



Bong Hyung Il Bu



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

1. Step Left leg forward into front stance execute a low block
2. Step Right leg forward into front stance execute a centre block.
3. Step Left leg forward into front stance execute a low block, immediately followed by a centre block, then high block.
4. Execute a front kick, **Ki Hap**, landing in right leg forward front stance while executing a low block.
5. Turn 180 degrees into left leg forward front stance executing a low block.
6. Step Right leg forward into front stance execute a centre block.
7. Step Left leg forward into front stance execute a low block, immediately followed by a centre block, then high block.
8. Execute a front kick, **Ki Hap**, landing in right leg forward front stance while executing a low block.
9. Turn 270 degrees backwards into left leg fighting stance while executing a low block, immediately followed by a high block (same stance).
10. Turn 180 degrees backwards into right leg fighting stance while executing a low block, immediately followed by a high block (same stance).
11. Turn 90 degrees to left into front stance while executing a low block immediately followed by a high block (same stance).
12. Execute a right leg front kick, **Ki Hap**, bringing the right leg back into front stance, immediately execute a double strike first to right then to left.
13. Bring left leg back to return to Choon Beh