

Chung Bong Five

From Ready stance with hands crossed at shoulder height in knifehands:

- 1a) Turn left 90' on Left foot doing a Right Front thrust kick then...
- 1b) (without setting the foot down) Turn right 180' on Left foot setting in a Right Forward stance doing a Left Reverse punch.
- 2a) Do a Left Front thrust kick then...
- 2b) (without setting the foot down) Turn left 180' on the Right foot setting in a Left Forward stance doing a Right Reverse punch.
- 3) Slide Right foot to Left foot while turning right 90' doing a double "kick catch" to shoulder height.
- 4a) Do a Left Front kick then...
- 4b) Do a Right Heel raise to the rear.
- 5) (without setting the foot down) Step forward with the Right foot to set in a Right Forward stance doing a Right Lunge punch. NO REACH W/ LEFT
- 6a) (same stance) Do a Left Reverse punch then...
- 6b) (same stance) Immediately do a Right Lunge punch.
- 7) Slide Left foot to set in a Left Back stance doing a Guarding block.
- 8a) Do a Left Free punch with a loud "Kiap" then...
- 8b) Set forward to a Right Half-Forward stance doing a Right uppercut.
- 9) Turn left 90' on the Right foot stepping to a Left Forward stance doing a Left Rising block and a Right Knifehand to the neck.
- 10a) Do a Right Front kick then... (KNEE-WAIST) HOP
- 10b) Step forward with Right leg and bring the Left leg up to a Left Cross-legged stance doing a Right Backfist to the face. ↓
- 11) Turn left 180' on the Right foot and step forward to a Left Forward stance doing a Left Rising block and a Right Palm heel strike to the groin.
- 12) Slide Right foot to a Right Back stance doing a Left Down block and a Right Outward block.
- 13a) Do a (Right) back leg Outside-in Crescent kick slapping Left Palm then...

- 13b) Step down with the Right foot to a Kimase stance doing a Right Elbow strike into Left Palm.
- 14) Step up with Left foot to Left Cross-legged stance doing a Right Backfist (keep Left Palm on Right Elbow).
- 15) Step back with Left foot to Right Forward stance doing a Right Rising block and a Left Knifehand to the neck. (REACH)
- 16a) Do a Left Front kick then...
- 16b) Step down forward and bring the Right leg up to a Right Cross-legged stance doing a Left Backfist to the face. (HOP) (FAST - LET HAND BOUNCE BACK)
- 17) Turn right 180' on Left foot and step to a Right Forward stance doing a Right Rising block and a Left Palm Heel strike to the groin.
- 18) Slide Left foot to Left Back stance doing a Left Down block and a Right Outward block.
- 19a) Do a Left Outside-in Crescent kick slapping Right Palm then...
- 19b) Step down forward to a Kimase stance doing a Left Elbow strike into Right Palm.
- 20) Step up with Right foot to Right Cross-legged stance doing a Left Backfist (keep Right Palm on Left Elbow).
- 21a) Turn right 180' and step back with the Left foot to a Left Back stance doing a Right Outward block in a Ridgehand (slapping Right Palm off Left Fist) then...
- 21b) (from the same stance) Do a Right Down block (Right fist slapping off Left Palm) and Left Palm sets at solar plexus).
- 22) Slide the Left foot up to the Right foot setting in a Ready stance with hands in a Guarding block.
- 23a) Do a Right Front kick and set down to a Ready stance then...
- 23b) Turn left 90' and do a (Left) lead leg Side kick.
- 24) Turn right 180' on Right foot and jump forward doing a low "X" block with the Right hand behind while squatting (with Right foot slightly forward).
- 25) Do an arm sweep and set Right knee down while turning right 180' doing a Left Round kick to the knee. HEAD

- 26) Set the Left knee down and pivot 180' and do a Right Side kick to the midsection.
- 27) Set the Right foot forward and rise to a Right Half-kimase stance doing a Right Inverted (palm side up) Ridgehand to the neck and a Left Knifehand to the groin. *Thumb Nucleus*
- 28) Pivot left 180' to a Left Half-kimase stance doing a Left Inverted (with palm side up) Ridgehand and a Right Knifehand to the groin. *TEMPLE*
- 29a) Slide the Left foot back to the Right foot then...
- 29b) Quickly step forward with the Right foot to a Right Forward stance doing a Right Uppercut (with Left Palm on top of Right upper arm).
- 30) Slide the Left foot to the Right foot setting in a Ready stance with hands in Guarding position.
- 31) Do a Right Front kick and set the Right foot back to a Right Back stance. *Half*
- 32a) Do a Left (lead leg) Side kick then...
- 32b) Set down to a Right Back stance doing a Right Snap Reverse punch.
- 33) Slide the Right foot up and set in a Ready stance with the hands in a Guarding block.
- 34) Do a Left Front kick and set the Left foot back to a Left Back stance.
- 35a) Do a Right (lead leg) Side kick then... *Half*
- 35b) Set down to a Left Back stance doing a Left Snap Reverse punch.
- 36) Do a Left Free punch with a loud "Kiap" and set in a Left Half-forward stance.
- 37) Do a Guarding block (ending with Right hand forward) with an audible exhale.
- 38) Turn left 180' on Left foot to the Ready stance with hands crossed at shoulder height.

→ { 1 SLOW JAB - LEFT
2 CROSS SET