



CHUNG BONG I

1. Step back with the right foot into a back stance. Slowly exhale as the hands move into a guarding position.
2. Step forward into a right front stance doing a lunge punch.
3. Do a left front thrust kick stepping forward into a left front stance and do a lunge punch.
4. Do a right front thrust kick stepping forward into a right front stance and do a lunge punch.
5. Step forward to a left front stance doing a lunge punch and immediately continue to move forward to a right front stance and a right lunge punch. The right punch is accompanied by a loud "kia".
6. Move the right foot back to the left foot and move the left foot back to a back stance. Slowly exhale as the hands move into a guarding position.
7. Do a right snap round kick stepping into a right front stance and do a left reverse lunge punch.
8. Spin 180° into a half-kima stance doing a left knife hand strike.
9. Do a left step-in side kick and turn 180° into a left back stance with the hands in a guarding position.
10. Do a slow right circle block followed by a quick right rising block with a short jump back.
11. Do a left snap round kick stepping into a left front stance and do a right reverse lunge punch.
12. Spin 180° to a half-kima stance doing a right knife hand strike.
13. Do a right step-in side kick and turn 180° into a right back stance with the hands in a guarding position.
14. Do a slow left circle block followed by a quick left rising block with a short jump back.
15. Do a right front snap kick moving forward into a left back stance and do a left snap reverse punch after set in the back stance.
16. Do a left front snap kick moving forward into a right back stance and do a right snap reverse punch after set in the back stance.
17. Move the right foot forward and turn 180° counter clockwise setting in a left back stance doing a left downward block. Lift the left leg up and back into a left front stance doing a right reverse lunge punch accompanied by a loud "kia".