



Chungi- 19 moves

Meaning- Means literally the “Heaven & Earth.” It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts- one to represent the Heaven and the other the Earth.

1. Step out with left foot towards D into a front stance, executing a left arm low section block.
2. Step toward D with right foot into a front stance, executing a right hand middle punch.
3. Bring right foot back to left, pivot clockwise toward C. Step out with right foot into a front stance, executing a right arm low section block.
4. Step toward C with the left foot into a front stance, executing a left hand middle punch.
5. Bring left foot back to right foot, pivot counter-clockwise toward A. Step out with the left foot into a front stance executing a left arm low section block.
6. Step forward with right foot into a front stance, executing a right hand middle punch.
7. Bring right foot back to left foot, pivot clockwise toward B. Step out with right foot in a front stance, executing a right arm low section block.
8. Step forward with left foot in a front stance, executing a middle punch.
9. Bring left foot back to right. Step out with left foot to C forming a back stance, executing a left inner forearm block
10. Step out to C with right foot into a front stance, while executing a right hand middle punch.
11. Bring right foot back to left, pivot clockwise toward D. Step out with right foot forming a back stance while executing a right arm inner forearm block.
12. Step out to D with left foot into a front stance, while executing a left hand middle punch.
13. Bring left foot back to right step out with the left foot toward B forming a back stance, while executing a left arm inner forearm block.
14. Step out to B with right foot into a front stance, while executing a right hand middle punch.

15. Bring right foot back to left, pivot clockwise toward A. Step out with right foot forming a back stance, executing a right inner forearm block.
16. Step out to A with the left foot in a front stance, executing a left hand middle punch.
17. Step out to A with the right foot in a front stance, executing a right hand middle punch.
18. Step back toward B with right foot, still facing A, while executing a left hand middle punch
19. Step back toward B with left foot, still facing A, while executing a right hand middle punch.
Step up with left foot to Chumbi.