

CHUNG BONG THREE

From Ready stance:

1a) Step back with the Right foot to a Left Forward stance doing a Left Spearhand as a groin block and placing the Right hand at the solar plexus in a Knifehand.

1b) (same stance) Simultaneously, do a Left Outward block with a Knifehand (past the Left ear) and do a Right Palm heel as a groin block with tension.

1c) (same stance) Simultaneously do a Left Palm heel strike to the head and place the Right hand at the solar plexus in a Knifehand with tension.

2a) Extend the Left fist while doing a (Right) back leg Front Thrust kick then...

2b) Set forward to a Right Forward stance doing a Right Lunge punch then...

2c) (same stance) Immediately do a Left Reverse punch then...

2d) (same stance) Immediately do a Right Inward block while sliding the Left foot to Left Back stance.

3a) Extend the Right fist while doing a Left Front Thrust kick then...

3b) Set forward to a Left Forward stance doing a Left Lunge punch then...

3c) (same stance) Immediately do a Left Inward block while sliding the Right foot to a Right Back stance.

4a) Extend the Left fist while stepping forward to a Right Forward stance doing a Right Lunge punch then...

4b) Immediately step forward to a Left Forward stance doing a Left Lunge punch with a loud "kiap".

5a) Turn left 90° and do a (Right) back leg Round kick to the knee then

5b) Turn right 180° and set in a Right Forward stance doing a Left Reverse Ridgehand into the Right palm.

6) Slide the Left foot up to the Right foot setting in a Left Tiger stance.

7a) Do a (Right) lead leg Round kick then...

7b) Set down "in the bucket" and do a spinning Left Side kick.

8) Turn right 180° and set in a Left Back stance with a Guarding block.

9) Extend the Right fist while stepping forward to a Left Forward stance doing a Left Lunge punch.

10) Slide the Right foot up to a Right Tiger's stance with a Guarding block.

11a) Do a Left (lead leg) Round kick then...

11b) Set down "in the bucket" and do a spinning Right Side kick.

12) Turn left 180° and set in a Right Back stance with a Guarding block.

13) Extend the Left fist while stepping forward to a Right Forward stance doing a Right Lunge punch.

14a) Turn right 90° doing a Left Round kick to the knee then...

14b) Turn left 180° setting in a Left Forward stance doing a Right Reverse Ridgehand into Left palm.

15a) Pull attacker's head down into Right knee strike (slap hands on leg).

15b) Set down with feet together and hands high to the right in a Double Knifehand. Left palm to ear.

16) Step to the left with the Left foot and set in a Kimasse stance doing a Double Knifehand strike to the groin.

17a) Slide Right foot to Left foot then...

17b) Quickly turn left 90° and slide Right foot back to Right Back stance while doing a Guarding block.

18a) Step forward with the Right foot then do a jumping Right Front kick and then...NOTE: The Left leg rises as a fake to assist in getting more height for the Right Front Snap kick. Jump high kick to mid-section.

18b) Set down in a Right Forward stance doing a Right Backfist to the face palm up (with the Left fist palm down under Right elbow).

19) Slide Left foot to Left Back stance while moving Right fist quickly to Left Ear (palm toward) then do a slow Right Down block with an audible exhale.

20) Jump back - Right foot moves then Left foot follows - landing in the same Left Back stance doing a Right Down block then...

21) Do a Left (back leg) Front Snap kick...

22a) Immediately do a Right (back leg) Round kick and then...

22b) Set down "in the bucket" and do a spinning Left Side kick and...

22c) Step down to a Left Forward stance doing a Right Reverse punch with a loud "kiap".

23) Step up with the Right foot and turn left 180° to return to the Ready stance.

starting position with the student backing up in Back stances providing a target.

From a Right Back stance:

Part One

- 1) Right Front Snap kick
- 2) Left Round kick
- 3) Right Side kick
- 4) Left Front Snap kick
- 5) Right Round kick
- 6) Left Side kick

Part Two

- 1) Right Front Snap kick/Round kick combination
- 2) Left Front Snap kick/Round kick combination
- 3) Right low Side kick/high Side kick combination
- 4) Left low Side kick/high Side kick combination
- 5) Right Round kick (set "in the bucket")
- 6) Left spinning Side kick (set "in the bucket")
- 7) Right spinning Side kick
- 8) Left Round kick. Loud Kiap on the final round kick.

KICKING DEMONSTRATION

This demonstration was developed to show the abilities of the student in performing the kicking techniques required of this rank. This demonstration is considered a "walking series" due to the movement across the floor as the kicks are done with a partner. After each kick is thrown, the students sets down forward in a Back stance before doing the next kick. While the student does the kicks, which are set up in two parts, his partner moves back in Back stances. This is done to give the student a target to throw the kicks at. When the student finishes the part the partner does the same part back to the