



Choong Jung 2: "All things turn out to be perfect and beautiful"

1. Right foot steps right into a back stance, CONCENTRATION KNIFE HAND SQUARE BLOCK.
2. Left leg steps into a back stance (facing opposite direction), CONCENTRATION KNIFE HAND SQUARE BLOCK.
3. Right foot steps to the left foot, left foot steps forward into a back stance, left LOW BLOCK.
4. Raise left arm, right REVERSE PUNCH.
5. Right foot steps forward into a back-stance, right LOW BLOCK.
6. Raise right arm, left REVERSE PUNCH.
7. Left ROUND KICK toward your left side (re-chamber that kick for a side kick).
8. Left SIDE KICK (set kicking leg down in front stance).
9. Reach arms back to right side, DOUBLE INNER FOREARM BLOCK.
10. Chamber left arm out, right REVERSE UPSET PUNCH.
11. Chamber left arm out, left leg steps to right, right foot steps forward into a back stance, right PALM HEEL STRIKE, **KI-HAP!**
12. Close right hand into a fist, move entire arm left (90), left PALM HEEL STRIKE.
13. Hands up, left FRONT KICK (land with your feet together).
14. Turn right (180), step out with right leg into a middle stance, right HORIZONTAL BACK ELBOW STRIKE.
15. Right leg adjusts into back stance, KNIFE HAND SQUARE BLOCK (right arm out, left high).
16. Jump change, (land in a back stance), reach hands back to right side, DOUBLE OUTER FOREARM BLOCK.
17. Left JUMP ROUND KICK (left leg lands in front in sparring stance).
18. Reach hands back to right side, DOUBLE OUTER FOREARM BLOCK.
19. Right leg turns backwards (90) into a rear stance, right DOUBLE KNIFE HAND LOW BLOCK.
20. Right adjusts into a middle-stance, right LONG RIDGE HAND STRIKE.
21. Left REVERSE HOOK KICK, **KI-HAP!** (kicking leg lands in front in a back stance).
22. Chamber left arm out, right REVERSE PUNCH.
23. Left RIDGE HAND STRIKE.
24. Right ROUND KICK (re-chamber for a side kick).
25. Right SIDE KICK (land in a front stance).
26. Reach hands back to left side, DOUBLE INNER FOREARM BLOCK.
27. Chamber right arm out, left REVERSE UPSET PUNCH.
28. Right foot steps toward the left, left foot steps forward into back stance, left PALM HEEL STRIKE.
29. Close your left hand to a fist, move entire arm right (90), right PALM HEEL STRIKE.
30. Right FRONT KICK (feet land together).
31. Left foot steps sideways into middle stance, left HORIZONTAL BACK ELBOW STRIKE, **KI-HAP!**
32. Left leg picks up and adjusts into a back-stance, KNIFE HAND SQUARE BLOCK.
33. Jump change, land in a back stance, DOUBLE OUTER FOREARM BLOCK.
34. Right JUMP ROUND KICK (right leg lands in front).
35. (Sparring stance), reach hands back to left side, DOUBLE OUTER FOREARM BLOCK.
36. Left foot steps forward into rear stance, left DOUBLE KNIFE HAND LOW BLOCK.
37. Left foot picks up and adjusts into a middle-stance, left LONG RIDGE HAND STRIKE.
38. Right REVERSE HOOK KICK (kicking leg lands in front in a back stance).
39. Chamber your right arm out, left REVERSE PUNCH.
40. Right RIDGE HAND STRIKE.
41. Left foot steps up to right, turns right (90), right leg steps back into front stance, LOW X BLOCK.
42. Right FRONT KICK (kicking leg lands behind into front stance).
43. HIGH KNIFE HAND X BLOCK.
44. Left foot steps backward into a front stance, LOW X BLOCK.
45. Left FRONT KICK (kicking leg lands behind in front stance).
46. HIGH KNIFE HAND X BLOCK.