

Bong Hyung E Bu

1. Choon Be
2. Turn 90 left into left leg long stance, low/high block
3. Step forward with right leg into long stance, tap bong left then right side
4. Turn 180 into right leg long stance, low/high block
5. Step forward with left leg into long stance, tap bong right then left side
6. Turn 90 into left leg long stance, low/high block
7. Step forward with right leg into side stance, side strike
8. Spin round 180 into left leg side stance, side strike
9. Step forward with right leg into long stance, right forward strike
10. Turn 270 into leg long stance, low/high block
11. Step forward with right leg into long stance, tap bong left then right side
12. Turn 180 into right leg long stance, low/high block
13. Step forward with left leg into long stance, tap bong right then left side
14. Turn 90 into left leg long stance, low/high block
15. Step forward with right leg into side stance, side strike
16. Step forward with left leg into long stance, low block
17. Step forward with right leg into long stance, right forward strike
18. Turn 270 into left leg long stance low/high block
19. Step forward with right leg into long stance, tap bong left then right side
20. Turn 180 into right leg long stance, low/high block
21. Step forward with left leg into long stance, tap bong right then left side
22. Turn 90, swing bong up and step into to attention, bow
23. Choon Be