



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 solar plexus then...
- 3b) Immediately step forward to a Right Forward stance doing a Right Spearhand (with Left hand palm down under Right elbow).
- 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 Sweep block 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 circular 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 circular 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) Both hands push attacker to the ground.

20a) While raising Left leg do a Left Down 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 pushing attacker's head away from Right hip to Left shoulder with tension.
- 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 circular 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 circular 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) Both hands push attacker to the ground.
- 32a) While raising Right leg do a Right Down 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.
- 37) (same stance) Do a Left Spearhand to solar plexus.
- 38) (same stance) Rotate hands 90' to the left maintaining fixed positions then..
- 38b) Do a Right Rising block with a Knifehand slapping off Right Thigh.
- 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 right 90' then...
- 42b) Step forward with the Right foot to a Right Forward stance doing a Double Spearhand to the throat.
- 43) Pull attacker in as the Right foot slides back to the Left foot.
- 44) Simultaneously push attacker away and do a Left Side kick to rear.
- 45a) Set Left foot down forward and to a Left Back stance doing a Right Down block (slapping Right wrist off Left palm) with Left Knifehand setting at solar plexus then...



- 45b) Immediately do a Right Rising block in a Knifehand and a Left Knifehand at solar plexus.
- 46) Keeping the Right Rising block in place, pivot on Left 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 across and turn left 90' 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.