

CHULGI 2



Start at **A** facing **D**, in *Chunbi* Stance [Fig 1].

TOWARD C:

1. Step toward **C** w/L foot in front of R to form LX Stance (on ball of R foot) w/Bear Hug Escape [Fig 2].
2. Step toward **C** w/R foot into H Stance w/Long Double Punch toward **C** [Fig 3].
3. Step toward **C** w/L foot in front of R forming LX Stance w/R Reinforced Back Fist toward **D** [Fig 4].
4. Step toward **C** w/R foot into H Stance w/R Down Block toward **C** and L fist guarding solar plexus [Fig 5].

TOWARD B:

1. Step toward **B** w/R foot in front of L to form RX Stance w/Bear Hug Escape [Fig 6].
2. Step toward **B** w/L foot into H Stance w/Long Double Punch toward **B** [Fig 7].
3. Step toward **B** w/R foot in front of L to form RX Stance w/L Reinforced Back Fist toward **D** [Fig 8].
4. Step toward **B** w/L foot into H Stance w/L Down Block toward **B** and R fist guarding solar plexus [Fig 9].
5. Keep R fist as in 4 above and bring open L hand to rear and up to belt height (Knife Hand Groin Strike). Bring open L hand to R fist then raise both hands head high. Push down with both hands and raise R knee in Knee Smashing Technique. **KIHAP**. Step into H Stance w/R Horizontal Elbow Strike toward **D**, L palm toward **C** [Fig 10, 11, 12, 13, 14, 15].

TOWARD C:

1. Look toward **C**. R Knife Hand Block (L fist is in chamber) followed by L Reverse Punch toward **C** [Fig 16, 17].
2. Step toward **C** w/L foot in front of R to form LX Stance, then bring R foot toward **C** into H Stance w/L Center Block and R Down Block at same time (Scissors Block) toward **D** [Fig 18, 19].
3. R Center and L Down Block at same time (Scissors Block) toward **D** followed by R Reinforced Back Fist toward **D** [Fig 20, 21, 22].
4. R Down Block toward **C** w/L fist guarding solar plexus [Fig 23].
5. Keep L fist as in 4 above and bring open R hand to rear and up to belt height (Knife Hand Groin Strike). Bring open R hand to L fist then raise both hands head high. Push down with both hands and raise L knee in Knee Smashing Technique. **KIHAP**. Step into H Stance w/L Horizontal Elbow Strike toward **D**, R palm toward **B** [Fig 24, 25, 26, 27, 28, 29].

TOWARD B:

1. L Knife Hand Block toward **B** (R fist is in chamber) then R Reverse Punch toward **B** [Fig 30, 31].
2. Step toward **B** w/R foot in front of L to form RX Stance then bring L foot toward **B** into H Stance w/R Center Block and L Down Block at same time (Scissors Block) toward **D** [Fig 32, 33].
3. L Center and R Down Block at same time (Scissors Block) toward **D** followed by L Reinforced Back Fist toward **D**. **KIHAP** [Fig 34, 35].

Bring L foot to R foot - *Chunbi* [Fig 36].

Chapter 11: *Black Belt Forms - Chulgi 2*

