

Chung Bong One

From a Ready stance:

- 1) Set Right foot back to Right Back stance doing a slow guarding block with an audible **EXHALE** exhale.
- 2) Extend the left hand while stepping forward to a Right Forward stance doing a Right lunge punch.
- 3) Do a Left foot Front Thrust kick and set forward to a Left forward stance doing Left lunge punch.
- 4) Do a Right foot Front Thrust kick and set forward to a Right forward stance doing a Right lunge punch.
- 5a) Step forward to a Left forward stance doing a Left lunge punch then quickly ...
- 5b) Step forward to a Right forward stance doing a Right lunge punch with a loud "Kiap".
- 6a) Quickly slide Right foot back to Left foot and turn 180' then ...
- 6b) Quickly slide Left foot out to set in a Right back stance doing a slow guarding block with an audible exhale.
- 7a) Do a Right (back leg) Round kick and then ...
- 7b) Extend the right fist while stepping down to a Right forward stance and do a (Left) Reverse punch.
- 8) Pivot left 180' to a Left Half-kimase stance doing a Left Knifehand strike to the neck. **BACK HAND IN CHAMBER .**
- 9) Slide Right foot up to set in a Right Tiger stance with hands in a guarding position.
- 10a) Do a (Left) lead leg Side kick then ...
- 10b) Turn right 180' and set the Left foot back to a Left back stance doing a guarding block.
- 11a) Do a slow Right Down block with a Knifehand and ...
- 11b) Step back slightly while doing a fast Right Rising block with a Knifehand.
- 12a) Do a Left (back leg) Round kick ...
- 12b) Extend the Left fist while stepping down to a Left forward stance doing a (Right) Reverse punch.
- 13) Pivot right 180' to a Right Half-Kimase stance doing a Right Knifehand strike to the neck. **BACK HAND IN CHAMBER .**

- 14) Slide Left foot up to Left Tiger stance with hands in guarding position.
- 15a) Do a Right (lead leg) Side kick and then ...
- 15b) Turn left 180' and set Right foot back to Right Back stance doing a guarding block.
- 16a) Do a slow Left Down block with a Knifehand and ...
- 16b) Step back slightly doing a fast Left rising block with a Knifehand.
- 17a) Do a Right (back leg) Front snap kick ...
- 17b) Set down forward in a Left back stance doing a (Left) snap Reverse punch.
- 18a) Do a Left (back leg) Front snap kick ...
- 18b) Set down forward in a Right back stance doing a (Right) snap Reverse punch.
- 19) Slide Right foot forward and through while turning left 180' setting in a Right back stance doing a Right down block.
- 20) Slide the Left foot over slightly to a Left Forward stance doing a (Right) Reverse punch with a loud "kiap".
- 21) Step back with the Left foot to the Ready stance.