

Bong Hyung Il Bu

1. Choon Be
2. Step forward with left leg into long stance, left side low block
3. Step forward with right leg into long stance, right side high block
4. Step forward with left leg into long stance, left side low block, high block followed by forward high block
5. Bring bong to waist height, front kick right leg, stepping forward, low block left side
6. Turn 180 into left leg forward long stance, low bock left side
7. Step forward with right leg into long stance, right side high block
8. Step forward with left leg into long stance, left side low block, high block followed by forward high block
9. Bring bong to waist height, front kick right leg, stepping forward, low block left side
10. Turn 270 into left leg fighting stance, left side low block followed by forward high block
11. Turn 90 into right leg fighting stance, right side low block followed by forward high block
12. Turn 90 into left leg forward long stance, low bock left side followed by forward high block
13. Bring bong to waist height, front kick right leg, stepping back, swing bong to left side then right
14. Swing bong up and step into lo attention, bow
15. Choon Be