

CHUNG BONG SIX

From a Choonbi stance with Knifehands crossed (palm toward) at solar plexus:

1) Step forward with the Left foot to Left Forward stance doing Double Outward blocks in Knifehands with an audible exhale.

2) Do a Right Front Snap kick.

3) Turn left 90° on Left foot and set Right foot back in a Right Back stance doing a Left Outward block with Knifehand (palm toward).

4a) (same stance) Do a Left Down block with a slight move forward then...

4b) Do a Right Reverse punch.

5a) Slide slightly forward while doing a Left Down block then...

5b) Do a Right Reverse Hook punch.

6) Do a Right (back leg) Round kick.

7) Set down "in the Bucket" and do a Left (back leg) Spinning Side kick.

8) Turn right 180° on Right foot and set Left foot back in a Left Back stance doing a Right Outward block with a Knifehand (palm toward).

9a) Do a Right Down block with a slight move forward.

9b) Do a Left Reverse punch.

10a) Slide slightly forward and do a Right Down block then...

10b) Do a Left Reverse Hook punch.

11) Do a Left (back leg) Round kick.

12) Set down "in the bucket" and do a Right (back leg) Spinning Side kick.

13) Turn left 180° on Left foot and set Right foot back to a Right Back stance doing a kick catch with a Left Ridgehand.

14) Slide Left foot over to set in a Left Forward stance while doing a Right Reverse Palm Heel strike to the throat (sliding Right arm over Left arm to the Right elbow).

15a) Do a Right (back leg) Front Thrust kick then...

15b) Turn right 90° and set down in a Left Back stance.

16) Immediately do a Left Outside-inside Crescent kick into Right palm.

17) Set down forward and pivot right 90° to set in a Kimase stance doing a Left Elbow strike into Right palm.

18) Do a Left Snapping Backfist to the face.

19) Turn right 180° on Left foot doing a Right "Free" Backfist and setting in a $\frac{3}{4}$ Kimase stance at a slight angle. **Note:** This technique is done similar to Free punch. The Backfist should strike the target before setting in the stance.

20) (same stance) Do a Left Spinning Knifehand without changing stances.

21) (same stance) Spin back doing a Double Knifehand strike.

22a) Step up with Left foot to a Left Crossed-legged stance with hands in a Guarding position then...

22b) Quickly do a Right (lead leg) side kick.

23) Set down forward to a Right Forward stance doing a Left Reverse punch with a loud "Kiap".

24a) Slide Left foot up to Right foot and turn left 90° then...

24b) Extend Right fist and step forward with Left foot to Left Forward stance doing a Left Eye strike.

25) Pivot to a Right Back stance then do a slow Right ridgehand into Left palm while pivoting back to a Left forward stance.

26) Do a Right (back leg) Inverted Round kick to solar plexus. **Note:** The Inverted Round kick has also been called a Twist kick!

27) Set down forward "in the bucket" and do a Left Spinning Side kick to mid or upper Thigh.

- 28) Turn right 180° on Right foot and set down in a Right Forward stance doing a Left Hammerfist to the knee.
- 29a) Slide Left foot up to Right foot then...
- 29b) Extend Left fist and step forward with the Right foot to a Right Forward stance doing a Right Eye strike.
- 30) Pivot to a Left Back stance then do a Slow Left Ridgehand into Right palm while pivoting back to a Right Forward stance.
- 31) Do a Left (back leg) Inverted Round kick to solar plexus.
- 32) Set down forward "in the bucket" and do a Right Spinning Side kick to the mid or upper Thigh.
- 33) Turn left 180° on Left foot and set in a Left Forward stance doing a Right Hammerfist to the knee.
- 34) Step forward with the Right foot and turn right 90° setting in a Kimase stance doing a Left outward block with a Knifehand.
- 35a) Do a Left Sweep block to solar plexus level then...
- 35b) Immediately do a Right Spearhand.
- 36a) Do a Left Spearhand then...
- 36b) Immediately do a Right Spearhand.
- 37) Right hand rolls over to grab the hair.
- 38) Jump up and land in a Kimase stance doing a Left elbow strike to the head.
- 39) Slide the Left foot to the Right foot (feet together) and turn left 90° doing a Double Rising block.
- 40) Step to the right with the Right foot setting in a Kimase stance doing a Double Knifehand strike.
- 41) Slide Left foot up to the Right foot (feet together) doing a Right Hammerfist.
- 42) Do a Right Tornado kick.

- 43) Set down "in the bucket" and do a left Spinning Side kick.
- 44) Set down forward to a Left Forward stance doing a right Reverse punch with a loud "Kiap".
- 45) Turn left 180° on Left foot to the Choonbi stance with knifehands crossed (palm toward) at shoulder height.

KICKING DEMONSTRATION

This demonstration was designed to show the student's ability to perform not only spinning kicks but also jump/spin kicks. Kicks are performed with a partner and a neutral stance starting with right foot -- the right foot is back. Partners take turns executing all kicks then execute a Switch Kick to change legs, and execute all kicks with the other leg.

- 1) Spin Hook Kick
- 2) Jump / Spin Hook Kick
- 3) Spin Crescent Kick
- 4) Jump / Spin Crescent Kick
- 5) Spin Axe Kick
- 6) Jump / Spin Axe Kick
- 7) Spin Side Kick
- 8) Jump / Spin Side Kick

ADDITIONAL SKILL DEMONSTRATION

At this level, the student is required to create a demonstration of choice – from weapon form, one-steps, other form, board or brick breaking, the sky is the limit! Be creative – consult with your instructor first.