

Bong Hyung Sam Bu

1. Choon Bee
2. Turn to face left, low block followed by double hand high block
3. Bring bong down to chest, front snap kick, stepping forward, double side tap right then left
4. Turn to face right, low block followed by double hand high block
5. Bring bong down to chest, front snap kick, stepping forward, double side tap left then right
6. Turn and face front, low block
7. Step forward, side strike (side stance)
8. Spin 360 degrees into low block (long stance)
9. Jump spin 360 degrees into side strike (side stance)
10. Turn to face right, low block
11. Step forward, side poke (side stance)
12. Turn to face left, low block
13. Step forward, side poke (side stance)
14. Turn to face back, low block
15. Step forward, side strike (side stance)
16. Spin 360 degrees into low block followed by double hand high block
17. Bring bong down to chest slowly, double side tap right then left, side kick
18. Turn to face front on landing, low block (fighting stance)
19. Slide forward into long stance, left side high strike, right hand in front
20. Choon Bee