

CHIP JANG:

TOWARD A:

1. While facing D slide L foot to A forming RF STANCE at same time do R Lifting & Low Pressing BLOCKS

TOWARD D:

1. Slide L foot forward into LF STANCE at same time perform L Lifting & R Low Pressing BLOCKS

TOWARD B:

1. Move R foot to B forming RB STANCE w/ R Knife Hand BLOCK (L fist in chamber)

TOWARD D:

1. Move R foot to D forming RB STANCE w/ R Knife Hand BLOCK
2. Move L foot to D forming LB STANCE w/ L Knife Hand BLOCK
3. Move R foot to D forming RB STANCE w/ R Knife Hand BLOCK

TOWARD A:

1. Move R foot toward A in front of L foot forming RX STANCE facing C, at same time bring both hands in front of face, open palms facing C in Open Hand X BLOCK
2. Move L foot into H STANCE w/ Downward BLOCKS on both sides of body at same time
3. Same as 1 above
4. Same as 2 above except BLOCK used is W BLOCK

TOWARD D:

1. Form X in front of Solar Plexus
2. Turn 180 degrees cw facing B, using a L Crescent KICK then form H STANCE w/ W BLOCK
3. Turn 180 degrees cw facing C, using a R Crescent KICK then form H STANCE w/ W BLOCK
4. Turn 180 degrees ccw pivoting on L foot and forming Ready STANCE facing C

TOWARD E:

1. Bring L foot to R knee and step out 45 degrees from center line forming LF STANCE w/ L Low Pressing & R Lifting BLOCKS at same time
2. Bring R foot to L knee and step out 90 degrees forming RF STANCE w/ R Low Pressing & L Lifting BLOCKS at same time

TOWARD G:

1. Pivot on R foot 315 degrees ccw facing G, form L Fixed STANCE R Palm Grasp to groin at same time L Knife Hand is brought to R shoulder

2. Keep feet in place, shift weight to form LB STANCE at same time do L Downward Knife Hand STRIKE to groin and R High Back Fist STRIKE to your rear at level of your head
Keep hands as in 2 above and bring L foot to R foot

TOWARD C:

1. Step to C w/ R foot forming R Fixed STANCE w/ L Palm Grasp to groin at same time R Knife Hand is brought to L shoulder
2. Keep feet in place, shift weight to form RB STANCE at same time do R Downward Knife Hand STRIKE to groin and L High Back Fist STRIKE to your rear at level of your head
Keep hand as in 2 above and bring R foot to L foot

TOWARD D:

1. Step out w/ L foot into LF STANCE w/ L High BLOCK
2. Step forward w/ R foot into RF STANCE w/ R Center PUNCH

TOWARD A:

1. Pivot 180 degrees ccw on L foot facing A forming LF STANCE w/ L High BLOCK
2. Step forward w/ R foot into RF STANCE w/ R Center PUNCH
3. Step forward w/ L foot into LF STANCE w/ L Knife Hand BLOCK
4. Step forward w/ R foot into RF STANCE w/ R Knife Hand BLOCK
5. Step forward w/ L foot into LF STANCE w/ L Center PUNCH
Keep R foot in place and pivot 180 degrees ccw facing D in Ready STANCE

CHUNBI

