

Long Range Jahng Bong Form (2nd Half)

Start Position: Stand at attention with Jahng Bong along right side, feet together

27. Long Jahng Bong strike low.
28. Long stance to cross stance (pick up.)
29. Circle sweep, right foot stomp, long downward strike, land in a middle stance.
30. Right foot shift back to closed stance.
31. Figure 8 (step with each figure 8, end with left foot forward.)
32. Figure 8
33. Figure 8
34. Figure 8
35. Figure 8
36. Figure 8
37. Long overhead tip strike in a front stance.
38. Jahng Bong release.
39. Right shoulder body roll.
40. Grab right hand with one arm circle sweep over head.
41. One arm circle sweep to be behind back.
42. Grab with left hand rolling across belly clockwise switching to right hand.
43. Right hand up over head V-roll.
44. Palm to palm roll behind the back.
45. V-roll up to middle stance, left hand finishing with Jahng Bong pointing to left side.
46. 360 degrees belly roll with body turning clockwise.
47. Back counterclockwise with 360 degrees belly roll.
48. From middle stance to sparring stance. Right hand under with upward strike to chin.
49. Down strike to collar bone.
50. Clockwise strike to head and downward strike to collar bone.
51. Left hand rotate to top of Jahng Bong.
52. Figure 8 (back to starting point, between 3-6 count figure 8.)
53. Figure 8
54. Figure 8
55. Finish right side with pressing knife hand block.
56. Left hand cross under Jahng bong , spin clockwise to left side then to right side.