



Chung Bong Three

From Ready stance:

- 1a) Step back with the Right foot to a Left Forward stance doing a Left Spearhand as a groin block and placing the Right hand at the solar plexus in a Knifehand.
- 1b) (same stance) Simultaneously do a Left Outward block with a Knifehand (past the Left ear) and do a Right Palm heel as a groin block with tension.
- 1c) (same stance) Simultaneously do a Left Palm heel strike to the head and place the Right hand at the solar plexus in a Knifehand with tension.
- 2a) Extend the Left fist while doing a (Right) back leg Front kick then...
- 2b) Set forward to a Right Forward stance doing a Right Lunge punch then...
- 2c) (same stance) Immediately do a Left Reverse punch then...
- 2d) (same stance) Immediately do a Right Inward block while sliding the Left foot to Left Back stance.
- 3a) Extend the Right fist while doing a Left Front kick then...
- 3b) Set forward to a Left Forward stance doing a Left Lunge punch then...
- 3c) (same stance) Immediately do a Right Reverse punch then...
- 3d) (same stance) Immediately do a Left Inward block while sliding the Right foot to a Right Back stance.
- 4a) Extend the Left fist while stepping forward to a Right Forward stance doing a Right Lunge punch then...
- 4b) Immediately step forward to a Left Forward stance doing a Left Lunge punch with a loud "kiap".
- 5a) Turn left 90' and do a (Right) back leg Round kick to the knee then...
- 5b) Turn right 180' and set in a Right Forward stance doing a Left Reverse Ridgehand into the Right palm.



- 6) Slide the Left foot up to the Right foot setting in a Left Tiger stance.
- 7a) Do a (Right) lead leg Round kick then...
- 7b) Set down "in the bucket" and do a spinning Left Side kick.
- 8) Turn right 180' and set in a Left Back stance with a Guarding block.
- 9) Extend the Right fist while stepping forward to a Left Forward stance doing a Left Lunge punch.
- 10) Slide the Right foot up to a Right Tiger's stance with a Guarding block.
- 11a) Do a Left (lead leg) Round kick then...
- 11b) Set down "in the bucket" and do a spinning Right Side kick.
- 12) Turn left 180' and set in a Right Back stance with a Guarding block.
- 13) Extend the Left fist while stepping forward to a Right Forward stance doing a Right Lunge punch.
- 14a) Turn right 90' doing a Left Round kick to the knee then...
- 14b) Turn left 180' setting in a Left Forward stance doing a Right Reverse Ridgehand into Left palm.
- 15a) Pull attacker's head down into Right knee strike (slap hands on leg).
- 15b) Set down with feet together and hands high to the right in a Double Knifehand.
- 16) Step to the left with the Left foot and set in a Kimase stance doing a Double Knifehand strike to the groin.
- 17a) Slide Right foot up to Left foot then...
- 17b) Quickly turn left 90' and slide Right foot back to Right Back stance while doing a Guarding block.
- 18a) Step forward with the Right foot then do a jumping Right Front kick and then...

NOTE: The Left leg rises as a fake to assist in getting more height for the Right Front kick.



- 18b) Set down in a Right Forward stance doing a Right Backfist to the face (with the Left fist palm down under Right elbow).
- 19) Slide Left foot to Left Back stance while moving Right fist quickly to Left Ear (palm toward) then do a slow Right Down block with an audible exhale.
- 20a) Jump back - Right foot moves then Left foot follows - landing in the same Left Back stance doing a Right Down block then...
- 20b) Immediately do a Right Rising block with a Knifehand.
- 21) Do a Left (back leg) Front kick...
- 22a) Immediately do a Right (back leg) Round kick and then...
- 22b) Set down "in the bucket" and do a spinning Left Side kick and...
- 22c) Step down to a Left Forward stance doing a Right Reverse punch with a loud "kiap".
- 23) Step up with the Right foot and turn left 180' to return to the Ready stance.