



# Bong Hyung Sam 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 front stance, executing a low block, immediately followed by a high block (same stance).
2. Execute a Right leg front kick landing in right leg forward front stance, execute a double centre strike to the right, then left.
3. Turn 180 degrees backward into Right leg forward front stance executing a low block, immediately followed by a high block (same stance).
4. Execute a Left leg front kick landing in left leg forward front stance execute a double centre strike to the left, then right.
5. Turn 90 degrees into left leg forward front stance executing a low block.
6. Step right leg forward into side stance, execute a side block.
7. Turn 360 degrees backwards into front stance executing a low block, immediately jump up, switching to side stance while executing a side block, **Ki Hap**.
7. Turn 90 degrees backwards into left leg forward front stance executing a low block.
8. Step right forward into horse-riding stance, executing a poke to the right (mid section).
9. Turn 180 degrees into left leg forward front stance execute a low block.
10. Step right forward into horse-riding stance, executing a poke to the right (mid section).
11. Step Left leg forward into front stance execute a low block.
12. Step right leg forward into side stance, execute a side block.



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13. Turn 360 degrees backward into left leg forward front stance executing a low block, followed immediately by a high block.
14. Execute a double strike to the right, then left, followed immediately by a turning side kick, **Ki Hap**. Turn 180 degrees into left leg fighting stance executing a low block.
15. Slide left leg forward into front stance executing a centre strike to the left.
16. Bring left leg back to return to Choon Beh.