



## Hyung (Form)

### Chunji Hyung

<b>1. Down Block</b>	<i>Left Hand</i>	<b>Step Forward</b>
<b>2. Lunge Punch</b>	<i>Right Hand</i>	<b>Step Backward (pivot 180°)</b>
<b>3. Down Block</b>	<i>Right Hand</i>	<b>Step Forward</b>
<b>4. Lunge Punch</b>	<i>Left Hand</i>	<b>Pivot Left (90°)</b>
<b>5. Down Block</b>	<i>Left Hand</i>	<b>Step Forward</b>
<b>6. Lunge Punch</b>	<i>Right Hand</i>	<b>Step Backward (pivot 180°)</b>
<b>7. Down Block</b>	<i>Right Hand</i>	<b>Step Forward</b>
<b>8. Lunge Punch</b>	<i>Left Hand</i>	<b>Pivot Left</b>
<b>9. Middle Block</b>	<i>Left Hand</i>	<b>Step Forward</b>
<b>10. Lunge Punch</b>	<i>Right Hand</i>	<b>Step Backward (pivot 180°)</b>
<b>11. Middle Block</b>	<i>Right Hand</i>	<b>Step Forward</b>
<b>12. Lunge Punch</b>	<i>Left Hand</i>	<b>Pivot Left (90°)</b>
<b>13. Middle Block</b>	<i>Left Hand</i>	<b>Step Forward</b>
<b>14. Lunge Block</b>	<i>Right Hand</i>	<b>Step Backward(pivot 180°)</b>
<b>15. Middle Block</b>	<i>Right Hand</i>	<b>Step Forward</b>
<b>16. Lunge Punch</b>	<i>Left Hand</i>	<b>Step Forward</b>
<b>17. Lunge Punch&amp;Kiap</b>	<i>Right Hand</i>	<b>Step Back (no pivot)</b>
<b>18. Lunge Punch</b>	<i>Left Hand</i>	<b>Step Back (no pivot)</b>
<b>19. Lunge Punch</b>	<i>Right Hand</i>	<b>Hold stance until “Junbi”</b>