

Bo Chun

Gold belt

Second form

From Jhoon-bi position:

- 1) Left turn down block with left hand.**
- 2) Step forward into front stance high punch with right hand.**
- 3) Turn around 180 degrees (towards arm) right arm down block in front stance.**
- 4) Step forward into front stance high punch with left hand.**
- 5) Half turn to left (90 degrees) - front stance down block with left hand.**
- 6) Step forward into front stance high punch with right hand.**
- 7) Step forward into front stance high punch with left hand**
- 8) Step forward into front stance high punch with right hand.**
- 9) 270 degree turn into Back stance left forearm block.**
- 10) Step into front stance - front kick with back (right) leg - as step down punch with right hand.**
- 11) Turn to right into back stance, right hand in forearm block**
- 12) Step into front stance - front kick with back (left) leg - as step down punch with left hand.**
- 13) Left turn down block with left hand.**
- 14) Step forward into front stance high punch with right hand.**
- 15) Step forward into front stance high punch with left hand.**
- 16) Step forward into front stance high punch with right hand.**
- 17) 270 degree turn around to right into back stance left arm in double knife hand strike.**
- 18) Step forward into front stance high punch with right hand.**
- 19) Turn around 180 degrees (towards arm) into back stance in double knife stance.**
- 20) Step forward into front stance high punch (with left hand).**

Return to Jhoon-bi

Note: This form has pressure point applications that are not taught to kids or mentioned above