

## Chung Bong Six

From a Ready stance with Knifehands crossed (palm toward) at shoulder height:

- 1) Step forward with the Left foot to Left Forward stance doing Double Outward blocks with Knifehands.
- 2) Do a Right Front kick.
- 3) Turn left 90' on Left foot and set Right foot back in a Right Back stance doing a Left Outward block with Knifehand (palm toward).
- 4a) (same stance) Do a Left Down block then... } 1-2
- 4b) Do a Right Reverse punch.
- 5a) Slide slightly forward while doing a Left Down block then... } 1-2
- 5b) Do a Right Reverse Hook punch. — HEEL OF FOOT }  
KNEE BENT.
- 6) Do a Right (back leg) Round kick.
- 7) Set down "in the Bucket" and do a Left (back leg) Spinning ~~Side~~ <sup>BACK</sup> kick.
- 8) Turn right 180' on Right foot and set Left foot back in a Left Back stance doing a Right Outward block with a Knifehand (palm toward). (THUMB TUCKED)
- 9a) Do a Right Down block.
- 9b) Do a Left Reverse punch.
- 10a) Slide slightly forward and do a Right Down block then...
- 10b) Do a Left Reverse Hook punch.
- 11) Do a Left (back leg) Round kick.
- 12) Set down "in the bucket" and do a Right (back leg) Spinning Side kick.
- 13) Turn left 180' on Left foot and set Right foot back to a Right Back stance doing a kick catch with a Ridgehand.
- 14) Slide Left foot over to set in a Left Forward stance while doing a Right Reverse Tiger's Mouth to the throat. — (LEG PUSH) THRUST. — TO GROUND
- 15a) Do a Right (back leg) Front kick then...
- 15b) Turn right 90' and set down in a Left Back stance.
- 16) Immediately do a Left Outside-in Crescent kick into Right palm.

17) Set down forward and pivot right 90' to set in a Kimase stance doing a Left Elbow strike into Right palm.

18) Do a Left Snapping Backfist to the face. (FREE)

19) Turn right 180 on Left foot doing a Right Backfist and setting in a Kimase stance.

**Note:** This technique is done similar to Free punch. The Backfist should strike the target before setting in the stance.

20) (same stance) Do a Left Spinning Knifehand without changing stances.

21) (same stance) Spin back doing a Double Knifehand strike.

22a) Step up with Left foot to a Left Crossed-legged stance with hands in a Guarding position then...

22b) Quickly do a Right (lead leg) Side kick.

23) Set down forward to a Right Forward stance doing a Left Reverse punch with a loud "Kiap".

24a) Slide Left foot up to Right foot and turn left 90' then...

24b) Step forward with Left foot to Left Forward stance doing a Left Eye strike.

25) Pivot to a Right Back stance then do a slow Right Ridgehand into Left palm while pivoting back to a Left forward stance. NOT FULL - BUT STARTS BACK.

26) Do a Right (back leg) Inverted Front kick.

27) Set down forward "in the bucket" and do a Left Spinning <sup>BACK</sup> Side kick.

28) Turn right 180' on Right foot and set down in a Right Forward stance doing a Left Hammerfist to the knee. → PISTON STRIKE.

29a) Slide Left foot up to Right foot then...

29b) Step forward with the Right foot to a Right Forward stance doing a Right Eye strike.

30) Pivot to a Left Back stance then do a Slow Left Ridgehand into Right palm while pivoting back to a Right Forward stance.

31) Do a Left (back leg) Inverted Front kick.

32) Set down forward "in the bucket" and do a Right Spinning <sup>BACK</sup> Side kick.

33) Turn left 180' on Left foot and set in a Left Forward stance doing a Right Hammerfist to the knee. PISTON STRIKE

34) Step forward with the Right foot and turn right 90' setting in a Kimase stance doing a Right outward block with a Knifehand.

35a) Do a Right Palm Heel strike to waist level then...

35b) Immediately do a Left Spearhand to the solar plexus with Right hand under Left elbow.

**Note:** The Right hand has the thumb extended so it resets against the Left arm.

36a) Do a Right Spearhand then...

36b) Immediately do a Left Spearhand.

37) Left hand rolls over to grab the hair.

38) Jump up and land in a Kimase stance doing a Right elbow strike to the head.

39) Slide the Left foot to the Right foot (feet together) and turn left 90' doing a Double Rising block.

40) Step to the right with the Right foot setting in a Kimase stance doing a Double Knifehand strike.

41) Slide Left foot up to the Right foot (feet together) doing a Right Hammerfist.

42) *LEAD IN W/ RIGHT FOOT,*  
Do a Right Hurricane kick.

43) Set down "in the bucket" and do a left Spinning Side kick.

44) Set down forward to a Left Forward stance doing a Right Reverse punch with a loud "Kiap".

45) Turn left 180' on Left foot to the Ready stance with knifehands crossed (palm toward) at shoulder height.

- SPEED  
- INTENSITY  
- DEFINITION  
- COMPLETION  
- CONTROL