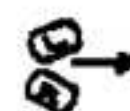


STARTING POSITION: Face west in position of attention.

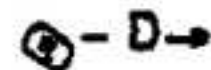
JONG HOW : Six moves.

1. With a circular motion bring both hands up from your sides over your head. Cross hands in front of you. Left palm down and the right palm up. Move hands to shoulders with palms out. Simultaneously bend the knees keeping them together.



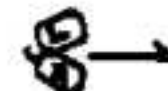
MOVE PALMS TO SHOULDERS

2. Step east with your right foot into a left kick stance west. Close the right hand into a fist. Move the left hand (open) to the right wrist. Cup the left hand behind the right fist. (San Soo Salute)



LU CAT STANCE - SAN SOO SALUTE

3. Complete the San Soo Salute. Return to the starting stance.



COBRA STANCE WEST

4. Step forward with your right foot into a right half horse stance west. With both hands open, (thumb up spear hand) step forward. Move the right hand over the right thigh and the left hand half way out and same height as the right hand. Both forearms parallel to ground.



R SPEAR HAND R 1/2 HS

5. Draw your right foot back to a right kick stance. At the same time block with a left down windmill moving the left hand over the (R) hand. Move the right and left hand back to your right hip.



R KICK STANCE LH OVER R PALM

6. This will be a two part move. (1) From a right kick stance move both hands across your body. deliver double claws across the eyes. (2) Step forward with your right foot. (R 1/2 H) As you move deliver a (R) lead double claws across the eyes. Move hands to your right hip.



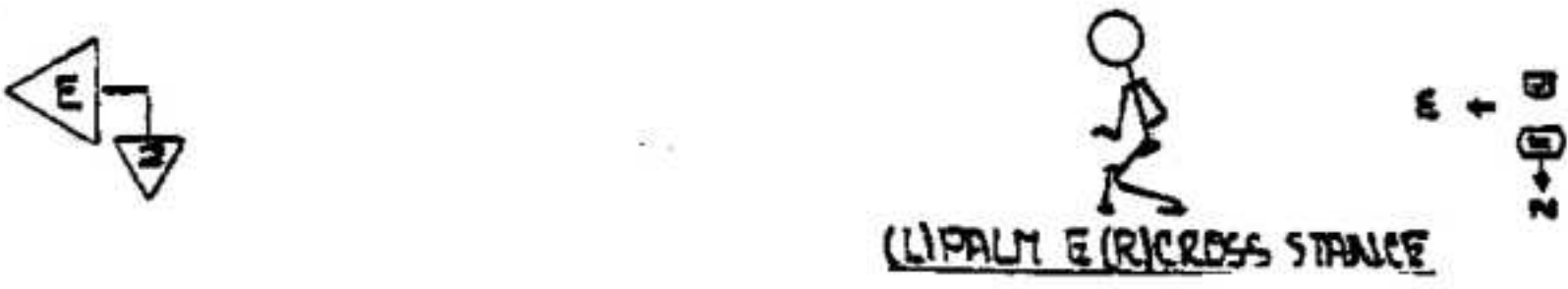
L BACKHAND CLAW WEST - STEP INTO R 1/2 L R BACKHAND CLAW

7. Pivot 180° to your left into a left half horse stance east. Deliver a right palm east. Move the left hand to the left side thumb up.



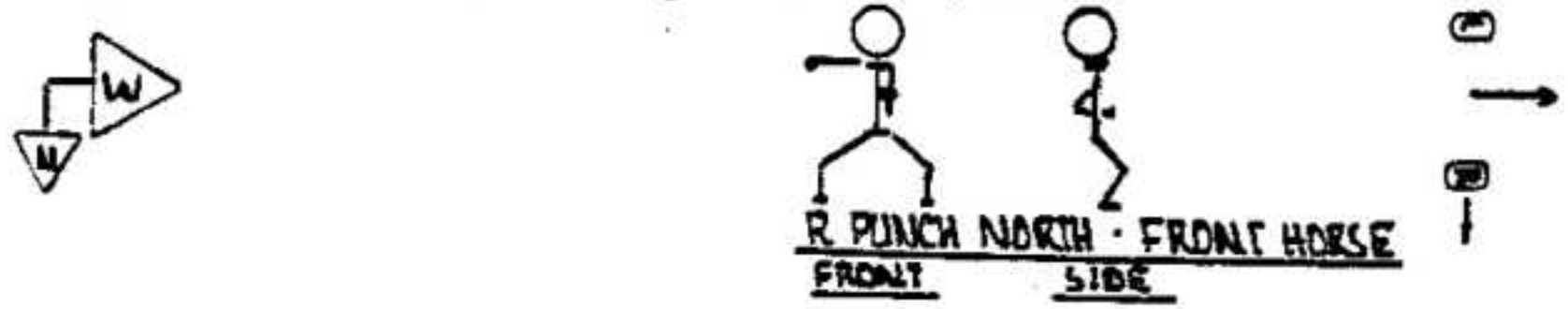
R PALM EAST

8. Maintain shoulders in the same direction. Step across your left leg with your right foot into a right cross stance north (new do ma) Strike east with a left hand palm as you return to the right palm to the right hip.



(L) PALM E (R) CROSS STANCE

9. Pivot 180° to your left into a front horse stance west. (Jona ma) (Su ping ma) Block with a left up windmill. After block move left hand to the left hip. As you turn strike with a palm down right fist. (straight out from your right side. (north)



R PUNCH NORTH - FRONT HORSE
FRONT SIDE

10. From the front horse stance (su ping ma) move the right hand down and up to the center line. Extend the index and middle fingers. Move hand above your head. Simultaneously move the left hand up in a circular motion. Bring the left hand down the center line extending the index and middle fingers. Lower the left hand to under the right elbow.



FRONT HORSE TWO FINGER THRUST - WEST

11. Pivot to your left into a left half horse stance south. (an do ma) Strike straight down between your legs with a right reverse punch. Move the left hand to high shield guard position. (across the crown of your head)

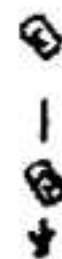


R REVERSE PUNCH SOUTH
STRAIGHT DOWN.

12. Pivot to your right into a right half horse stance north. (an do ma) Strike straight down between your legs with a left reverse punch. Move the right hand to high shield block guard position across the crown of your head.



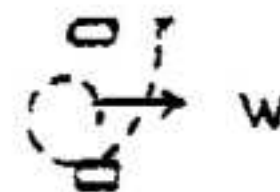
L REVERSE PUNCH NORTH
STRAIGHT DOWN



13. Turn 1/4 turn to your left into a front horse stance west. (su ping ma) Deliver a right palm up chop across your body. Move the left hand palm up to your left side.



RH CHOP FRONT HORSE



14. Front horse stance west (su ping ma) Strike with a left spear hand west. Draw the right hand to your right side palm up and open.



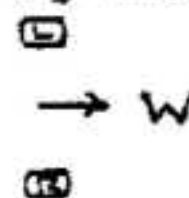
FRONT VIEW



SIDE VIEW



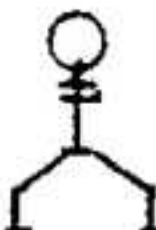
LH SPEAR WEST



15. Front horse stance west. (su ping ma) Strike with a right spear hand west. Move the left hand to palm down just under the right elbow.



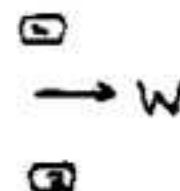
FRONT VIEW



SIDEVIEW



R SPEAR HAND WEST

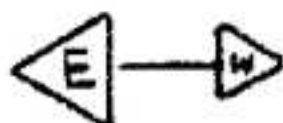


16. Pivot 1/4 turn to your left. Drop the right knee down into a kneeling stance. (bing guy ma) Move the arm up over the crown of your head. Turn the fingers down palm out. High shield guard position. Strike with a right spear hand straight down inline with the right thigh. (South)



R SPEAR HAND DOWN

17. Move the right foot stepping over your left thigh to the east into a right cross stance. New do ma. As you turn to the left move both hands up in a counter clockwise double windmill. Strike back west with a right low palm down chop. Point fingers at your left heel. The left palm will be on the same line pointing at the left heel. Palm down.



RCROSS STANCE EAST - DEL PALM

18. Pivot 360° to your right. Deliver a left back hand chop west. Fingers pointing west. Move the right hand palm down on same line across your body. You are standing in a front horse stance north. (su ping ma)



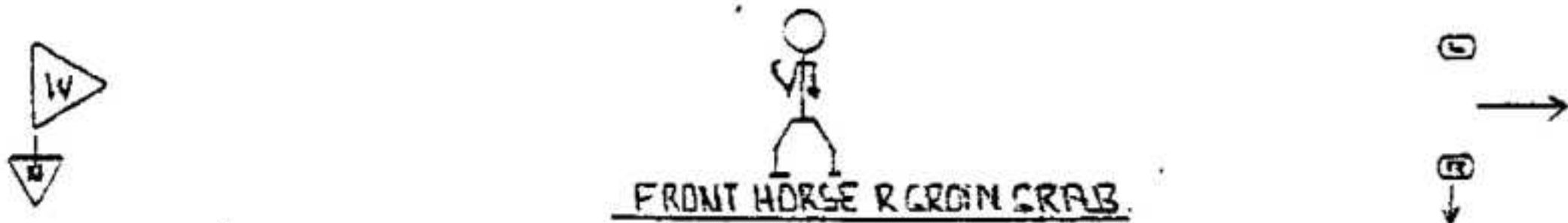
19. Pivot 1/4 turn to your right. Draw back into a right kick stance. (el ma) As you turn strike with a right palm down chop east. Draw hands to your hips thumbs up. (like you are holding a basketball.)



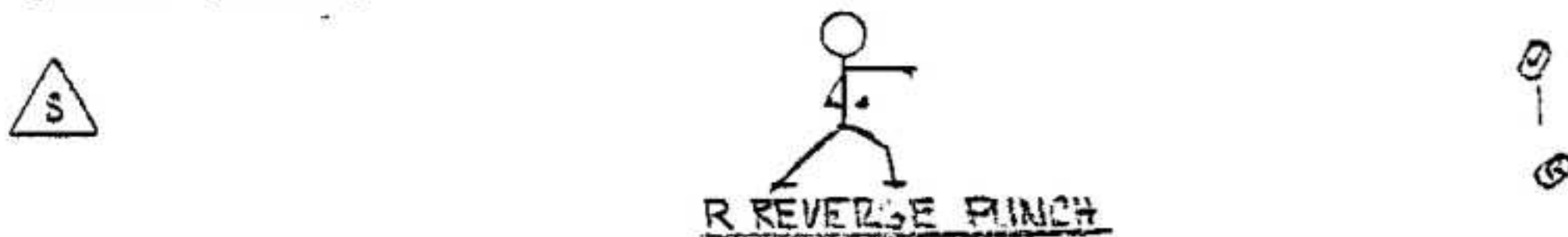
20. Turn 1/4 turn to your right by hopping back into a left kick stance facing north. (el ma) Push both hands north delivering a double heel palm north.



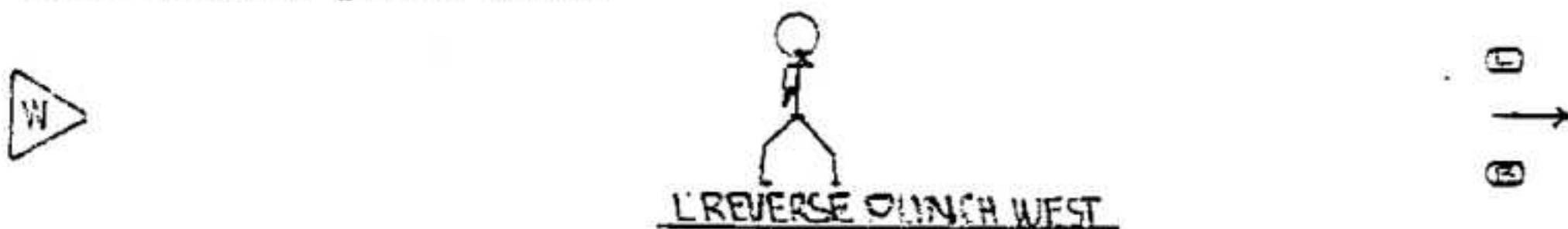
21. Move both hands to your right hip. Step forward with your right foot. Pivot 1/4 turn to your left. Lift the right hand grabbing the groin. Draw the left hand to your left hip closed into a palm up fist. You are standing in a front horse stance facing west. (su ping ma.)



22. Pivot 1/4 turn to your left; into a left half horse stance. (south) El ma. As you turn block with a left down windmill returning the left fist palm up to the left side. Strike with a right reverse punch. (south)



23. Pivot 1/4 turn to your right into a front horse stance. (west) (su ping ma) Draw the right fist palm up to your right side. Deliver a left reverse punch west.



24. Pull your right foot behind your left foot into a left kick stance west. (el ma) Cross arms in front of you. Right hand inside the left forearm. Turn shoulders east-west. Unfold your hands pointing the fingers east and west, thumbs up.



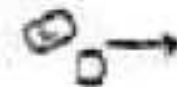
L KICK STANCE WEST

25. Block with a left down windmill and deliver a right reverse punch west. Draw the left fist to the left side. Step forward into a right kick stance. (el ma)



R KICK STANCE - R REVERSE

26. From a right kick stance move the right fist to the left side. Place the left thumb around the right wrist at the heel of the hand. Push the hands outward to the west. Present the right fist from a right el ma stance. Complete the San Soo Salute and return to the cobra stance facing west.



PRESENT R FIST



COBRA STANCE WEST

NOTES: