

**Terms**

LL – left leg forward

RL – Right leg forward

LH – Left hand

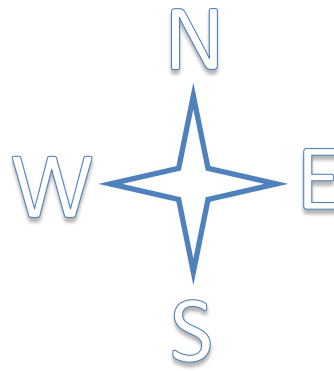
RH – Right hand

FS – Fighting stance

LS – Long stance

SS – Side stance

HS – Horse riding stance



**Ki Cho Hyung Il Bu**

Choon Bee N, shout name of form

1. Turn 90 W LL LS LH low block
2. Step W RL LS RH centre punch
3. Turn 180 E RL LS RH low block
4. Step E LL LS LH centre punch
5. Turn 90 N LL LS LH low block
6. Step N RL LS RH centre punch
7. Step N LL LS LH centre punch
8. Step N RL LS RH centre punch, kihap
9. Turn 270 E LL LS LH low block
10. Step E RL LS RH centre punch
11. Turn 180 W RL LS RH low block
12. Step W LL LS LH centre punch
13. Turn 90 S LL LS LH low block
14. Step S RL LS RH centre punch
15. Step S LL LS LH centre punch
16. Step S RL LS RH centre punch, kihap
17. Turn 270 W LL LS LH low block
18. Step W RL LS RH centre punch
19. Turn 180 E RL LS RH low block
20. Step E LL LS LH centre punch

Turn 90 N choon bee

**Ki Cho Hyung Ee Bu**

Choon Bee N, shout name of form

1. Turn 90 W LL LS LH low block
2. Step W RL LS RH high punch
3. Turn 180 E RL LS RH low block
4. Step E LL LS LH high punch
5. Turn 90 N LL LS LH low block
6. Step N RL LS RH high block
7. Step N LL LS LH high block
8. Step N RL LS RH high block, kihap
9. Turn 270 E LL LS LH low block
10. Step E RL LS RH high punch
11. Turn 180 W RL LS RH low block
12. Step W LL LS LH high punch
13. Turn 90 S LL LS LH low block
14. Step S RL LS RH high block
15. Step S LL LS LH high block
16. Step S RL LS RH high block, kihap
17. Turn 270 W LL LS LH low block
18. Step W RL LS RH high punch
19. Turn 180 E RL LS RH low block
20. Step E LL LS LH high punch

Turn 90 N choon bee

**Ki Cho Hyung Sam Bu**

Choon Bee N, shout name of form

1. Turn 90 W LL FS LH IO block
2. Step W RL LS RH centre punch
3. Turn 180 E RL FS RH IO block
4. Step E LL LS LH centre punch
5. Turn 90 N LL LS LH low block
6. Step N RL SS RH centre punch
7. Step N LL SS LH centre punch
8. Step N RL SS RH centre punch, kihap
9. Turn 270 E LL FS LH IO block
10. Step E RL LS RH centre punch
11. Turn 180 W RL FS RH low block
12. Step W LL LS LH centre punch
13. Turn 90 S LL LS LH low block
14. Step S RL SS RH centre punch
15. Step S LL SS LH centre punch
16. Step S RL SS RH centre punch, kihap
17. Turn 270 W LL FS LH IO block
18. Step W RL LS RH centre punch
19. Turn 180 E RL FS RH IO block
20. Step E LL LS LH centre punch

Turn 90 N choon bee

**Pyung Ahn Cho Dan**

Choon Bee N, shout name of form

1. Turn 90 W LL LS LH low block
2. Step W RL LS RH centre punch
3. Turn 180 E RL LS RH low block, step back RL FS RH back fist
4. Step E LL LS LH centre punch
5. Turn 90 N LL LS LH low block, LH centre chop
6. Step N RL LS RH high block
7. Step N LL LS LH high block
8. Step N RL LS RH high block
9. Turn 270 E LL LS LH low block
10. Step E RL LS RH centre punch
11. Turn 180 W RL LS RH low block
12. Step W LL LS LH centre punch
13. Turn 90 S LL LS LH low block
14. Step S RL LS RH centre punch
15. Step S LL LS LH centre punch
16. Step S RL LS RH centre punch, kihap
17. Turn 270 W LL FS LH low chop
18. Step 45 NW RL LS RH low chop
19. Turn 135 E RL LS RH low chop
20. Step 45 NE LL LS LH low chop

Turn 90 N choon bee

**Pyung Ahn Ee Dan**

Choon Bee N, shout name of form

1. Turn 90 W LL FS LH short punch, RH high punch/block
2. Turn into HS (facing N) RH uppercut, LH side punch
3. Turn 180 E RL FS RH short punch, RH high punch/block
4. Turn into HS (facing N) LH uppercut, RH side punch
5. Turn 90 E bring left foot to right (feet together), hands (RH on top) to right hip, move hands to left hip (LH on top), lift the left foot to behind right knee
6. LL side kick, RH back fist to S, land in LL FS LH centre chop N
7. Step N RL FS RH centre chop
8. Step N LL FS LH centre chop
9. Step N RL LS RH spear hand, kihap
10. Turn 270 E LL FS LH centre chop
11. Step 45 SE RL FS RH centre chop
12. Turn 135 W RL FS RH centre chop
13. Turn 45 SW LL FS LH centre chop
14. Turn 45 S LL LS RH IO block
15. Right leg front snap kick, step S RL LS LH centre punch, LH IO block
16. Left leg front snap kick, step S LL LS RH centre punch
17. Step S RL LS RH reinforced block, kihap
18. Turn 270 W LL LS LH low block, LH centre chop
19. Turn 45 NW RL LS RH high block
20. Turn 135 E RL LS RH low block, RH centre chop
21. Turn 45 NE LL LS LH high block, kihap

Turn 90 N choon bee

**Pyung Ahn Sam Dan**

Choon Bee N, shout name of form

1. Turn 90 W LL FS LH IO block
2. Bring right foot to left foot (feet together), facing W, LH low punch RH IO block (together), RH low punch, LH IO block (together)
3. Turn 180 E RL FS RH IO block
4. Bring left foot to right foot (feet together), facing E, RH low punch LH IO block (together), LH low punch, RH IO block (together)
5. Turn 90 N LL LS LH reinforced block
6. Step N RL LS RH spear hand
7. Turn counter clockwise (protect kidneys with open RH), N side stance, LH hammer fist
8. Step N LL LS LH centre punch, kihap
9. Turn 180 S, bring right foot to left foot, onto tiptoes, hands crossed in front of face (open), bring hands down to hips (closed) at the same time lower onto flat of foot
10. RL IO kick S, stamping down into HS, RH elbow strike, RH hammer fist
11. LL IO kick S, stamping down into HS, LH elbow strike, LH hammer fist
12. RL IO kick S, stamping down into HS, RH elbow strike, RH hammer fist
13. Step forward S LL LS LH centre punch
14. Slowly bring the right foot into the left foot (facing S) then out to HS
15. Turn 180 to face N, HS, RH high punch over left shoulder at the same time LH elbow strike backwards
16. Jump E, HS (facing N), LH high punch over right shoulder at the same time RH elbow strike backwards

Choon bee

**Pyung Ahn Sah Dan**

Choon Bee N, shout name of form

1. Turn 90 W LL FS LH centre chop, RH high block (open hand)
2. Turn 180 E RL FS RH centre chop, LH high block (open hand)
3. Turn 90 N LL LS double X block (RH on top)
4. Step N RL FS RH reinforced block
5. Bring left foot to right foot (facing N), bring hands (closed) to left hip (right hand on top), change hands to right hip (left hand on top), lift left foot behind right knee
6. LL side kick and LH hammer fist W (leave arm extended), land in LL LS (facing W), RH elbow strike into left palm
7. Turn 180 E RL FS, bring hands to left hip (right hand on top)
8. Bring right foot to left foot (facing N), move hands to right hip (left hand on top), change hands to left hip (right hand on top), lift right foot behind left knee
9. RL side kick and LH hammer fist E (leave arm extended), land in RL LS (facing E), LH elbow strike into right palm
10. Pivot N, LL LS, RH knife hand strike, LH high block (open hand)
11. RL front snap kick, chamber the leg, jump forward landing on the right foot, bring the left foot behind right, RH IO block, kihap
12. Turn 135 SE LL LS, double X block (LH in front), uncross hands to grab at shoulder height (palms down)
13. Twist RH palm up, pull down to level with left wrist, RL front snap kick, stepping forward RH LS RH centre punch, LH reverse centre punch
14. Turn 90 SW RL LS, double X block (RH in front), uncross hands to grab at shoulder height (palms down)
15. Twist LH palm up, pull down to level with left wrist, LL front snap kick, stepping forward LH LS LH centre punch, RH reverse centre punch
16. Turn 45 S RL FS RH reinforced block
17. Step S LL FS LH reinforced block
18. Step S RL FS RH reinforced block, slide 45 SE into RL LS both hands (open) to shoulder height
19. LL knee strike, turning 180 NW LL FS LH centre chop
20. Turn 90 NE RL FS RH centre chop

Turn 45 N choon bee



**Pyung Ahn Oh Dan**

Choon Bee N, shout name of form

1. Turn 90 W LL FS LH IO block followed by RH centre punch (short)
2. Turn 90 N bringing right foot to left foot, bring both hands (closed) to left hip (right hand on top)
3. Turn 90 E RL FS RH IO block followed by LH centre punch (short)
4. Turn 90 N bringing left foot to right foot, bring both hands (closed) to right hip (left hand on top)
5. Step N RL LS RH reinforced block
6. Step N LL LS, low double X block (right hand on top), high double X block (left hand in front)
7. Bring hands to the right hip, LH open, palm down, RH closed, palm up
8. LH knife hand strike, step forward RL LS RH centre punch, kihap
9. Turn 180 S, RH OI block, RL cchick ki, landing in HS, RH low block still in HS turn 180 N bringing the left hand to the right hip and right hand to left shoulder, strike out N with the back of the left hand (open)
10. RL cchick ki N, striking left palm stamping down into HS (facing W), immediately RH elbow strike into left palm
11. Bring the left foot behind the right foot, RH centre uppercut, step S LL FS, RH high uppercut
12. Jump with both feet, turning 180 to face E, land with right foot in front of left foot, squatting down, low double X block (right hand on top), kihap
13. Step S RL LS RH reinforced block
14. Pivot 180 N LL LS LH low spear hand, RH high punch over left shoulder
15. Pull the left foot back into LL FS LH low block, RH rear centre block
16. Pull the left foot back next to right (feet together) LH low block, RH rear centre block
17. Pivot 180 crossing feet (right behind left), double arm side block
18. Turn 90 N step out to RL LS LH low spear hand, RH high punch over left shoulder
19. Pull the right foot back into RL FS RH low block, LH rear centre block, kihap

Turn 90 N choon be

**Bassai**

Choon bee N, shout name of form

Bassai choon Bee

1. Turn body 90 W, drop N feet crossed (right in front of left), RH IO block (left hand pushed against right wrist)
2. Step out S LL LS LH IO block, RH OI block
3. Pivot 180 N RH LS LH OI block RH IO block
4. Face E, lift right foot to left knee, hunch the body forward, RH low block (down the side of the right left)
5. Step 90 E RL LS RH OI block, LH IO block
6. Turn N HS bring both hands (closed) to the right hip
7. Still in HS, LH knife hand strike followed by RH centre punch, pivot left into LL LS RH reverse IO block N, turn back into HS, LH centre punch, pivot right into RH LS LH reverse IO block
8. Step 90 N RL FS RH centre chop
9. Step N LL FS LH centre chop
10. Step N RL FS RH centre chop, step back LL FS LH high chop
11. Bring RH trap in front of LH, RL step side kick, landing 180 S in LL FS LH centre chop
12. Step S RL FS RH centre chop
13. Pull the right foot back to the left, bring hands (closed) to belt level in front
14. Raise both arms above the head (palms facing S), pull arms apart, double block
15. Step S RL LS, circle hands down, double 'rib' hammer strike
16. Jump forward RL LS RH centre punch
17. Pivot 180 N LH LS RH reverse spear hand, LH high punch over left shoulder
18. Pull the left foot back into LL FS, LH low block, RH rear centre block
19. Pull the left foot back to right foot (feet together), LH low block, RH rear centre block
20. RL cchick ki to N, stamping down into HS (facing W), RH low block
21. LH open back hand strike S, RL cchick ki into left palm, land in HS (facing E), RH elbow strike into left palm
22. RH low punch, LH middle block, LH low block, RH low punch, LH middle block
23. Turn 90 S RL LS bring both hands to left hip, LH high punch (palm down) RH centre punch (palm up)
24. Step back with right foot (feet together) bring both hands to left hip (right hand on top)
25. Change hands to right hip (left hand on top), LL cchick ki, step forward LL LS, RH high punch (palm down), LH centre punch (palm up)
26. Step back with left foot (feet together) bring both hands to right hip (left hand on top)
27. Change hands to left hip (right hand on top), RL cchick ki, step forward RL LS, LH high punch (palm down), RH centre punch (palm up)
28. Turn 270 N (body facing W) low LL LS, RH reverse low back fist, pivot to face E low RL LS, LH reverse low back fist
29. Turn 90 N RL FS centre chop
30. Turn 90 E RL FS centre chop
31. Turn 90 N LL FS centre chop

Bassai choon bee

Choon bee

**Sip Soo**

Choon bee N, shout name of form

Sip Soo choon bee

1. Leaving the LH in upward spear hand, quickly bring RH back to right hip, slowly step back with LL into RL LS, at the same time slowly bring the RH up in an open hand blocking motion, bring the LH back to the hip, closed
2. Slowly step N LL LS, move the right hand down to the right side and the left hand up to chin height
3. Slowly bring left arm down into middle block
4. Step E RL FS RH centre chop (left hand closed at left hip)
5. Step with the right foot into SS (facing W), RH upward palm strike
6. Step through with left foot into SS (facing E), LH upward palm strike
7. Step through with right foot into SS (facing W), upward palm strike
8. Step behind the left foot with the right, high double X block (left arm in front) (hands closed)
9. Step through with left foot, bring both hands down slowly into low block position
10. Jump with both feet S, crossing hands at head height (left hand in front), landing in SS (facing W) double arm side block, kihap
11. LL low cchick ki landing in SS (facing E) double arm side block
12. RL low cchick ki landing in SS (facing W) double arm side block
13. LL low cchick ki landing in SS (facing E) double arm side block
14. High double X block (right hand in front), slowly bring hands down into low block position
15. Turn 90 S RL LS RH centre chop, bring both hands back to left hip, slowly push RH out (palm up) and LH forward (palm forward)
16. Pivot on right foot, bringing left foot behind right knee, RH rear high chop, step forward S LL LS, bring both hands back to right hip, slowly push LH out (palm up) and RH forward (palm forward)
17. Pivot on left foot, bringing right foot behind left knee, LH rear high chop, step forward S RL LS, bring both hands back to left hip, slowly push RH out (palm up) and LH forward (palm forward)
18. Turn 270 W LL FS LH low block, RH rear centre block, turn 180 E RL FS RH low block, LH rear centre block
19. Turn 90 N LL LS LH high block
20. Step N RL LS RH high block, pivot 180 S LL LS LH high block, kihap
21. Step S RL LS RH high block

Turn 180 N Sip Soo choon bee

Choon Bee

**Ki Cho Bong Hung**

Choon bee N, shout name of form

1. Step forward LL LS, high block
2. Step forward RH LS, circle bong down, high block
3. Bring bong slowly to chest, LL front snap kick, landing in LL LS
4. Reverse strike to right side, left side vertical block
5. RL roundhouse kick, kihap, landing facing S LL FS, bring bong overhead (45 & change left hand)
6. Step forward RL FS downward strike (left side)
7. Step forward LL FS downward strike (left side)
8. Step forward RL LS downward strike (left side), forward poke, kihap
9. Turn 270 HS facing N, side poke to left
10. Quarter step E, side poke to right

Choon bee

**Dong Ji bong Hyung**

Choon bee N, shout the name of the form

1. Step forward LL LS, low block, reverse forward poke
2. Step forward RH LS, low block, reverse forward poke
3. Step forward LL FS, low block, high block
4. Bring bong slowly down to chest, RL front snap kick, reverse forward poke, kihap
5. Turn 270 HS (facing S) left side strike
6. Quarter step to right, right side strike
7. Step forward LL LS, left vertical block, right vertical block, reverse forward poke
8. Step forward RH LS, right vertical block, left vertical block, reverse forward poke
9. Step forward LL FS, low block, high block
10. Bring bong slowly down to chest, RL front snap kick, reverse forward poke, kihap
11. Turn 270 HS (facing S) left side strike
12. Quarter step to right, right side strike

Choon bee

**Bom Bong Hyung**

Choon bee N, shout name of form

1. Step forward LL LS, high block, left vertical block, left downward strike
2. Step forward RL LS, high block, right vertical block, right downward strike
3. Step forward LL LS, low block, high block
4. Bring bong slowly down to chest, reverse side strike (right side), side strike (left side), RL side kick, kihap, landing in HS (facing W) double low block
5. Turn N RL LS, reverse forward poke
6. Turn 270 E, LL FS, low block, bring bong over the head (45) (change hands)
7. Step forward RL FS, downward strike, reverse forward poke
8. Turn 180 W LL FS, low block, bring bong over the head (45) (change hands)
9. Step forward RL FS, downward strike, reverse forward poke
10. Step forward LL LS, high block, left vertical block, left downward strike
11. Step forward RL LS, high block, right vertical block, right downward strike
12. Step forward LL LS, low block, high block
13. Bring bong slowly down to chest, reverse side strike (right side), side strike (left side), RL side kick, kihap, landing in HS (facing W) double low block
14. Turn S RL LS, reverse forward poke
15. Turn 270 W, LL FS, low block, bring bong over the head (45) (change hands)
16. Step forward RL FS, downward strike, reverse forward poke
17. Turn 180 E LL FS, low block, bring bong over the head (45) (change hands)
18. Step forward RL FS, downward strike, reverse forward poke

Choon bee

**Cheong Chun Bong Hyung**

Choon bee N, shout the name of form

1. Step N, LL FS, low block, quickly step N, RL FS high block
2. Step N, LL FS, high strike left side, quickly step N, RL FS, high strike right side
3. Spin 360, LL FS, forward double push, bring bong back to chest, RL front snap kick (stepping forward), ki hap
4. Turn 270 E, LL FS, vertical block (right hand on top), followed by reverse vertical block (left hand on top), reverse forward poke
5. Turn 180 W, RL FS, vertical block (left hand on top), and followed by reverse vertical block (right hand on top), followed by forward poke
6. Turn 135 SE, LL FS, side strike, forward poke, circle clockwise and forward poke
7. Turn 90 SW RL FS, side strike, and forward poke, circle anti-clockwise and forward poke
8. Turn 45 S, LL FS, low block, quickly step forward, RL FS high block
9. Step S, LL FS, high strike left side, quickly step N, RL FS, high strike right side
10. Spin 360, LL FS, forward double push, bring bong back to chest, RL front snap kick (stepping forward), kihap
11. Turn 270 E, LL FS, vertical block (right hand on top), followed by reverse vertical block (left hand on top), reverse forward poke
12. Turn 180 W, RL FS, vertical block (left hand on top), and followed by reverse vertical block (right hand on top), followed by forward poke
13. Turn 135 SE, LL FS, side strike, forward poke, circle clockwise and forward poke
14. Turn 90 SW RL FS, side strike, and forward poke, circle anti-clockwise and forward poke

Turn 45 into Choon Be

**Seongsug-I Bong Hyung**

Choon bee N, shout name of form

1. Step forward 45 NW LL FS, upward 45 block (right hand on top) followed by left side strike (taking the staff over your head)
2. Step 90 NE RL FS, upward 45 block (left hand on top) followed by right side strike (taking the staff over your head)
3. Step 45 N LL FS low block followed by high block, then bring the bong over your head in preparation to strike
4. Step N RL FS downward 45 strike (right to left)
5. Step N LL FS downward 45 strike (right to left)
6. Step N RL FS, forward push followed by forward reverse poke, kihap
7. Turn 270 HS (facing S), LH side poke followed by LL step side kick to the left downward double hand block and side poke
8. RH side poke followed by RL step side kick to the right downward double hand block and side poke
9. Step back with the right leg, LL FS, reverse upward strike, forward poke
10. Step S, RL FS, reverse upward strike, forward poke
11. Spin 360, LL FS, left side strike, step forward quickly, RL FS, right side strike
12. Slide left foot slowly up into HS stance facing S, low block
13. Step left leg in front of right (legs crossed) high block
14. Step 45 SE RL FS, reverse forward poke, quickly step 90 SW LL FS, reverse forward poke
15. Turn 135 N HS low block, lift left foot to behind right knee, lifting bong in preparation to spear
16. Step N LL LS spear forward, kihap

Choon bee



**Sil Ji Jok Bong Hyung**

Choon bee N, shout the name of the form

Attention stance

1. Step back with left leg into RL FS reverse high strike
2. Step N (facing E) LL SS and poke
3. Step N (facing W) RL SS strike and poke
4. Step N RL FS bong over your head, slide N RL LS side strike
5. Turn 180 S LL FS, bong diagonally across the body (left hand on top)
6. Slide S, bring right foot up (high LL FS) turning bong (right hand on top)
7. Take a short step S into LL FS, spear toward the floor
8. Pivot 180 to face E, legs crossed (RL in front), turn bong vertical (left hand on top)
9. Step 45 SE RL LS, low poke
10. Step behind with LL 90 SW, RL LS circle bong clockwise, forward poke
11. Pivot 135 E LL LS, low block, high block
12. Slide left foot back LL FS raise bong over head
13. Step E RL LS strike 1-5
14. Pivot 180 W LL LS, low block, high block
15. Slide left foot back LL FS raise bong over head
16. Step W RL LS strike 1-5
17. Turn 135 NE into RL FS, bong high diagonal block, slide right foot forward into RL LS, side strike
18. Turn 45 N LL FS prepare to strike with bong over head
19. Step N RL LS reverse side strike
20. Step N LL HS (facing E), release LH and re grab, turn into LL LS forward poke
21. Slide left foot back LL FS prepare to strike with bong over head
22. Step N RL LS reverse side strike
23. Step N LL HS (facing E), lift left foot to right knee, land into LL LS forward poke
24. Pivot on RL 180 to face W HS (facing W), low block
25. Slide bong forward, step back into LL LS, upward groin strike
26. Slide bong back, RL step side kick, landing in HS (facing E) low block, turn into RL LS forward poke
27. Spin through 360 on RL into LL FS low block left side
28. Spin through 180 into LL FS low block left side

Step up with right leg into choon bee striking left side then right

Attention stance

Choon bee

**Ee Chul Bong Hyung Il Bu**

Choon bee N, shout name of form

1. Turn 90 W, LL FS, side strike left then right
2. Slide forward LL LS, side strike left then right
3. Step W RL FS, high block
4. Turn 180 E RL FS, high block (palms inward)
5. LL knee strike, landing LL FS high strike (palms up)
6. Turn 90 N, feet together, sweep left then right, swing over right shoulder and catch with LH
7. RH single spin, catch under right arm, RL front kick stepping forward RL FS
8. RH double spin, catch under right arm, LL front kick stepping forward LL FS
9. RH figure 8 spin, catch under right arm, RL roundhouse kick, kihap, stepping forward RL FS
10. Turn 270 E, LL FS swapping into LH, swing to hip then over shoulder, catching with RH
11. Step E RL LS RH eye strike
12. Turn 180 W RL FS, sweeping low right then left, catching at left hip with open hand
13. Step W LL LS strike down with end of nunchucks, pull open to choke
14. Turn 90 S, feet together, sweep left then right, swing over right shoulder and catch with LH
15. RH single spin, catch under right arm, RL front kick stepping forward RL FS
16. RH double spin, catch under right arm, LL front kick stepping forward LL FS
17. RH figure 8 spin, catch under right arm, RL roundhouse kick, kihap, stepping forward RL FS
18. Turn 180 to face N, spin overhead 3 times, left hip, right hip, over right shoulder and catch with LH

Choon bee

## Ee Chul Bong Hyung Ee Bu

## Choon Be

1. Step back with right leg, LL FS, RH reverse IO block
2. Throw one handle outward, spin overhead and catch at left hip, step back into RL FS
3. Turn and jump 360, spinning overhead and catch at left hip, RL FS
4. Right side high block, hold in right hand, 360 spinning hook kick, landing LL FS, LH low chop
5. Forward centre block, bring to chest and perform RL front kick
6. Forward centre block, bring to chest and perform jumping RL front kick, landing feet shoulder width
7. apart
8. Sweep to left hip then right, over the right shoulder and catch with left hand
9. RH figure 8, then spin backward 3 times, bounce over right shoulder, pass under left leg, spin backward 3 times, over left shoulder and catch with right hand
10. LH figure 8, then spin backward 3 times, bounce over left shoulder, pass under right leg, spin backward 3 times, over right shoulder and catch with left hand
11. RH single spin and catch under arm
12. RH double spin and catch under arm
13. RH figure 8 and catch under arm
14. Step N RL FS, high block
15. Hold both in RH; perform RL back kick, kihap, and pivot 180 S, high block
16. LL knee strike, high block followed by right side block/strike, landing LL FS temple strike
17. Turn 180 N feet together, sweeping down, then up, drop to right side
18. Sweep to left side then right, over right shoulder and catch with left hand
19. Pass around the body with the left hand, over right shoulder and catch with left hand
20. Pass diagonally across the back with the left hand then right, pass over left shoulder and catch with right hand
21. Pass around the body with the right hand, over the left shoulder and catch with right hand
22. Step left into HS, high strike, kihap

## Choon bee