

## Mid Range Jahng Bong Form (2nd Half)

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

**Ready Position:** Left foot steps to parallel stance, right hand holds Jahng Bong under armpit at 45 degree angle to right side.

40. Turn 180 degrees to left front stance, with thrust to middle section.
41. In continuous motion, left foot steps to right rear stance, right downward strike, low section.
42. Step to left sparring stance, reverse figure 8 motion to x-stance with Jahng Bong held horizontally under chin.
43. Right foot steps to middle stance, right thrust, middle section.
44. Right foot steps across left foot to x stance, right thrust, middle section.
45. Press down left tip of Jahng Bong to ground on left side, right end up.
46. Left foot steps over Jahng Bong, right foot steps on bottom of Jahng Bong (right hand high, left hand low.)
47. Switch hands to left hand high, right hand low.
48. Right foot steps back, low hand pulling Jahng Bong up while switching to closed stance.
49. In place, bring the Jahng Bong horizontal under chin, right hand palm out, left arm extended.
50. Right foot steps forward 90 degrees, 360 degree helicopter downward strike to low section.
51. Turn 180 degrees, 360 degree helicopter strike to low section.
52. Step back to right back stance, left hand side strike to middle section.
53. Spin Jahng Bong 360 degrees with left hand.
54. Right foot steps forward to left back stance, right hand side strike to high section.
55. Right foot steps back to right back stance, left hand downward strike, middle section.
56. Step forward while doing figure 8 with your right hand (Step each time on figure 8's and palm rollovers, increasing speed with each repeated move. Repeat each sequence at least five times. For the sake of space, the moves are only repeated the minimum five times in this description.)
57. Step forward while doing figure 8 with your right hand.
58. Step forward while doing figure 8 with your right hand.
59. Step forward while doing figure 8 with your right hand.
60. Step forward while doing figure 8 with your right hand.
61. Step forward and switch to left hand palm rollover.
62. Step forward, left palm rollover.
63. Step forward, left palm rollover.
64. Step forward, left palm rollover.
65. Step forward, left palm rollover.
66. Step forward and switch to right hand figure 8.
67. Step forward while doing figure 8 with your right hand.
68. Step forward while doing figure 8 with your right hand.
69. Step forward while doing figure 8 with your right hand.
70. Step forward while doing figure 8 with your right hand.
71. Step forward and switch to right hand palm rollover.
72. Step forward, right palm rollover.
73. Step forward, right palm rollover.
74. Step forward, right palm rollover.
75. Step forward, right palm rollover.
76. Stop movement with Jahng Bong under right armpit.
77. Turn 180 degrees, and step forward with palm up right hand figure 8.
78. Step forward with palm up right hand figure 8.
79. Step forward with palm up right hand figure 8.
80. Step forward with palm up right hand figure 8.
81. Step forward with palm up right hand figure 8.
82. Stop with Jahng Bong under right armpit.
83. Grab Jahng Bong from top, step back with downward strike to low section.
84. Turn 180 degrees to right front stance, high section thrust.
85. Step up to closed stance, left arm horizontal, palm up.
86. On command, go back to start position (Jahng Bong along right side.)