

## Chung Bong Four

From the Ready stance:

- 1) Turn left 90' on Right foot stepping to a Left Kneeling Forward stance doing a Right Reverse punch to the groin. - **CHAMBER BACK HAND**
- 2) Rise to a Left Forward stance doing a Left Palm heel strike to the head.
- 3) Do a (Right) back leg Front kick. (**KNEE HIGH**)
- 4a) Set down forward with the toes turned out and do a low Left Side kick then... - **KNEE HIGH**
- 4b) With the same leg, do a high Left Side kick. - **WAIST HIGH.**
- 5) Turn right 180' and set down in a Left Back stance doing a Right Down block slapping Left palm (Left hand sets at solar plexus in Knifehand). **CLOSED HAND BLOCK.**
- 6) Extend the Right hand while stepping forward to a Left Forward stance doing a Left Lunge punch. - **REACH**
- 7) Extend the Right hand while stepping forward to a Right Kneeling Forward stance doing a Left Reverse punch.
- 8) Rise to a Right Forward stance doing a Right Palm heel strike to the head.
- 9) Do a (Left) back leg Front kick.
- 10a) Set down forward with toes turned out and do a low Right Side kick then...
- 10b) With the same leg, do a high Right Side kick.
- 11) Turn left 180' and set down in a Right Back stance doing a Left Down block slapping Right palm (Right hand set at solar plexus in a Knifehand).
- 12) Extend Left palm heel while stepping forward to a Right Forward stance doing a Right Palm heel strike to the head.
- 13a) Slide Left foot to Right foot then...
- 13b) Quickly turn right 90' and slide Left foot back to set in Left back stance while setting the Right hand at the Right knee in a Knifehand with the thumb-side up.
- 14) (same stance) Do a slow Right Down block with a Knifehand.
- 15) Push forward doing a Right Ridgehand (with Left arm supporting) and setting in a Right Half-forward stance.
- 16a) Do a (Left) back leg Side kick then...

- 16b) Set down forward to a Left Forward stance doing a Right Reverse punch.
- 17) Shift Right foot to a Right Back stance while doing a Guarding block with an audible exhale.
- 18) Do a Right Free punch with a loud "Kiap" and setting forward in a Right Half-forward stance.
- 19) Turn left 90' on Right foot stepping to Left Forward stance doing a Right Reverse Elbow strike into Left hand.
- 20a) Do a low (Right) back leg Front kick then...
- 20b) (before stepping down) Do a Right Round kick.
- 21a) Turn left 180' and set down in a Right Back stance doing a Left Down block slapping Right palm (Right hand sets at solar plexus in a Knifehand) then...
- 21b) Immediately do a Left Rising block (Left fist slapping Right palm) with a Knifehand and a Right Palm heel groin block.
- 22) Extend Left Palm heel while stepping forward to a Right Forward stance doing a Right Palm heel strike to the head.
- 23) Shift to a Left Back stance, then immediately turn back to the Right Forward stance doing a Left Reverse Elbow strike into Right hand.
- 24a) Do a (Left) back leg Front kick then...
- 24b) With the same leg, do a Left Round kick.
- 25a) Turn right 180' to set down in a Left Back stance doing a Right Down block slapping Left palm (Left hand set at solar plexus in a Knifehand) then...
- 25b) Immediately do a Right Rising block (Right fist slapping Left hand) with a Knifehand and a Left Palm Heel groin block.
- 26) Extend Right Palm heel while stepping forward to a Left Forward stance doing a Left Palm heel strike to the head.
- 27a) Slide Right foot to Left foot then...
- 27b) Quickly turn left 90' and slide Right foot back to Right Back stance while setting the Left hand down to the Left knee in a Knifehand. — *Back Hand Fist.*
- 28) (same stance) Do slow Left Down block with a Knifehand.

- 29) Push forward doing a Left Ridgehand and setting in a Left Half-forward stance.
- 30a) Do a Right (back leg) Side kick then...
- 30b) Set down forward to a Right Forward stance doing a Left Reverse punch.
- 31) Shift Left foot to a Left Back stance while doing a Right "kick catch". - FAST
- 32) Step back with the Right foot to a Right Back stance doing a Left "kick catch". - FAST
- 33) Step back with the Left foot to a Left Back stance doing a Guarding block.
- 34a) Turn left 90' and step across with the Right foot then...
- 34b) Step back to Left back stance and...
- 34c) Step forward with the Left foot and do a jumping Right Side kick.
- 35) Set down "in the bucket" and do a Left spinning Side kick.
- 36) Set forward to a Left Forward stance doing a right Reverse punch with a loud "kiap".
- 37) Turn left 180' on Left foot to return to the Ready stance.