



Chung Bong Six

From a Ready stance with Knifehands crossed (palm toward) at solar plexus:

- 1) Step forward with the Left foot to Left Forward stance doing Double Outward blocks in Knifehands with an audible exhale.
- 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 with a slight move forward then...
- 4b) Do a Right Reverse punch.
- 5a) Slide slightly forward while doing a Left Down block then...
- 5b) Do a Right Reverse Hook punch.
- 6) Do a Right (back leg) Round kick.
- 7) Set down "in the Bucket" and do a Left (back leg) Spinning Side 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).
- 9a) Do a Right Down block with a slight move forward.
- 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 Left Ridgehand.
- 14) Slide Left foot over to set in a Left Forward stance while doing a Right Reverse Palm Heel strike to the throat (sliding Right arm over Left arm to the Right elbow).



- 15a) Do a Right (back leg) Front Thrust 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.
- 19) Turn right 180 on Left foot doing a Right "Free" Backfist and setting in a 3/4 Kimase stance at a slight angle.

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) Extend Right fist and 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.
- 26) Do a Right (back leg) Inverted Front kick to solar plexus.

Note: An Inverted Front kick has also been called a Twist kick!



- 27) Set down forward "in the bucket" and do a Left Spinning Side kick to mid or upper Thigh.
- 28) Turn right 180' on Right foot and set down in a Right Forward stance doing a Left Hammerfist to the knee.
- 29a) Slide Left foot up to Right foot then...
- 29b) Extend Left fist and 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 to solar plexus.
- 32) Set down forward "in the bucket" and do a Right Spinning Side kick to the mid or upper Thigh.
- 33) Turn left 180' on Left foot and set in a Left Forward stance doing a Right Hammerfist to the knee.
- 34) Step forward with the Right foot and turn right 90' setting in a Kimase stance doing a Left outward block with a Knifehand.
- 35a) Do a Left Sweep block to solar plexus level then...
- 35b) Immediately do a Right Spearhand to the throat with Left hand under Right elbow.
- 36a) Do a Left Spearhand then...
- 36b) Immediately do a Right Spearhand.
- 37) Right hand rolls over to grab the hair.
- 38) Jump up and land in a Kimase stance doing a Left 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) Do a Right Tornado 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.