

CHUNG BONG FOUR

From the Ready stance:

- 1) Turn left 90° on Right foot stepping to a Left Kneeling Front stance extending Left fist and doing a Right punch to the groin.
- 2) Rise to a Left Front stance doing a Left Palm Heel strike to the head with Right hand at solar plexus in a Knifehand.
- 3) Hands come in, do a (Right) back leg Front Snap kick.
- 4a) Set down forward with the toes turned out to the right and do a low Left Side kick.
- 4b) With the same leg, do a high Left Side kick.
- 5) Turn right 180° and set down in a Left Back stance doing a Right Down block slapping the Right wrist on the Left palm (Left hand sets at solar plexus in Knifehand).
- 6) Extend the Right hand while stepping forward to a Left Front stance doing a Left Lunge punch then...
- 7) Extend the Right hand while stepping forward to a Right Kneeling Front stance doing a Left Lunge punch.
- 8) Rise to a Right Front stance doing a Right Palm Heel strike to the head with Left hand at solar plexus in a Knifehand.
- 9) Do a (Left) back leg Front Snap kick.
- 10a) Set down forward with toes turned out to the Left and do a low Right Side kick then...
- 10b) With the same leg, do a high Right Side kick.
- 11) Turn left 180° and set down in a Right Back stance doing a Left Down block slapping the Left wrist on the Right palm (Right hand set at solar plexus in a Knifehand).
- 12) Extend Left fist while stepping forward to a Right Front stance doing a Right Palm Heel strike to the head with Left hand at solar plexus in a Knifehand.
- 13a) Slide Left foot to Right foot then...
- 13b) Quickly turn right 90° and slide Left foot back to set in Left back stance while setting the Right hand at the Right knee in a Knifehand with the thumb-side up. (elbow stays locked)
- 14) Staying in the Back stance, do a slow Circular Sweep block with a Knifehand (eye level) that ends thumb down above knee.
- 15) Finish Circular Sweep block then push forward doing a Right Ridgehand (with Left hand slapping Right bicep) and setting in a Right Half-front stance.
- 16a) Do a (Left) back leg Side kick then...
- 16b) Set down forward to a Left Front stance reaching with the Left arm and punching with the Right.
- 17) Shift Right foot to a Right Back stance while doing a Guarding block with an audible exhale. (remember to cross your arms)
- 18) Do a Right Free punch with a loud "Kiap" and setting forward in a Right Half-Front stance. (Left arm is ahead of Right arm)
- 19) Turn left 90° on Right foot stepping to a Left Front stance, reaching for the head with the Left hand, do a Right Reverse Elbow strike into Left hand.
- 20) Do a low (Right) back leg Front kick high Round kick combination then...
- 21a) Turn left 180° and set down in a Right Back stance doing a Left Down block slapping the Left wrist on the Right palm (Right hand sets at solar plexus in a Knife hand) then...
- 21b) Immediately do a Left Rising block (Left wrist slapping Right palm) with a Knifehand and a Right Palm Heel groin block.
- 22) Extend Left arm chambering the Right (hand in a Palm Heel) while stepping forward to a Right Front stance doing a Right Palm heel strike to the head. Left Knifehand is on the solar plexus.
- 23) Shift to a Left Back stance, turning the Right hand grabbing the head, then immediately turn back to the Right Front stance doing a Left Reverse Elbow strike into Right hand.

24) Do a low (Left) back leg Front Snap kick high Round kick combination then...

25a) Turn right 180° to set down in a Left Back stance doing a Right Down block slapping the Right wrist on the Left palm (Left hand set at solar plexus in a Knifehand) then...

25b) Immediately do a Right Rising block (Right wrist slapping Left palm) with a Knifehand and a Left Palm Heel groin block.

26) Extend Right arm chambering the Left (hand in a Palm Heel) while stepping forward to a Left Front stance doing a Left Palm Heel strike to the head. Right knifehand is on the solar plexus.

27a) Slide Right foot to Left foot then...

27b) Quickly turn left 90° and slide Right foot back to Right Back stance while setting the Left hand down to the Left knee in a Knifehand. (elbow stays locked)

28) Staying in the Back stance, do a slow Left Circular Sweep block with a Knifehand (eye level) that ends up thumb down above knee.

29) Finish Circular Sweep block and push forward doing a Left Ridgehand (Right hand slapping the Left bicep) and setting in a Left Half-front stance.

30a) Do a Right (back leg) Side kick then...

30b) Set down forward to a Right Front stance reaching with the Right arm punching with the Left.

31) Shift Left foot to a Left Back stance while doing a Right block "catching a kick" – hand is in knifehand.

32) Step back with the Right foot to a Right Back stance doing a Left block "catching a kick".

33) Step back with the Left foot to a Left Back stance doing a Guarding block with an audible exhale. (crossing arms)

34a) Step fake left 90° with the Right foot then...

34b) Step back to Left back stance and...

34c) Immediately step forward with the Left foot and do a jumping Right Side kick.

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

36) Set forward to a Left Front stance reaching with the Left arm doing a Right punch with a loud "kiap".

37) Turn left 180° on Left foot, going forward, to return to the Ready stance.