

Shi Bong

1. Choon Be
2. Step back with right leg into long stance, scoop bong up and tap right side, followed by left side low block
3. Step forward with right leg into long stance, low/high block right side
4. Turn 90 spinning bong to the vertical
5. Step forward with left leg into long stance, forward strike followed by low block
6. Step forward with right leg into long stance, side strike
7. Turn 270 into left leg fighting stance, left side low block quickly turning 180 into right leg fighting stance, right side low block
8. Turn 90 stepping back with right leg into long stance, scoop bong up and tap right side, followed by left side low block
9. Step forward with right leg into long stance, low/high block right side
10. Turn 90 spinning bong to the vertical
11. Step forward with left leg into long stance, forward strike followed by low block
12. Step forward with right leg into long stance, side strike
13. Turn 270 into left leg side stance, left side low block jumping to the right into right leg side stance, right side low block
14. Turn 90 stepping back with right leg into long stance, scoop bong up and tap right side, followed by left side low block
15. Forward high block then bring bong to waist height, front kick right leg, stepping back, swing bong to left side then right
16. Swing bong up and step into to attention, bow
17. Choon Be