



Bong Hyung E Bu



Start the Hyung from a Choon Bee position holding the staff horizontal at waist level.

1. Turn 90 degrees to left into Left leg forward into front stance execute a low block, immediately followed by a centre block (same stance).
2. Step Right leg forward into front stance execute a centre strike to the left.
3. Turn 180 degrees backward into Right leg forward front stance execute a low block, immediately followed by a centre block (same stance).
4. Step Left leg forward into front stance execute a centre strike to the right.
5. Turn 90 degrees into left leg forward front stance executing a low block, immediately followed by a centre block (same stance).
6. Move bong to right side and rotate bong forward, turning to left, continue to turn backwards, rotating bong to end in left leg forward front stance executing a centre block .
7. Step Right leg forward into front stance execute a poke to the solar plexus, **Ki Hap**.
8. Turn 270 degrees backwards into left leg forward front stance, executing a low block immediately followed by a centre block (same stance).
9. Step Right leg forward into front stance execute a centre strike to the left.
10. Turn 180 degrees backwards into right leg forward front stance while executing a low block, immediately followed by a centre block (same stance).
11. Step Left leg forward into front stance execute a centre strike to the right.



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12. Turn 90 degrees into left leg forward front stance executing a low block, immediately followed by a centre block (same stance).
13. Step right leg forward into horse-riding stance executing a strike to the right side.
14. Start to rotate bong at right side while turning backwards to left ending in left leg forward front stance, executing a centre block.
15. Step Right leg forward into front stance execute a poke to the solar plexus, **Ki Hap**.
16. Turn 270 degrees backwards into left leg forward front stance, executing a low block immediately followed by a centre block (same stance).
17. Step Right leg forward into front stance execute a centre strike to the left.
18. Turn 180 degrees backwards into right leg forward front stance while executing a low block, immediately followed by a centre block (same stance).
19. Step Left leg forward into front stance execute a centre strike to the right
20. Bring left leg back to return to Choon Beh.