



Chung Bong Four

From the Ready stance:

- 1) Turn left 90' on Right foot stepping to a Left Kneeling Forward stance extending Left fist and doing a Right Reverse punch to the groin.
- 2) Rise to a Left Forward stance doing a Left Palm heel strike to the head with Right hand at solar plexus in a Knifehand.
- 3) Do a (Right) back leg Front kick.
- 4a) Set down forward with the toes turned out and do a low Left Side kick then...
- 4b) With the same leg, do a high Left Side kick.
- 5) Turn right 180' and set down in a Left Back stance doing a Right Down block slapping the Right wrist on the Left palm (Left hand sets at solar plexus in Knifehand).
- 6) Extend the Right hand while stepping forward to a Left Forward stance doing a Left Lunge punch.
- 7) Extend the Right hand while stepping forward to a Right Kneeling Forward stance doing a Left Reverse punch.
- 8) Rise to a Right Forward stance doing a Right Palm heel strike to the head with Left hand at solar plexus in a Knifehand.
- 9) Do a (Left) back leg Front kick.
- 10a) Set down forward with toes turned out and do a low Right Side kick then...
- 10b) With the same leg, do a high Right Side kick.
- 11) Turn left 180' and set down in a Right Back stance doing a Left Down block slapping the Left wrist on the Right palm (Right hand set at solar plexus in a Knifehand).
- 12) Extend Left fist while stepping forward to a Right Forward stance doing a Right Palm heel strike to the head with Left hand at solar plexus in a Knifehand.
- 13a) Slide Left foot to Right foot then...



13b) Quickly turn right 90' and slide Left foot back to set in Left back stance while setting the Right hand at the Right knee in a Knifehand with the thumb-side up.

Note: Maintain a locked elbow throughout the movement!

14) (same stance) Do a slow Circular Sweep block with a Knifehand that ends palm down.

15) Finish Circular Sweep block then push forward doing a Right Ridgehand (with Left arm supporting) and setting in a Right Half-forward stance.

16a) Do a (Left) back leg Side kick then...

16b) Set down forward to a Left Forward stance doing a Right Reverse punch.

17) Shift Right foot to a Right Back stance while doing a Guarding block with an audible exhale.

18) Do a Right Free punch with a loud "Kiap" and setting forward in a Right Half-forward stance.

19) Turn left 90' on Right foot stepping to Left Forward stance doing a Right Reverse Elbow strike into Left hand.

20) Do a low (Right) back leg Front kick/Round kick combination then...

21a) Turn left 180' and set down in a Right Back stance doing a Left Down block slapping the Left wrist on the Right palm (Right hand sets at solar plexus in a Knifehand) then...

21b) Immediately do a Left Rising block (Left wrist slapping Right palm) with a Knifehand and a Right Palm heel groin block.

22) Extend Left Palm heel while stepping forward to a Right Forward stance doing a Right Palm heel strike to the head.

23) Shift to a Left Back stance, then immediately turn back to the Right Forward stance doing a Left Reverse Elbow strike into Right hand.

24) Do a (Left) back leg Front kick/ Round kick combination then...



- 25a) Turn right 180' to set down in a Left Back stance doing a Right Down block slapping the Right wrist on the Left palm (Left hand set at solar plexus in a Knifehand) then...
- 25b) Immediately do a Right Rising block (Right wrist slapping Left palm) with a Knifehand and a Left Palm Heel groin block.
- 26) Extend Right Palm heel while stepping forward to a Left Forward stance doing a Left Palm heel strike to the head.
- 27a) Slide Right foot to Left foot then...
- 27b) Quickly turn left 90' and slide Right foot back to Right Back stance while setting the Left hand down to the Left knee in a Knifehand.

Note: Maintain a locked elbow throughout the movement!
- 28) (same stance) Do slow Left Circular Sweep block with a Knifehand that ends palm down.
- 29) Finish Circular Sweep block and push forward doing a Left Ridgehand and setting in a Left Half-forward stance.
- 30a) Do a Right (back leg) Side kick then...
- 30b) Set down forward to a Right Forward stance doing a Left Reverse punch.
- 31) Shift Left foot to a Left Back stance while doing a Right "kick catch".
- 32) Step back with the Right foot to a Right Back stance doing a Left "kick catch".
- 33) Step back with the Left foot to a Left Back stance doing a Guarding block with an audible exhale.
- 34a) Step fake left 90' with the Right foot then...
- 34b) Step back to Left back stance and...
- 34c) Immediately step forward with the Left foot and do a jumping Right Side kick.
- 35) Set down "in the bucket" and do a Left spinning Side kick.
- 36) Set forward to a Left Forward stance doing a right Reverse punch with a loud "kiap".



37) Turn left 180' on Left foot to return to the Ready stance.