

# Alternative Bong Hyung 1

Starting from Choon Be

- 1 Look and turn 90 degrees left into front stance executing a left hand low block.
- 2 Step forward into a right leg front stance, executing a midsection strike to the right, followed by a mid section strike to the left, and then a second mid section strike to the right.
- 3 Turn 180 degrees backwards into right leg front stance executing a right hand low block.
- 4 Step forward into left leg front stance executing a mid section strike to the left, followed by a mid section strike to the right, and then a second mid section strike to the left.
- 5 Turn 90 degrees left into a left leg front stance executing a left hand low block, followed by a high block.
- 6 Execute a right leg front kick landing in right leg front stance while executing a right hand low block followed immediately by a high block.
- 7 Execute a left leg front kick landing in left leg front stance while executing a left hand low block followed immediately by a high block.
- 8 Execute a right leg front kick with ki hap, landing in right leg front stance while executing a right hand low block.
- 9 Turn 270 degrees backwards into left leg front stance executing a left hand low block followed by a mid section strike to the left.
- 10 Step forward into right leg front stance executing a high block/strike.
- 11 Turn 180 degrees backwards into right leg front stance executing a right hand low block, followed by a mid section strike to the right.
- 12 Step forward into left leg front stance executing a high block/strike.
- 13 Turn 90 degrees left into a left leg front stance executing a left hand low block.
- 14 Step forward into a right leg front stance executing a mid section strike to the left.
- 15 Step forward into a left leg front stance executing a mid section strike to the right.
- 16 Step forward into a right leg front stance executing a mid section strike to the left with ki-hap.
- 17 Turn 270 degrees backwards into a left leg front stance executing a left hand low block followed by a mid section strike to the left.
- 18 Step forward into a right leg front stance executing a high block/strike.
- 19 Turn 180 degrees backwards into a right leg front stance executing a right hand low block followed by a mid section strike to the right.
- 20 Step forward into a left leg front stance executing a high block/strike.
- 21 Move left leg back returning to Choon Be stance.

## Alternative Bong Hyung 2

Starting from Choon Be

- 1 Look and turn 90 degrees left into front stance executing a left hand low block.
- 2 Step forward into a right leg front stance executing a mid section strike to the left.
- 3 Turn 180 degrees backward into a right leg front stance executing a right hand low block.
- 4 Step forward into a left leg front stance executing a mid section strike to the right.
- 5 Turn 90 degrees to left into a left leg front stance executing a left hand low block.
- 6 Step right leg forward into a horse riding stance executing a high strike to the throat (two handed).
- 7 Slide the left leg behind the right into a cross leg stance whilst executing a right hand low block.
- 8 Turn 180 degrees backwards into a left leg front stance executing a left hand low block followed by a high block.
- 9 Execute a right leg front kick with ki-hap and land in a right leg front stance executing a right hand low block.
- 10 Turn 270 degrees backwards into left leg front stance executing a left hand low block.
- 11 Step forward into right leg front stance executing a mid section strike to the left.
- 12 Turn 180 degrees backwards into right leg front stance executing a right hand low block.
- 13 Step forward into left leg front stance executing a mid section strike to the right.
- 14 Turn left 90 degrees into left leg front stance, executing a left hand low block.
- 15 Step right leg forward into horse riding stance executing a high strike to the throat (two handed).
- 16 Slide the left leg behind the right into a cross leg stance whilst executing a right hand low block.
- 17 Turn 180 degrees backwards into a left leg front stance executing a left hand low block followed by a high block.
- 18 Execute a right leg front kick with ki-hap and land in a right leg front stance executing a right hand low block.
- 19 Turn 270 degrees backwards into a left leg front stance executing a left hand low block.
- 20 Step forward into a right leg front stance executing a mid section strike to the left.
- 21 Turn 180 degrees backwards into right leg front stance executing a right hand low block.
- 22 Step forward into a left leg front stance executing mid section strike to the right.
- 23 Move left leg back returning to Choon Be..