

Bong Jeontu

봉 전투

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

1. Step left leg back into fighting stance execute an upward strike with the left side of staff followed by a centre strike from right to left then a centre strike left to right.
2. Slide forward into front stance executing a high block.
3. Execute a left leg front kick, landing in left leg forward fighting stance executing a double head strike (right then left).
4. Execute a right leg roundhouse landing in horse-riding stance, then execute a poke to the right with a **KI HAP**.
5. Turn to left executing an upward strike with the right side of the staff followed by a centre strike from left to right then a centre strike from right to left.
6. Slide forward into front stance executing a high block.
7. Execute a right leg front kick, landing in a right leg forward fighting stance executing a double head strike (left then right).
8. Execute a left leg roundhouse landing in horse-riding stance, then execute a poke to the left with a **KI HAP**.
9. Turn to right into fighting stance while executing one handed strike with staff in right hand, left hand executes an in to out knife hand block.
10. Execute a jump 360 outside to inside kick striking left hand (**KI HAP**) followed by a centre block.
11. Step left leg forward into front stance executing centre strike to right.
12. Step right leg forward into horse riding stance, execute a head strike, followed by a turning back poke, in cross leg stance, then immediately rotate the bong overhead in the right hand and execute a low block to the right, staff held in right hand, left hand across the body as in fighting stance.
13. Move right leg back into left leg forward fighting stance executing an upward groin strike, immediately slide left leg forward into left leg forward lowest stance followed by a strike to the knee.
14. Shift into left leg forward front stance while executing a centre poke, change into horse riding stance facing to right, while executing a high block, immediately step left leg forward into back stance execute centre strike.
15. Step forward into right leg front stance executing a right to left head strike, step forward into left leg front stance executing a left to right strike to the head. Immediately (fast) turn to right 180 degrees into back stance executing a low block.
16. Step forward into left leg forward fighting stance execute low block immediately followed by centre block, followed by a head strike from right to left.

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17. Execute a groin/chin strike combination, turn backwards execute a right leg back kick landing in right leg forward front stance executing a centre poke to solar plexus with **KI HAP**.
18. Step left leg backward (270 degrees) into left leg forward fighting stance executing a centre block.
19. Execute a centre strike to left, immediately followed by a right leg side kick, and centre poke in horse riding stance, follow this with a step side kick, and second centre poke with **KI HAP** in horse riding stance.
20. Turn 180 degrees execute low block in left leg front stance.
21. Step right leg forward into fighting stance execute a side block (staff vertical), followed by a groin strike, then a head strike right to left, in right leg forward front stance, finally execute a high block.
22. Execute a right leg jump front kick **KI HAP**, followed by a centre block in right leg forward fighting stance.
23. Step left leg forward into fighting stance executing a downward strike, continue a 360 degree turn into right leg forward front stance, execute a poke to the solar plexus, followed by a head strike from left to right.
24. Step forward into fighting stance, execute low block, followed by a triple strike left, right, left, then execute a right leg outside to inside blocking kick, followed by spinning back kick, ending in left leg forward front stance executing a right to left centre strike **KI HAP**.
25. Shift into horse riding stance, executing a low side block to right, and repeat low side block to left.
26. Execute a 360 degree spin to right with staff held above head (helicopter spin) ending in a low block to the right.
27. Step right leg back into fighting stance executing centre strike to right, immediately step left leg back into fighting stance executing centre strike to left.
28. Execute a back kick with left leg, landing in left leg forward front stance and execute a poke to the solar plexus **KI HAP**.

Step back to return to Choon Beh

(This Bong Hyung has been conceived to demonstrate a sequence for fighting moves, which has lead to the name of the hyung. Jeontu means battle, fighting, or conflict.)