R
5	Back fist (LH), block left with RH	L
6	Stomp kick (RF), sweep LF back & spin Right	L
7	Back fist (RH), block right with LH	R
8	Turn left (return to front) dǎ jàn (right side)	L
9	Front kick sweep (RF)	R
10	Side kick (RF)	R
11	Dǎ jàn (left side)	L
12	Front kick sweep (LF)	L
13	Side kick (LF) - end facing to right of front	L
14	Round house kick (RF) toward right of front	R
15	Au "Kicking cartwheel" to the right - facing right of front	R
16	Hook punch (LH) - facing right of front	L
17	Step out (LF) slightly toward front, and face front	L
18	Uppercut to the left (RH) - facing front	R
19	Rear punch (LH) + Kyap - facing front	L
20	Forward Roll breakfall (Zenko Kaiten)	R
21	Rolé to the right	R
22	Side fall (Yoko Ukemi) right side	R
21	Side kick from Side fall (LF)	L
22	Back roll to standing over left shoulder	L
23	Official fighting stance (正式打站) Jèong shì dǎ jàn (right side)	R
24	Bow = Cup-Fist (抱拳) bào chuán	