

Xingshi - form (Chinese)

Starting Position - feet apart saber down to right (Shi-Cho starting position)

Spin saber up to Ready Position

Right foot forward, strike left hip

Right foot back, block left hip

Return to Ready Position

Left foot forward, strike right hip

Left foot back, block right hip

Return to Ready Position

Right foot forward, strike left shoulder

Right foot back, block left shoulder

Return to Ready Position

Left foot forward, strike right shoulder

Left foot back, block right shoulder

Return to Ready Position

Right foot forward, strike head

Right foot back, block head (saber tip left)

Return to Ready Position

Left foot forward, strike down

Left foot back, return to Ready Position

Right foot forward, strike left hip

Left foot forward, strike right hip

Right foot forward, strike left shoulder

Left foot forward, strike right shoulder

Right foot forward, strike head

Left foot forward, strike down

Left foot back, block head (saber tip right)

Right foot back, block right shoulder

Left foot back, block left shoulder

Right foot back, block right hip

Left foot back, block left hip

Right foot back, return to Ready Position

Spin saber down, return to Starting Position