

## CHOONG – JANG

Ready Stance holding right fist in left hand

1. Step out with your right leg into a horse stance while placing the right arm low and left arm high. On landing, do a Right Middle Block Outward and Simultaneous Low Block.
2. Staying in the Horse Stance, do a Simultaneous Left Middle Block Outward/Low Block.
3. Place the left arm in a chamber and right fist over the left fist, while drawing the right foot to the left foot. Once the feet are together, chamber the right arm as you punch straight across with the left fist.
4. Step forward with your left leg and do a Right Reverse Double Finger Strike to the eyes.
5. Step forward to a Front Stance and do Left Reverse Double Finger Strike to the eyes.
6. WITHOUT stepping, draw your right fist to your ear, and dropping the left arm across your chest, do a Right Backfist Strike, ending with your Right Elbow resting on the left arm.
7. Step forward to a Front Stance and do a Left Rising Block.
8. Step forward and do Right Middle Punch.
9. As you turn counterclockwise, moving the right leg back, slide into a Back Stance and execute a Left Guarding Block.
10. Do a Reverse Front Kick, landing in a Front Stance.
11. In the Front Stance, do a right spearhand, eye level .
12. Drop your left knee to the floor, with right knee drawn into a Roundhouse Kick Chamber, while placing both hands on the ground on your left side. Do a High Roundhouse Kick from the floor.
13. Shift your upper body forward, and draw your right fist back. Keeping your left hand on the ground, do a Right High Punch.
14. Stand up, but as you do, turn 180 degrees clockwise landing in a Back Stance, left foot sideways. Looking over your left shoulder, do a twin elbow strike to the rear.
15. Turning 180 degrees counterclockwise, land in a Back Stance and do a Right Guarding Block.
16. Step back with your right leg and land in a Back Stance and do a Left Upward Palm Heel Block.
17. Step Back with the left leg and land in a Back Stance, and do a Right Knife Hand Strike.
18. Turn 180 degrees counterclockwise, landing in a Left Front Stance and do a Crossing Low Block.
19. Grab opponent's head with both hands and draw your right knee up as you bring hands down.
20. As you lower your leg, turn 180 counterclockwise and land in a Back Stance and do a Left Knifehand Guarding Block.
21. Move the back (right) foot forward , turning 180 degrees counterclockwise and landing in a Back Stance, do a Twin Elbow Strike.
22. Rotating the body 180 degrees clockwise land in a Back Stance and do a Knifehand Guarding Block.
23. Do a Right Side Kick.
24. Drop the right foot alongside the left foot in a Cat Stance, and do a Two Palm Block with wrists touching and hands bent in an arc. Your knees should both be bent with the body leaning forward.
25. Move the right leg forward to a Right Front Stance and do a Right Middle Block Inward, immediately followed by a Right Backfist Strike.
26. Rotate the body 180 degrees counterclockwise and land in a Back Stance and do a High Spearhand Strike.
27. Do a Right Pulling Front Kick.

28. As you lower your right leg, turn your body 180 degrees counterclockwise and land in a Front Stance. Simultaneously, slowly draw both fists alongside your right waist with the left fist on top of the right.
29. Move the Left Leg across to a Back Stance and do a Left Strike with the back of your hand.
30. Bring your left hand, palm open in front of you and punch into the hand with your right fist.
31. Move the right foot forward and land in a Back Stance and do a Back Hand Strike with the right hand.
32. Do a left Punch into your right open hand.
33. Rotate the body 180 degrees to the left and land in a Back Stance and do a Left Knifehand Strike, shoulder high.
34. Shift your front foot to the left into a Front Stance, simultaneously grab with your left hand and strike your right elbow into your open left hand.
35. Step forward into a Back Stance and do a Right Knifehand Strike.
36. Shift your front foot into a Front Stance and grab with your open right hand and strike the left elbow into the right hand.
37. Rotate 180 degrees counterclockwise and land in a Back Stance and execute a Low Ridgehand Guarding Block.
38. Shift the front foot to the left into a Front Stance and do a Circle Nine Block, start with the right hand on the bottom and rotate it to the top.
39. Move the back foot forward to a Back Stance and do a low Ridgehand Guarding Block.
40. Move the front foot over to a Front Stance and do a Circle Nine Block.
41. Raise both arms in front of you as Knifehands and step BACK to a Front Stance. When you land, simultaneously do two Knifehand Outward Strikes.
42. Maintain the stance and do a Right Reverse Arc Hand Strike to the throat.
43. Do a Reverse High Front Kick, landing in a Front Stance.
44. Left Reverse Arc Hand Strike to the throat.
45. Left Reverse High Front Kick.
- 46 – 47. Right Reverse High Punch, followed by Left High Punch.
48. Draw your back foot forward to the front foot, standing with both feet together, do simultaneous twin punches to the head.
49. Turn 270 degrees counterclockwise and land in a Front Stance and do a Low Left Knifehand Block.
50. Right Reverse Palm Heel Strike to the head.
51. Draw your Left Knifehand to your ear for a Low Knifehand Block and step across with your front foot while turning. Do a Low Knifehand Block.
52. Left Reverse Palm Heel Strike to the head.

Draw the left foot to the right as you turn left. Stand in the same Ready Stance you assumed in the beginning of the form.