



Choong Jung 1: "All things turn out to be perfect and beautiful."

1. Left foot steps out into a middle stance, right arm chambers out, left UPSET PALM HEEL.
2. Chamber left arm out, right REVERSE PUNCH (don't step).
3. Left PUNCH (don't step and keep this arm out for your next chamber).
4. Left foot steps to right foot, right foot steps out into a middle stance, right UPSET PALM HEEL.
5. Chamber right arm out, left REVERSE PUNCH (don't step).
6. Right REVERSE PUNCH (don't step).
7. Right foot steps backwards into a back stance, reach arms behind right side, DOUBLE KNIFE HAND BLOCK.
8. Right arm chambers low, left hand chambers on right shoulder, CONCENTRATION KNIFE HAND HIGH/LOW BLOCK.
9. Right SIDE KICK (kicking leg lands in front).
10. Left foot turns backwards (180) into a back stance, right hand chambers low, left hand chambers on right shoulder, KNIFEHAND HIGH/LOW BLOCK.
11. Right foot steps up to left foot, turn left (90), left foot steps into a front stance, right CONCENTRATION REVERSE PUNCH.
12. Right FRONT KICK, KI-HAP! (don't set foot down, roll hip over).
13. RIGHT ROUND KICK (kicking leg lands in front of you into a back-stance).
14. Chamber both hands behind you high, DOUBLE KNIFEHAND BLOCK.
15. Right foot picks up and moves into a front stance, chamber right arm out, left UPSET KNIFEHAND STRIKE.
16. Left foot moves into a rear-stance, chamber, left UPSET RIDGE HAND STRIKE.
17. Left foot steps forward into a back-stance, right hand chambers out, left SPEAR HAND.
18. Left JUMP OUTER CRESENT KICK (kicking leg lands in front).
19. (Back stance), left arm chambers out, right REVERSE PALM HEEL.
20. Right foot steps up to left foot into a closed stance, HIGH X BLOCK.
21. Give yourself a hug, right KNIFEHAND STRIKE (head level).
22. Chamber right hand in front, left PUNCH, **KI-HAP!**
23. Right leg steps backwards (180) into a middle stance, chamber both arms above head, right DOUBLE LOW BLOCK.
24. Left foot steps up to right foot, jump up with both legs, right SIDE KICK (land in sparring stance).
25. Reach both arms behind left side, right DOUBLE OUTER FOREARM BLOCK.
26. Left leg steps backwards (180) into a middle stance, chamber both arms above head, left DOUBLE LOW BLOCK.
27. Right foot steps up to left foot, jump up with both legs, left SIDE KICK (land in sparring stance).
28. Reach both arms behind right side, DOUBLE OUTER FOREARM BLOCK.
29. Right leg steps back (90) into rear stance, hug yourself, right UPSET RIDGE HAND STRIKE.
30. Right foot steps forward into a back stance, left arm chambers out, right SPEAR HAND.
31. Right JUMP OUTER CRESCENT KICK (kicking leg lands in front).
32. (Back stance), right arm chambers out, left REVERSE PALM HEEL, **KI-HAP!**
33. Left foot steps up to right foot into a closed stance, HIGH X BLOCK.
34. Give yourself a hug, left KNIFEHAND STRIKE (head level).
35. Chamber your LEFT hand in front of you, right PUNCH (keep this hand out for next chamber).
36. Right foot steps backwards (270) into a front stance, left CONCENTRATION REVERSE PUNCH.
37. Left FRONT KICK (don't set foot down, roll hip over).
38. Left ROUND KICK (kicking leg lands in front in a back stance).
39. Chamber both arms above your head, left DOUBLE KNIFEHAND LOW BLOCK.
40. Left steps into a front stance, left arm chambers out, right UPSET KNIFEHAND STRIKE.
41. Right foot steps to left foot, left foot steps back into a back stance, reach arms behind left side, DOUBLE KNIFEHAND BLOCK.
42. Left hand chambers low, right arm chambers on left shoulder, CONCENTRATION KNIFEHAND HIGH/LOW BLOCK.
43. Left SIDE KICK (kicking and landing behind you).
44. Right leg steps back (180) into a back stance, left hand chambers low, right hand chambers on left shoulder, KNIFEHAND HIGH/LOW BLOCK.