

CHUNG BONG TWO

From Ready stance:

- 1) Turn left 90° setting the Right foot back to a Right Back stance while slightly dragging the left foot -- cross arms going into a guarding block.
- 2a) Left Down block with a Knifehand, using palm, then...
- 2b) Left Outward block with a Knifehand, using backside of hand.(The elbow is 90° with the hand at shoulder level.)
- 3a) Extend the Left fist and chamber the Right fist while doing a (Right) back leg Front thrust kick then...
- 3b) Set down forward in a Right Front stance doing a Right Lunge punch.
- 4) Do a reverse Down block with Left hand. (It is thrown like a punch. The fist ends 1 ft above the knee with the elbow slightly bent. Bend the Left knee, Left heel up, **keep the back straight**. The Right fist is chambered.
- 5a) Do a (Left) back leg Side kick then...
- 5b) Turn right 180° and set Left foot down in a Left Back stance with a Guarding block. (Cross set)
- 6a) Right Down block with a Knifehand then...
- 6b) Right Outward block with a Knifehand.
- 7a) Extend the Right fist while doing a (Left) back leg Front thrust kick then...
- 7b) Set down forward to a Left Forward stance doing Left Lunge punch.
- 8) Do a reverse Down block with Right hand.
- 9a) Do a (Right) back leg Side kick then...
- 9b) Turn left 180° and set Right foot down in a Right Back stance with a Guarding block. (Cross set)
- 10a) Quickly slide Right foot up to Left foot and...
- 10b) Turn right 90° and slide the Left foot back to set in a Left Back stance doing a slow Guarding block with an audible exhale. Maintain shoulders at same height through 10a-b.
- 11) Extend the Right fist while stepping forward to a Left Forward stance doing a Left Lunge punch then...
- 12) Quickly step forward to a Right Forward stance doing a Right Lunge punch with a loud "Kiap".
- 13a) Do a Left (back leg) Round kick then...
- 13b) Set forward to a Left Half-Kimasse stance doing a Left Backfist to the head.
- 14a) Raise Right (back leg) straight up with knee bent while turning right 180° doing a Right Turning block then...
- 14b) Extend the Right fist while setting down to a Right Forward stance doing a Left Reverse punch.
- 15) Turn left 180° pivoting to a Left Half-kimasse stance doing a Left Knifehand strike to the neck.
- 16a) Step through with the Right foot (behind the Left foot) and do a Left leg Side kick then...
- 16b) Turn right 180° and set down in a Left Back stance doing a Guarding block. (Fast Cross set)
- 17) Remain in the Left back stance and do a Right Net block with an audible exhale. Lead hand goes high, back hand low.
- 18) Extend the Right fist while stepping forward to a Left Forward stance doing a Left Lunge punch.
- 19a) Do a Right (back leg) Round kick then...
- 19b) Set forward to a Left Half-kimasse stance doing a Left Backfist to the head.
- 20a) Raise Left (back leg) straight up with knee bent while turning left 180° doing a Left Turning block then...

20b) Extend the Left fist while setting down to a Left Forward stance doing a Right Reverse punch.

21) Turn right 180° pivoting to a Right Half-kimasse stance doing a Right Knifehand strike to the neck.

22a) Step through with the Left foot (behind the Right foot) and do a Right leg Side kick then..

22b) Turn left 180° and set the Right foot down to Right Back stance doing a Guarding block.

23) Remain in the Right Back stance and do a Left Net block with an audible exhale.

24) Step back with the Left foot to set in a Left back stance doing a Guarding block. (Lead hand on the inside)

25a) Remain in the Left Back stance and do a Right Down block with a fist then immediately...

25b) Do a Right Rising block with a Knifehand.

26) Extend the Right fist, chamber the Left fist, as the Right foot slides out slightly to a Right Forward stance and do a Left Reverse punch with a loud "Kiap".

27) Bring right foot back to left foot to the the Ready stance.

GOLD BELT ONE-STEPS

These one-steps are done with the same process as the White Belt One-steps. The differences are in the attacks. The attack for one-step 1 is a Right Lunge punch. The attack for one-step 2 is a Right Overhand Knifehand. The attack for one-step 3 is a Left Lunge punch. And the attack for one-step 4 is a Left Overhand Knifehand.

One-step 1

1. Step to the left and set in a Left Tiger's stance with a Guarding block...
2. Do a Right (lead leg) Round kick to the midsection...

3. (without setting the foot down) Do a Right Side kick to the knee...

4. (without setting the foot down) Do a Right Side kick to the midsection.

5. Set down in a Back stance behind your partner.

One-step 2

1. Remain in the Ready stance and do a High "X" block with Right hand nearest to your face...

2. Bring the attacker's arm around and down to your waist maintaining control of the hand...

3. Do a Right Front snap kick to the midsection or face ...

4. Set down 90° to the right in a Right Forward stance doing a Left Forearm strike above the attacker's elbow.

One-step 3

1. Step toward the attacker turning right 90° and setting in a Kimasse stance doing a Double forearm block...

2. Place the Right palm on the Left fist and extend the Left arm across to the right...

3. Do a Left Elbow strike to the solar plexus..

4. Then quickly pivot to a Left half-kimasse stance doing a Left Backfist to the face.

One-step 4

1. Step forward to the outside of your partner's stance into a Right Forward stance doing a Right Rising block with a Knifehand and a Left Palm Heel strike to the groin...

2. Pull the Left hand back in a fist above the left shoulder while pivoting to a Left Back stance.

3. Pivot back to a Right Forward stance while doing a Left Palm Heel strike to the face with a loud Kiap.