

Chung_gun

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Feet together	Left hand covering right fist and chest level
2	Left knife-hand block with yell	W	Step out with left foot into a left back stance	Left knife-hand block
3	Left leg front kick	W	Left leg front kick	Chamber for right hand palm block
4	Right palm-heal block	W	Step foreword with right foot into a right cat stance	Right palm-heal block
5	Right knife-hand block	E	Move right foot while pivoting on left foot. Rotate 180 degrees and step into a right back stance.	Right knife-hand block
6	Right leg front kick	E	Right leg front kick	Chamber for left hand palm block
7	Left palm-heal block	E	Step foreword with left foot into a left cat stance	Left palm-heal block
8	Left knife-hand guarding block	N	Step back with the left foot and rotate 90 degrees to the left. Step into a left back stance	Left knife-hand guarding block
9	Right elbow strike	N	Move Left foot and step into a left front stance	Right elbow strike
10	Right knife-hand guarding block	N	Step foreword into a right front stance	Right knife-hand guarding block
11	Left elbow strike	N	Move Right foot and step into a right front stance	Left elbow strike
12	Double fist strike	N	Step foreword into a left front stance	Double fist strike
13	Double upper-cut strike with yell	N	Step foreword into a right front stance	Double upper-cut strike
14	High cross-block	S	Rotate on right foot while moving left foot. Rotate 180 degrees into a left front stance	High cross-block
15	Left back-fist strike	E	Step back with left foot into a left back stance	Left back-fist strike
16	Left inside forearm block	E	Move left foot stepping into a left front stance	Left inside forearm block
17	Right reverse punch	E	Don't move feet	Right reverse punch
18	Right back-fist strike	W	Step back with left foot to right. Step out with right foot into a right back stance	Right back-fist strike
19	Right inside forearm block	W	Move right foot stepping into a right front stance	Right inside forearm block
20	Left reverse punch	W	Don't move feet	Left reverse punch
21	Left reinforced outside forearm block	S	Move right foot back to left. Step out with left foot into a left front stance	Left reinforced outside forearm block
22	Left lunge punch	S	Move left foot to the right. Step into a left back stance	Left lunge punch
23	Right leg side kick landing in a right reinforced outside forearm block	S	Step foreword with right foot. Step right into the chamber position and side kick. Re-chamber and step out into a right front stance.	Right reinforced outside forearm block, after the side kick
24	Right lunge punch	S	Move right foot to the left Step into a right back stance	Right lunge punch
25	Left leg side kick landing in a left guarding block	S	Step foreword with left foot. Step left into the chamber position and side kick. Re-chamber and step out into a left back stance.	Left guarding block, after the side kick
26	Palm press block	S	Left foot steps out into a left front stance	Left hand drops, palm press block
27	Right guarding block	S	Step foreword into a right back stance	Right guarding block
28	Palm press block	S	Right foot steps out into a right front stance	Right hand drops, palm press block
29	Right cross punch	N	Step left foot to right foot	Right cross punch
30	Right staff block	E	Step out with right foot into a right back stance	Right staff block
31	Left staff block with yell	W	Step back with right foot to left, then step out with left foot into a left back stance	Left staff block