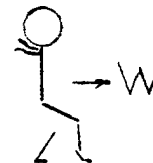
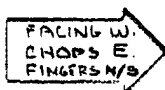


STARTING POSITION: Face west in position of attention.

JONG HOW: Next six moves.

1. From the starting position move both hands and cross the left hand in front of right hand. Strike to the east with double palm down chops. (see drawing) As hands cross hop to a right el'ma stance facing west.

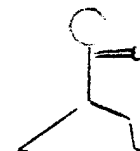
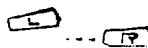
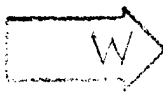


Throat

Right El'ma west

Double chops south.

2. Move both hands in a double up windmill circle. Strike with double thumb up palms to the west. (diaphragm) As you strike step forward with the right foot into a right ando'ma stance west.

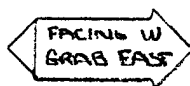


Diaphragm

Right Ando'ma west

Dbl heel palms W.

3. Step back to the east with the right foot into a left ando'ma facing west. As you step back to the east move both hands down and around in double windmills. Cross hands and reach behind you and grab with both hands to the groin. (east)

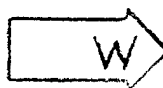


Groin

Left Ando'ma west

Dbl groin grab.

4. Block with a left down windmill returning the left fist to the left side. As you block step forward with the right foot into a right el'ma stance facing west. Deliver a right reverse punch to the west. (Chest.)

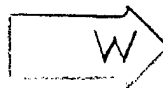


Chest

Right El'ma

Right reverse punch.

5. Same stance facing west. Block with a right down windmill. Deliver a left punch to his chest. (west) Draw the right fist to the right side.

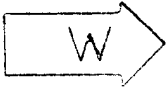


Chest

Right El'ma

Left reverse punch

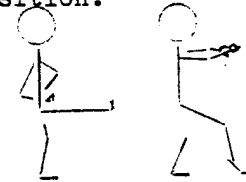
6. Shift your weight to the left and deliver a right front kick to the west. Step down into a right El'ma stance facing west. Complete the San Soo Salute. Note: The kick is to the groin. Return to the starting position.



Groin



Right kick stance



Right front kick

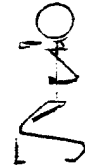
7. From the starting position step to the south with your right foot. You will move into a New do'ma (cross) stance south. Block with a left down windmill & return your left fist to your left hip. Strike to the south with a right hand roundhouse thumb up punch.



Ribs



Right New do'ma stance



Right roundhouse.

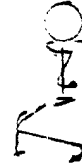
8. From the New do'ma stance facing south. Block with a right down windmill and strike to the south with a left roundhouse punch. The strike is to the ribs.



Ribs



Right New do'ma stance



Left roundhouse

9. Block with a left down windmill reaching behind you. Pivot to your left as you block and deliver a right front kick to the north. The kick will be to his bladder. After the kick do not step down.



Bladder



North



Right front kick

10. After the above kick step to the north into a right ando'ma stance. Strike to the north with a right piston punch. Punch is to the face.



Face



Right ando'ma north



Right piston punch

11. You are standing in a right ando'ma facing north. Block with a right down windmill. Return the right fist to the right hip.. Punch to the north with a straight piston punch. Note: This punch will be to the diaphragm.



Diaphragm



Right ando'ma north



Left piston punch

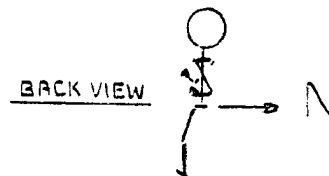
12. Turn to your right one fourth turn, west. Stand on your left foot and deliver a right side kick to the north. Do not step down after the kick.



Bladder

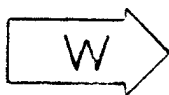


Stand on left foot.

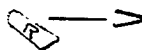


Right side kick.

13. After the above kick hop down on the right foot placing the right foot next to the left foot. Deliver a left front kick to the west. Do not step down after the kick. Note: The kick is to the abdomen.



Abdomen

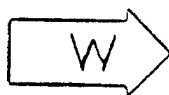


Stand on right foot.



Left front kick

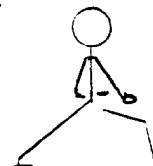
14. Step down into a left ando'ma stance facing west. As you step move both hands in a double clockwise windmill. Move the right hand to the right shoulder. Strike with a right palm down over your left thigh. Note: Keep the right thumb up. Draw the left hand back to your left hip. Keep the thumb up.



Bladder

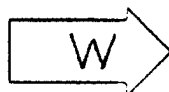


Left ando'ma west



Right palm (low)

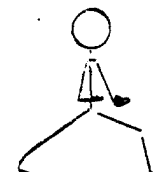
15. Left ando'ma facing west. Move both hands in a double counter clockwise windmill circle. Press down with your left palm over your left thigh to the north west. Draw the right open hand back to your right hip.



Bladder

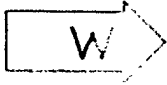


Left ando'ma west



Left palm (low)

16. Step back to the east into a right lead kneeling stance. Note: The left knee is on the ground. The left toes are curled under. Move both hands in a back in a clockwise double windmill. Strike to the west with a right piston punch. Move the left fist to the left hip. The strike is to the bladder.

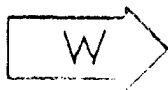


Bladder

Right kneeling stance (west)

Right piston punch

17. Same stance facing west. Right down windmill returning the right fist to the right side. Strike to the west with a left piston punch. (Bladder)

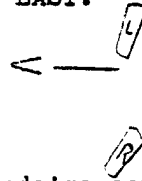


Bladder

Right Bing guy'ma west

Left piston punch

18. From the right Bing guy'ma stance stand and step to the south into a left Ando'ma stance. As you stand move both hands in a clockwise circle. Strike with a high thumb down left palm. At the same time move the right hand to shield guard position. Note: the strike is to the EAST.

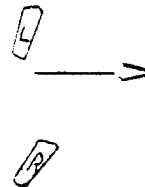


Throat

Left Ando'ma south

Left palm east.

19. Same stance. (Left Ando'ma) Move both hands in a counter clockwise windmill. Strike to the west with a thumb down palm. At the same time move the left hand to shield guard position.



Throat (with blade edge.)

Left Ando'ma south

Right palm west.

20. Pivot 180° to your right (north). As you pivot move your hands around your head. Step north into a wide cross stance. (left new-do'ma.) Strike to the south with double hammers..



Face

Double hammers south

Left New do'ma(N)

21. Move both hands from your left side to the front. Now move both hands in a counter clockwise windmill. Strike to the south with double palm down hammers. Note: You will be striking someone who is facing west. Same stance - Left new do'ma facing north.



Face

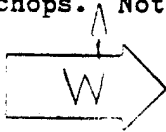


Double hammers south



Left New do'ma(N)

22. Pivot ¼ turn to your left into a left El'ma stance facing west. Move both hands in a double clockwise windmill circle. Strike to the south with double palm down chops. Note: Will be striking opponent who is facing west.



Throat

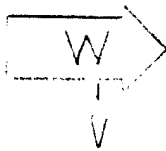


Double chops south



Left El'ma west.

23. Shift to a right El'ma stance facing west. Move both hands in a double counter clockwise windmill circle. Strike to the north with a right lead double chops. Note: Will be striking opponent who is facing west.



Throat

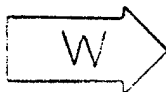


Double chops north



Right El'ma west.

24. Step west into a right Ando'ma stance. Move both hands in clockwise double windmill circles. Strike to the west with a right palm. (Thumb up) Move the left hand to your left hip. Strike is to the diaphragm.



Diaphragm

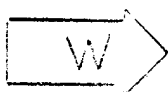


Right heel palm west.

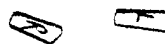


Right ando'ma west.

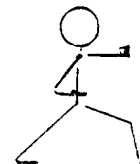
25. Step back east with your right foot into a left Ando'ma stance facing west. Move both hands around your head. Strike with a left palm to the diaphragm. (West) Move the right hand to the right hip.



Diaphragm



Left heel palm west



Left Ando'ma west.

26. Step forward with the right foot into a right El'ma stance. Complete your San Soo Salute. Return to standing (start) position facing west.