

**Section 27—*Twisted Rod B***

1. Slide your right foot toward 4:30 to form a right rear twist stance facing 9:00.
- s2. Step toward 9:00 with your left foot to form a left front rotating twist stance.
- s2. Deliver a left outward chopping parry.
- s2. Cock your right hand at your hip.
- s3. Step toward 9:00 with your right foot to form a right neutral bow stance.
- s3. Grab the opponent's left wrist with both hands.
- s3. Immediately step toward 9:00 with your left foot and pivot clockwise to form a left reverse bow stance.
- s3. Deliver a left bent wrist lock takedown with a left inward horizontal elbow strike assisting.
4. Deliver a left shovel kick toward 1:30.
5. Deliver a left downward stomp kick toward 1:30.
- s6. Drop into a right close kneel stance facing 6:00 with a left downward knee kick.
- s6. Deliver a left downward horizontal finger thrust.

**Section 28—*Transition 2***

- s1. Slide your left foot toward 7:30 to form a modified left rear twist stance.
- s1. Immediately step toward 3:00 with your right foot to form a training horse stance facing 12:00.
- s1. Cock both hands at your hips.

**Section 29—*Isolation Set***

**Part A**

- s1. Deliver a right outward parry and grab.
- s1. Deliver a left inward horizontal heel palm strike.
- s2. Deliver a right two-finger thrust.
- s2. Immediately follow with a right inward two-finger hook.
- s3. Deliver a right outward hooking crane hand.
- s3. Deliver a left inward horizontal heel palm strike.
- s4. Cock your right hand at your hip.
- s4. Deliver a left outward parry and grab.
- s4. Deliver a right inward horizontal heel palm strike.
- s5. Deliver a left two-finger thrust.
- s5. Immediately follow with a left inward two-finger hook.
- s6. Deliver a left outward hooking crane hand.
- s6. Deliver a right inward horizontal heel palm strike.

**Part B**

- s1. Cock your left hand at your hip.
- s1. Deliver a right outward chopping parry and grab.
- s1. Deliver a left inward horizontal finger slice and grab.
- s2. Deliver a right inward horizontal elbow strike.
- s2. Use your left hand to sandwich.
- s3. Cock your right hand at your hip.
- s3. Deliver a left outward chopping parry and grab.
- s3. Deliver a right inward horizontal finger slice and grab.
- s4. Step toward 12:00 with your right foot to form a right front twist stance.
- s4. Deliver a left inward horizontal elbow strike.
- s4. Use your right hand to sandwich.

**Closing**

- 1. Finish with the formal salutation.