

Chun – Ji

1. Step Left (L) to L front stance – L high block - #2 front kick/advance
Right (R) – front stance/R punch
2. Turn clockwise (cw) 180 degrees (deg's.) Step to R front stance – R high
block - #2 front kick/advance L – front stance/L punch
3. Turn counter clockwise (ccw) 90 deg's Step to L front stance – L high
block - #2 front kick/advance R – front stance/R punch
4. Turn cw 180 deg's Step to R front stance – R high block - #2 front
kick/advance L – front stance/L punch
5. Turn ccw 90 deg's Step to R back stance – L inner-forearm block - #2
front kick/advance R – front stance/R punch
6. Turn cw 180 deg's Step to L back stance – R inner-forearm block - #2
front kick/advance L – front stance/L punch
7. Turn ccw 90 deg's Step to R back stance – L inner-forearm block - #2
front kick/advance L – front stance/L punch
8. Turn cw 180 deg's Step to R back stance – L inner-forearm block - #2
front kick/advance R – front stance/R punch
9. Advance to L front stance/L punch
10. Retreat to R front stance/R punch
11. Retreat to L front stance/L punch – chum-bi