**Jahng Bong MR**

**Block 1-Jan – Mar**

**K4K MC + Adult MC WOY**

New JB individual techniques:

1. 2 grips, over/under AND kayak
2. overhead strike both sides
3. up / down strike
4. six-count target / partner drill 1,2,5,6
5. figure 8
6. figure 8 hand to hand with TWO PALMS UP
7. low-middle-high strikes (over/under grip-left, right, left)
8. “cube of death”

FORM:

Advance Choon Bee

1. Left overhead strike to front, NO STEP

2. Right overhead strike to front, NO STEP

3. Left Strike upwards (finishing on right shoulder)  
4. Step forward with right leg to RIGHT front stance, #1 strike to front

5. NO step, LEFT Strike low (knees) to front  
6. NO step, Right Strike middle (belt) to front  
7. NO step, LEFT Strike high (head) to front  
8. NO step, right #1 strike

9. Pull weapon back using both hands and STAB to front  
10. Step forward with left foot so both feet are parallel to each other + Figure eight with right hand (4x)  
11. Hand to hand figure eight (4x) ….TWO PALMS UP (switch hands 4 times).  
Back to advance Choon Bee

**Jahng Bong MR**

**Block 1-Jan - Mar**

**K4K MC + Adult MC CGP**

NOTE: begin CGP JB by reviewing WOY. Review that till mastered, then move on.

New Individual techniques

1. right #1 strike
2. right circle strike
3. combination: right low / left low / right low ALL STRIKES

Form:

Do WOY form; DO NOT STOP or return to choon be. Just grab stick proceed immediately with MOVE #1.

1. Grab weapon with left hand, strike upward finishing on right shoulder  
2. Right STEP to RFS, #1 strike to front  
3. Right circle strike to front  
4. NO step, LEFT #6 strike – PAUSE

in combination….

5. RIGHT Strike low to front  
6. LEFT Strike low to front  
7. RIGHT Strike low to front  
8. Left leg steps forward to Choon Bee so feet are parallel to each other

J**Jahng Bong MR**

**K4K & Adult MC BBR**

**Block 1 Jan - Mar**

New Individual Techniques:

1. flip stick for side block
2. “v” finger + palm
3. 360 double step to LFS + stab (move #7)
4. flip strike flip
5. LFS left hand flip to catch + step forward to RFS #1 strike

Form (Completely separate from WOY and CGP)

Advanced Choon Bee

1. flip stick for #4 block
2. right overhead strike
3. circle up strike

4. RIGHT foot step to RFS, Right overhead strike  
5.“V Fingers” Overhead head strike finishing weapon in left hand and in line with

right shoulder and left leg

6. RIGHT palm strike

7..Right leg steps back to left -- Left leg steps to front (360 degree turn) --  
Change hand grip position (left hand on top) -- Stab towards front – LEFT front stance

1. Drop tip of weapon to floor in right rear stance.
2. Flip-Strike-Flip finishing in X-Stance

10. Step back with right leg into LEFT front stance – LEFT #1 strike with left hand in front.   
11. Rollover with left hand -- Grab weapon with right hand --Step forward with right foot to RFS -- #1 strike  
12. advanced Choon Bee