

Chung Bong Two

From Ready stance:

- 1) Turn left 90' setting the Right foot back to a Right Back stance with a Guarding block.
- 2a) Left Down block with a Knifehand then...
- 2b) Left Outward block with a Knifehand.
- 3a) Extend the Left fist while doing a (Right) back leg Front kick then...
- 3b) Set down forward in a Right Forward stance doing a Right Lunge punch.
- 4) Do a reverse Down block with Left hand.
- 5a) Do a (Left) back leg Side kick then...
- 5b) Turn right 180' and set Left foot down in a Left Back stance with a Guarding block.
- 6a) Right Down block with a Knifehand then...
- 6b) Right Outward block with a Knifehand.
- 7a) Extend the Right fist while doing a (Left) back leg Front kick then...
- 7b) Set down forward to a Left Forward stance doing Left Lunge punch.
- 8) Do a reverse Down block with Right hand.
- 9a) Do a (Right) back leg Side kick then...
- 9b) Turn left 180' and set Right foot down in a Right Back stance with a Guarding block.
- 10a) Quickly slide Right foot up to Left foot and...
- 10b) Turn right 90' and slide the Left foot back to set in a Left Back stance doing a slow Guarding block with an audible exhale.
- 11) Extend the Right fist while stepping forward to a Left Forward stance doing a Left Lunge punch then...
- 12) Quickly step forward to a Right Forward stance doing a Right Lunge punch with a loud "Kiap".
- 13a) Do a Left (back leg) Round kick then...
- 13b) Set forward to a Left Half-kimase stance doing a Left Backfist to the head.
- 14a) Raise Right (back leg) straight up while turning right 180' doing a Right Turning block then...

- 14b) Extend the Right fist while setting down to a Right Forward stance doing a Left Reverse punch.
- 15) Turn left 180' pivoting to a Left Half-kimase stance doing a Left Knifehand strike to the neck.
- 16a) Step through with the Right foot (behind the Left foot) and do a Left leg Side kick then...
- 16b) Turn right 180' and set down in a Left Back stance doing a Guarding block.
- 17) Remain in the Left back stance and do a Right Net block with an audible exhale.
- 18) Extend the Right fist while stepping forward to a Left Forward stance doing a Left Lunge punch.
- 19a) Do a Right (back leg) Round kick then...
- 19b) Set down forward to a Right Half-kimase stance doing a Right Backfist to the head.
- 20a) Raise Left (back leg) straight up while turning left 180' doing a Left Turning block then...
- 20b) Extend Left fist while setting forward to a Left Forward stance doing a Right Reverse punch.
- 21) Turn right 180' pivoting to a Right Half-kimase stance doing a Right Knifehand to the neck.
- 22a) Step through with Left foot (behind Right foot) and do a Right Side kick then...
- 22b) Turn left 180' and set the Right foot down to Right Back stance doing a Guarding block.
- 23) Remain in the Right Back stance and do a Left Net block with an audible exhale.
- 24) Step back with the Left foot to set in a Left back stance doing a Guarding block.
- 25a) Remain in the Left Back stance and do a Right Down block then immediately...
- 25b) Do a Right Rising block with a Knifehand.
- 26) Extend the Right fist as the Right foot slides out slightly to a Right Forward stance and do a Left Reverse punch with a loud "Kiap".
- 27) Set up with the Left foot to the Ready stance.

- FRONT HAND 3"
OFF CENTRE
- BACK PUSH
FORWARD