

Chung Bong Three

From Ready stance:

1a) Step back with the Right foot to a Right Forward stance doing a Left Spearhand as a groin block and placing the Right hand at the solar plexus in a Knifehand.

1b) (same stance) Simultaneously do a Left Outward block with a Knifehand (past the Left ear) and do a Right Palm heel as a groin block with tension. ——— ADVISABLE INHALE

1c) (same stance) Simultaneously do a Left Palm heel strike to the head and place the Right hand at the solar plexus in a Knifehand with tension. ——— ADVISABLE EXHALE

2a) Extend the Left fist while doing a (Right) back leg Front kick then...

2b) Set forward to a Right Forward stance doing a Right Lunge punch then...

2c) (same stance) Immediately do a Left Reverse punch then...

2d) (same stance) Immediately do a Right Inward block while sliding the Left foot to Left Back stance. ———→ JUST PAST FACE
BACK HAND IN SLOT

3a) Extend the Right fist while doing a Left Front kick then...

3b) Set forward to a Left Forward stance doing a Left Lunge punch then...

3c) (same stance) Immediately do a Right Reverse punch then...

3d) (same stance) Immediately do a Left Inward block while sliding the Right foot to a Right Back stance. ———→ JUST PAST FACE
BACK HAND IN SLOT.

4a) Extend the Left fist while stepping forward to a Right Forward stance doing a Right Lunge punch then...

4b) Immediately step forward to a Left Forward stance doing a Left Lunge punch with a loud "kiap".

5a) Turn left 90' and do a (Right) back leg Round kick to the knee then... * PAUSE - ATTACKER IS DIRECTLY IN FRONT.

5b) Turn right 180' and set in a Right Forward stance doing a Left Reverse Ridgehand into the Right palm.

6) Slide the Left foot up to the Right foot setting in a Left Tiger stance.

7a) Do a (Right) lead leg Round kick then...

7b) Set down "in the bucket" and do a spinning Left Side kick. ——— Back

8) Turn right 180' and set in a Left Back stance with a Guarding block.

9) Extend the Right fist while stepping forward to a Left Forward stance doing a Left Lunge punch.

10) Slide the Right foot up to a Right Tiger's stance with a Guarding block.

11a) Do a Left (lead leg) Round kick then...

11b) Set down "in the bucket" and do a spinning Right ^{Back.} Side kick.

12) Turn left 180' and set in a Right Back stance with a Guarding block.

13) Extend the Left fist while stepping forward doing a Right Lunge punch.

14a) Turn right 90' doing a Left Round kick to the knee then...

14b) Turn left 180' setting in a Left Forward stance doing a Right Reverse Ridgehand into Left palm.

15a) Pull attacker's head down into Right knee strike (slap hands on leg).

15b) Set down with feet together and hands high to the right in a Double Knifehand.

16) Step to the left with the Left foot and set in a Kimase stance doing a Double Knifehand strike to the groin. *
SOLAR PLEX / GROIN

17a) Slide Right foot up to Left foot then...

17b) Quickly turn left 90' and slide Right foot back to Right Back stance while doing a Guarding block. "EXHALE."

18a) Step forward with the Right foot then do a jumping Right Front kick and then...

NOTE: The Left leg rises as a fake to assist in getting more height for the Right Front kick.

18b) Set down in a Right Forward stance doing a Right Backfist to the face (with the Left fist palm down under Right elbow).

19) Slide Left foot to Left Back stance while doing a slow Right Down block with an audible exhale.

FAST - SLOW
(SET) - (BLOCK)

20a) Jump back but landing in the same Left Back stance doing a Right Down block then...

20b) Immediately do a Right Rising block with a Knifehand.

21) Do a Left (back leg) Front kick and set down in a Right Back stance with a Guarding block.

22a) Do a Right (back leg) Round kick and then...

- 22b) Set down "in the bucket" and do a spinning Left Side kick and...
- 22c) Step down to a Left Forward stance doing a Right Reverse punch with a loud "kiap".
- 23) Step up with the Right foot and turn left 180' to return to the Ready stance.

CROSS HANDS BEFORE SET