

## Chung Bong Seven

From a Ready stance with hands forming a triangle at forehead height:

- 1) Step to the right with the Right foot setting in a kimase stance doing a Double Knifehand strike to the groin.
- 2) Turn left 180' on Right foot while sliding Left foot to a Right Back stance doing a Double Knifehand block.
- 3a) Do a Left Palm Heel block down to waist then...
- 3b) Immediately step forward to a Right Forward stance doing a Right Spearhand (with Left hand under Right elbow).

**Note:** The Left hand is in a Knifehand position with the thumb against the Right arm.

- 4a) Turn left 180' on Right foot while sliding Left foot to a Right Half-kimase stance doing a Left Down block with a Knifehand and a Right Rising block with a Knifehand then...
- 4b) Slide Left foot to a Left Forward stance doing a Left Rising block and a Right Knifehand strike to the neck.
- 5) Do a Right (back leg) Front kick.
- 6) Turn left 180' on Left foot and set back in a Right Back stance doing a Left Down block and a Right Outward block above head.
- 7) Slide Left foot to Left Forward stance doing a Right Hammerfist to the knee.
- 8) Raise the Right foot to a Left Crane stance while turning right 90' on the Left foot doing a slow Right Down block and a slow Left Outward block.
- 9) Turn right 270' setting in a Right Forward stance doing a Right Outward block (palm toward) and placing Left Fist against the inside of the Right elbow.
- 10) Step through with the Left foot while turning right 180' setting in a Left Modified Half-kimase stance doing a slow Right Down block with a Knifehand and Left hand sets in the slot.
- 11) Jump up and forward while turning 180' landing in a Right Back stance grabbing and throwing the opponent to the ground.
- 12a) Step forward to a Right Forward stance doing Left Palm Heel block to the waist then...
- 12b) Immediately do a Right Spearhand over the Left hand.

**Note:** The Spearhand follows immediately, there is no hesitation. The Left hand remains palm down under Right elbow.

- 13a) Pull Right palm toward face under tension (as if being held onto) then...
- 13b) (as if let go) The head tilts back until the posture is lost.
- 14) (at the moment of losing balance) Slide the Right foot back to the Left foot and turn left 360° setting the Left foot in a Kimase stance doing a Left Hammerfist to the face.
- 15) (same stance) Do a Right Elbow strike to the left into Left palm.
- 16) (same stance) Turn right 180° doing a Right Backfist to the face (with Left palm on Right Elbow).
- 17a) Do a Right Hammerfist to the groin (with Left palm on Right elbow) then...
- 17b) (as if hand was grabbed) Pull Right hand away with a big motion and do a Right Hammerfist to groin with Left palm on Right elbow.

**Note:** Right hand circles close to the body then around and straight down.

- 18a) Step sideways toward the right with the Left foot in front of the Right setting in a Kimase stance and use a big motion to do a Right Tiger's Mouth strike to the groin then...
- 18b) (same stance) Leave the Right Tiger's Mouth in place and immediately do a Left Tiger's Mouth strike to the throat.
- 19) (same stance) Do a Double Knifehand to the neck.
- 20a) Turn left 90° on Right foot doing a Left Turning block then...
- 20b) (before setting down) Do a Left Inward block.
- 21) Set down to a Left Forward stance extending the Left fist and then do a Right Reverse punch.
- 22a) (same stance) Do a Left Lunge punch then...
- 22b) (same stance) Immediately do a Right Reverse punch.
- 23a) The Right Hand grabs attackers hair as the Right foot steps forward then...
- 23b) Turn right 90° setting in a Kimase stance doing a Left elbow strike to attacker's neck.
- 24) (same stance) Hands form a triangle and are pushed with tension to left up to shoulder height.
- 25) (same stance) Turn right 180° doing a Double Knifehand strike to groin.

- 26) (same stance) Do a Right Hammerfist to face.
- 27) (same stance) Do a Left Elbow strike to right into Right palm.
- 28) (same stance) Turn left 180' doing Left Backfist to face with Right palm on Left elbow.
- 29a) (same stance) Do a Left Hammerfist to the groin then...
- 29b) (as if grabbed) Pull Left hand away with a big motion and do a Left Hammerfist to the groin with Right palm on Left elbow.

**Note:** Left hand circles close to the body first then around and straight down.

- 30a) Step sideways toward the left with the Right foot in front of the Left foot setting in a Kimase stance and use a big motion to do a Left Tiger's Mouth Strike to the groin then...
- 30b) (same stance) Leave the Left Tiger's Mouth in place and immediately do a Right Tiger's Mouth strike to the throat.
- 31) (same stance) Do a Double Knifehand strike to the neck.
- 32a) Turn right 90' on Left foot doing a Right Turning block then...
- 32b) (before setting down) Do a Right Inward block.
- 33) Set down to a Right Forward stance doing a Left Reverse punch.
- 34a) (same stance) Do a Right Lunge punch then...
- 34b) (same stance) Immediately do a Left Reverse punch.
- 35a) Step back with Right foot setting in a Right Modified Half-kimase stance doing a slow Left Outward block with a Knifehand with palm toward then...
- 35b) Immediately push up to a Left Forward stance doing a Right Reverse punch.
- 36) Step forward with the Right foot to a Left Tiger stance doing a Right Outward block with a Knifehand.

**Note:** Right fingertips slap off Right thigh.

- 37) (same stance) Do a Left Spearhand to solar plexus.
- 38) (same stance) Do a slow Left Outward block with a Knifehand.
- 39) Do a Right Jumping Front kick (with Left leg fake).
- 40a) Set down on Right foot and do a 180' sweep with the Left leg (back leg) then...
- 40b) Immediately shift up onto the Left foot and do a 360' sweep with the Right leg (back leg).

- 41) Slide to the left while rising up to a Kimase stance doing a Left Elbow strike (with Right palm covering Left fist) to the solar plexus.
- 42a) Slide the Left foot to the Right foot while turning left 90' then...
- 42b) Step forward with the Left foot to a Left Forward stance doing a Double Spearhand to the throat.
- 43) Pull attacker in as the Left foot slides back to the Right foot.
- 44) Simultaneously push attacker away and do a Right Side kick to rear.
- 45a) Set Right foot down forward and to a Left Back stance doing a Right Down block (slapping Right fist off Left palm) with Left Knifehand setting at solar plexus then...
- 45b) Immediately do a Right Rising block (slapping off Left palm) in a Knifehand and a Left Palm Heel groin block.
- 46) Keeping the Right Rising block in place, slide the Right foot to a Right Forward stance doing a Left Reverse Spearhand.
- 47) Slowly turn the Left hand from a Spearhand to a Knifehand with an audible exhale.
- 48a) Keeping the Right Rising block, do a Left Inside-out Crescent kick into Left palm then...
- 48b) Immediately do a Right Outside-in Crescent kick into Left palm.
- 49) Turn left 180' and set Right foot down to Left Half-forward stance doing a Right Reverse punch straight down.
- 50) Slide Right foot up to Left foot and turn left 90' then slide Right foot back to a Left Half-forward stance doing a Right Upward Ridgehand (with Left palm on Right upper arm) to the groin with a loud "Kiap".
- 51) Step up to the Ready stance with hands forming a triangle at shoulder height.