

CHUNG BONG 1

From a Ready stance:

- 1) Set Right foot back to Right Back stance doing a slow guarding block with an audible exhale. (remember to cross arms, reaching with the Right, Left fist to Right ear)
- 2) Extend the Left hand while stepping forward to a Right Front stance doing a Right Lunge punch.
- 3) Do a Left foot Front Thrust kick, holding the Right arm out, and set forward to a Left front stance doing a Left Lunge punch.
- 4) Do a Right foot Front Thrust kick, holding the Left arm out, and set forward to a Right front stance doing a Left Lunge punch.
- 5a) Step forward to a Left front stance doing a Left Lunge punch then quickly...
- 5b) Step forward to a Right front stance doing a Right Lunge punch with a loud "Kiap".
- 6a) Quickly slide your Right foot back to Left foot and turn 180' then...
- 6b) Quickly slide Left foot out to set in a Right back stance doing a slow guarding block with an audible exhale. (cross your arms)
- 7a) Do a Right (back leg) Round kick and then...
- 7b) Extend the Right fist while stepping down to a Right front stance and do a (Left) punch. (Left punch remains extended).
- 8) Pivot left 180' to a Left Half-kimase stance doing a Left Knifehand strike to the neck. (Turn on the balls of the feet)
- 9) Slide Right foot forward to Left foot, ball of Right foot touching heel of Left foot, with hands in a guarding position.
- 10a) Do a (Left) lead leg Side kick then...
- 10b) Turn right 180' and set the Left foot back to a Left back stance doing a guarding block. (cross arms when doing the guarding block)
- 11a) Do a slow Right Down block with a Knifehand (using the palm) and...
- 11b) Step back slightly while doing a fast Right Rising block with a Knifehand.
- 12a) Do a Left (back leg) Round kick ...
- 12b) Extend the Left fist while stepping down to a Left front stance doing a (Right) punch. (punch remains extended)
- 13) Pivot right 180' to Right Half-Kimase stance doing a Right Knifehand strike to the neck. (turn on the balls of feet)
- 14) Slide Left foot forward to Right foot, ball of Left foot to heel of Right foot, with hands in guarding position.
- 15a) Do a Right (lead leg) Side kick and then
- 15b) Turn left 180' and set Right foot back to Right Back stance doing a guarding block. (cross arms for guarding block)
- 16a) Do a slow Left Down block with a Knifehand, using the palm, and ...
- 16b) Step back slightly doing a fast Left rising block with a Knifehand.
- 17a) Do a Right (back leg) Front snap kick ...
- 17b) Set down forward in a Left back stance doing a (Left) snap Reverse punch.
- 18a) Do a Left (back leg) Front snap kick ...
- 18b) Set down forward in a Right back stance doing a (Right) snap Reverse punch.
- 19) Cross arms reaching with the Right, Left fist to Right ear, slide Right foot forward while turning left 180' setting in a Right back stance doing a Left down block. (Right hand is in the slot)
- 20) All at the same time, raise the Left arm up, chamber the Right hand, slide the Left foot over slightly to the left and pivot into a Left Front stance doing a (Right) punch with a loud "Kiap".
- 21) Step back with the Left foot to the Ready stance [choonbi]. (crossing arms, good snap)

White Belt One-Steps

Each one-step starts with both students at Joonbi (Ready stance). The attacking side steps back to a Back stance with a loud "kiap" to indicate that he/she is ready to do the

attack. When the defending side is ready, he/she does a loud "kiap". At that point the

attacking side starts the attack.

Note: This procedure is followed for the Gold belts one-steps also.

The white belt's one-step attacks are all from the Right side. The attacks for one-steps 1,2, and 3 are Right Lunge punches thrown from proper Right Front stances and for one-steps 4,5, and 6 the attacks are Right overhand Knifehand strikes thrown from proper Right Front stances.

The defending student does the one-step with a loud "kiap" on the last technique and both students step back to Joonbi. Now the attacker becomes the defender and alternate after each one-step.

One-step 1

1. Slide forward 45' to the left and set in a kimase stance facing the attacker doing a Left Inward block ...

2. Do a Right punch to the midsection/ribs ...

3. Do a Left punch to the head with a loud "kiap".

One-step 2

1. Slide the Left foot to the Right foot and step in to a Left Back stance doing a

Left Outward block with a Knifehand and a Right Knifehand strike to the neck...

2. The Left hand grabs the attacker's wrist as the Right hand chambers for a Knifehand strike ...

3. Do a Right Knifehand strike to the other side of the attacker's neck with a loud "kiap" while the Left hand pulls the attacker into the strike.

One-step 3

1. Turn left 90' on the Right foot and step to a Left Front stance doing a Right Outward block ...

2. Do a Right (lead leg) Side kick to the midsection/ribs and set down behind the attacker's stance in a Front stance doing a Right Knifehand to the neck.

One-step 4

1. Step back with the Right foot to a Right Back stance doing a Left Rising block with a Knifehand ...

2. The Left hand grabs the attacker's wrist while the Left foot slides back to the Right foot ...

3. Do a Right Front kick to the midsection/ribs and set down forward to a Right Front stance doing a Right elbow strike to the chin/face.

One-step 5

1. Step to the left and set in a Left Tiger's stance with a Guarding block...

2. So a Right (lead Leg) Round kick to the midsection and set down inside the attacker's stance doing a left Snap Reverse punch to the head.

One-step 6

1. Step to the right and set in a Right Tiger's stance with a Guarding block...

2. Do a Left (lead leg) Side kick to the midsection and set down inside the attacker's stance doing a Right Snap Reverse punch to the head.