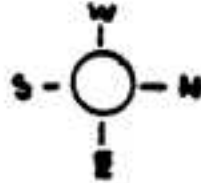


EXERCISE: 2

STARTING POSITION: NORTH, HANDS TO SIDES - FEET TOGETHER.

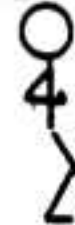
JONG HOW - (WARM UP)

- 1. BRING BOTH HANDS TO SHOULDER HEIGHT. KEEP ARMS STRAIGHT WITH PALMS DOWN. AS YOU LIFT THE HANDS BEND YOUR KNEES - COBRA STANCE.



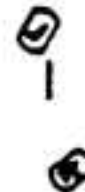
MOVE BOTH HANDS SHOULDER HIGH

- 2. COMPLETE THE SAN SOO SALUTE - FROM THE FRONT - FACING NORTH. RETURN TO COBRA STANCE WITH BOTH FISTS PALM UP AT SIDES.



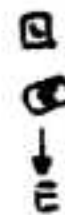
SALUTE - COBRA STANCE - NORTH

- 3. STEP TO THE EAST WITH YOUR R FOOT. ROTATE YOUR BODY TO THE L INTO A L 1/2 H S FACING WEST. TURN YOUR R HAND TO PALM DOWN - STRIKE WITH A STRAIGHT (R) SPEAR HAND WEST. BLOCK WITH A L DOWN WINDMILL AS BLOW IS EXECUTED. RETURN THE HAND TO L SIDE - CLOSED FIST.



SPEAR HAND WEST L 1/2 H STANCE.

- 4. DRAW THE (L) FOOT BACK INTO A (L) CAT STANCE - WEST - MOVE YOUR (R) HAND IN A FULL OVER HEAD CIRCLE: WITH THE R THUMB UP. FINGERS POINTING EAST. THE (L) FIST IS AT THE (L) SIDE. LOOK BACK AT YOUR R H.



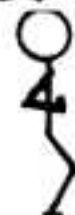
SPEAR HAND EAST THUMB UP

- 5. BLOCK WITH LH DOWNWINDMILL AS YOU STEP FORWARD - WEST - INTO A R CAT STANCE DELIVER A R REVERSE PUNCH WEST. DRAW THE L FIST TO YOUR L SIDE.

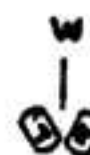


RH REVERSE PUNCH WEST

- 6. STEP FORWARD - WEST - INTO A L CAT STANCE AS YOU COMPLETE THE SAN SOO SALUTE FROM THE L HIP. RETURN TO COBRA STANCE FACING WEST.

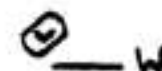
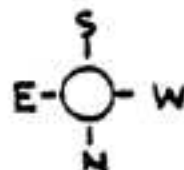


COBRA STANCE WEST



EXERCISE 2

7. FROM THE COBRA STANCE SHIFT YOUR WEIGHT TO THE L. DELIVER A (R)HEEL FRONT KICK WEST.



R FRONT KICK - W

8. AFTER R KICK STEP DOWN INTO A FRONT HORSE STANCE FACING SOUTH. EXTEND THE FINGERS OF BOTH HANDS. MOVE THE HEEL OF YOUR R HAND UP TO THE LEVEL OF YOUR HEAD. THE KNIFE EDGE OF YOUR HAND IS FACING FORWARD W/THE PALM FACING YOUR (L)SIDE. MOVE THE (L) HAND UNDER YOUR (R)ELBOW - FINGERS EXTENDED AND TOGETHER. HOLD BOTH HANDS IN LINE W/EACH OTHER CENTERED OVER YOUR (R)THIGH.



FULL HORSE S. DBL BLOCK

9. PIVOT TO YOUR L 1/4 TURN INTO A L 1/2 H STANCE - EAST. DELIVER A RH PALM UP CHOP TO THE EAST DRAW THE (L) FIST TO THE (L)SIDE PALM UP.



R CHOP EAST L 1/2 H S

10. PIVOT ON YOUR L FOOT AS YOU DELIVER A R ROUNDHOUSE KICK TO MIDSECTION EAST STEP DOWN INTO FULL HORSE STANCE FACING NORTH.



R ROUNDHOUSE EAST

11. MOVE THE HEEL OF YOUR R HAND TO HEAD HIGH POSITION. MOVE L HAND UNDER YOUR R ELBOW FINGERS EXTENDED AND TOGETHER. FACING NORTH



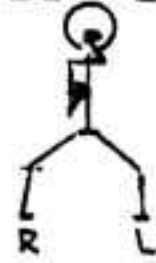
FULL HORSE NORTH DBL BLOCK

12. PIVOT ON YOUR L FOOT AS YOU DELIVER A RH PALM UP CHOP WEST. YOU ARE IN A L 1/2 H STANCE - WEST. DRAW THE LH TO THE L SIDE.

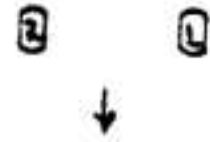


RH CHOP L 1/2 H S WEST

13. FROM A FRONT HORSE STANCE FACING NORTH BLOCK WITH A (R H) DOWN - WINDMILL AND PUNCH WITH A (LH) REVERSE PUNCH NORTH. DRAW THE (R) FIST TO (R) SIDE.



LH REVERSE PUNCH NORTH



14. STEP TO THE NORTH WITH YOUR R FOOT. BLOCK WITH A (L) DOWN WINDMILL AS YOU STEP INTO A R H HORSE STANCE. DELIVER A R REVERSE PUNCH NORTH. DRAW L FIST PALM UP TO L SIDE.



RH REVERSE PUNCH NORTH



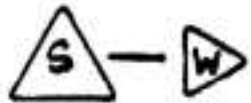
15. PIVOT 180° TO YOUR (N) SOUTH INTO A L 1/2 H S. AS YOU TURN BLOCK WITH A (L) DOWN WINDMILL AND STRIKE WITH A RH PALM SOUTH. (R) FOREARM PARALLEL TO THE GROUND. MOVE THE L H TO (L) SIDE OPEN - SAME AS RH.



L PALM SOUTH



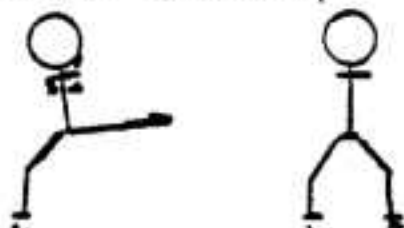
16. STEP UP WITH YOUR (R) FOOT INTO A (R) CROSS STANCE. EAST STRIKE DOWN AND BACK WITH A DBL PALM DOWN CHOP - FINGERS POINTING WEST. HANDS WILL BE WAIST HIGH. CHEST IS SOUTH STRIKE WEST



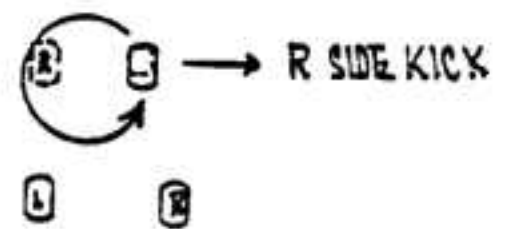
CHOP WEST R CROSS STANCE



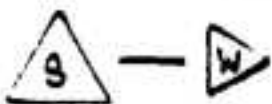
17. JUMP & TURN 360° TO YOUR (L) AS YOU DELIVER A R KICK WEST. STEP DOWN INTO A FRONT HORSE STANCE FACING SOUTH.



360° JUMP TURN R KICK WEST



18. STRIKE WITH A TWO HAND CHOP TO YOUR OPPONENTS THROAT WEST. BOTH PALMS DOWN. LH IN SHIELD BLOCK POSITION.



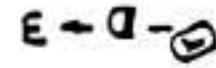
CHOP TO WEST R BLADE EDGE PALM DOWN.





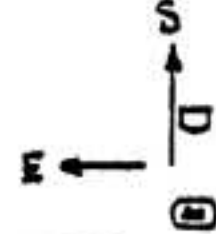
EXERCISE 2 CONTINUED

19. TWIST TO YOUR (L) EAST - STEP UP INTO A (R) KICK STANCE EAST. AS YOU MOVE BLOCK WITH A (L) RISING BLOCK UP OVER CROWN OF HEAD. DRAW THE (L) HAND (PALM UP) TO YOUR (L) SIDE AS YOU DELIVER A (RH) CLAW UP TO THE CHIN / EYES. EAST



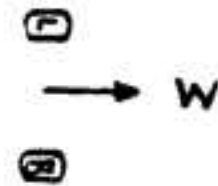
R CLAW UP TO CHIN EAST

20. PIVOT 1/4 TURN TO THE (L) STEP NORTH W YOUR (R) FOOT INTO A (R) CROSS STANCE. MOVE BOTH HANDS IN A DOUBLE WINDMILL CIRCLE - COUNTER CLOCK WISE - STRIKE SOUTH WITH A DBL. BACK HAND HAMMER. SOUTH SHOULDER HIGH.



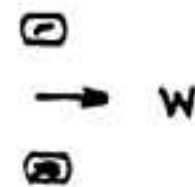
R CROSS STANCE DBL RH (BACK) HAMMER

21. PIVOT TO YOUR (L) UNTILL YOU ARE FACING WEST INTO A FRONT HORSE STANCE. MOVE BOTH HANDS AROUND YOUR HEAD. AS YOU FACE WEST DELIVER A (R) PALM UP PUNCH TO THE SOLAR- PLEXES. DRAW LH TO (L) SIDE PALM UP.



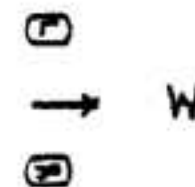
R PUNCH UP TO SOLAR PLEXES.

22. STRIKE TO SOLAR PLEXES W/A L.H. UPPER CUT. FRONT HORSE STANCE WEST. DRAW THE (R) FIST TO YOUR (R) SIDE.



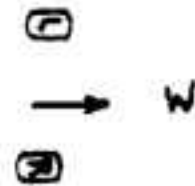
L.H. UPPER CUT TO SOLAR PLEXES.

23. PIVOT FROM YOUR WAIST TO YOUR LEFT - STRIKE WITH A (R) ELBOW TO SOLAR PLEXES.



R ELBOW TO SOLAR PLEXES

24. PIVOT FROM YOUR WAIST TO YOUR RIGHT - STRIKE WITH A (L) ELBOW TO THE SOLAR PLEXES.



L ELBOW TO SOLAR PLEXES

NOTES

FOLLOWS FORM "5"