

Bong Hyung Sah

- 1) Start in Choon Bee, step left left back whilst executing an left side upward strike followed immediately with a right hand upward strike.
- 2) Repeat the left side upward strike followed immediately with a right hand upward strikes remaining in the same stance.
- 3) Repeat the technique a third time, and then step left leg forward into front stance executing a low block.
- 4) Step right leg forward into side stance executing a right hand centre strike.
- 5) Turn 180 degrees backwards into left leg forward front stance executing a low block followed immediately by a high block.
- 6) Execute a right leg front kick and land in side stance executing a right side low block.
- 7) Step right leg in front of left into cross leg stance whilst executing a high block.
- 8) Step left leg out into side stance while executing a left side low block, then immediately skip to left in side stance and execute a further left side low block.
- 9) Turn stepping right leg back into front stance while executing a two hand centre strike to the right side.
- 10) Rotate the bo staff on the left side while stepping right leg forward into a modified front stance, then rotate the bo staff to the right side while jumping through to end right leg back in front stance, executing a high block.
- 11) Execute a right leg front kick followed by a centre strike to the right, immediately make a centre strike to the left while executing a right leg jump front kick. Land in right leg front stance executing a low block.
- 12) Turn back wards 270 degrees into side stance execute a low block to the left, skip to the right in side stance and execute a low block to the right.
- 13) Jump to left while completing a 360 degree spin with bo staff held above the head (helicopter spin) landing in side stance executing a low block to the left.
- 14) Step left leg in front of right into cross leg stance and execute a high block.
- 15) Step right leg out into side stance executing a low block to right side.
- 16) Remain in stance and execute an upward strike with the rear of the staff, then step left leg back into fighting stance while executing a centre strike to right, bo staff is held in right hand, left hand executes a knife hand block.
- 17) Next execute a 360 degree jump back crescent kick with right leg which strikes the left hand followed by a one hand (bo staff in right hand) centre strike to right side.
- 18) Followed immediately by a two hand centre strike to right side whilst shifting into right leg forward front stance.