# CHON-JI HYUNG

# 1st Form

02/01/2015

LOFB = low outer-forearm block  MIFB = middle inner-forearm block  MLGP = middle lunge punch

All stances are forward stances, except the four back stances with the (MIFB) middle inner-forearm blocks #9, 11, 13 & 15.

♣ = move left foot to forward to END

★ = Kiai

Ready  1 LOFB  2 MLGP  3 LOFB  4 MLGP  5 LOFB  6 MLGP

7 LOFB  8 MLGP  9 MIFB  10 MLGP  11 MIFB  12 MLGP  13 MIFB

14 MLGP  15 MIFB  16 MLGP  17 MLGP  18 MLGP  19 MLGP  END ♣

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