

Sahng Jeol Bong #3

Each bullet point is "by command", meaning that each time the Instructor yells, the students will perform the moves following the bullet point.

All Sahng Jeol Bong patterns start with student holding nunchuks in right hand. At "jun-bi", student will bring nunchuks into a ready stance, with the handles in each hand and at chin height.

- Right Leg step, Right Hand double-handle thrust to solar plexus
- Big overhead strike to head & shuffle attack (head strike, side, up)
- Left leg turn backward, rib strike, side, up
- Snap strike & catch under arm
- Snap strike, spin, up
- Head strike, behind the back, spin, up
- Head strike, behind the back, spin, up
- Right Front Kick, inside-out down strike & yell, spin, up
- Right Leg Back Kick, load left, Rib strike, side, up
- Snap strike & catch under arm
- Snap strike, spin, up
- Head strike, behind the back, spin, up
- Head strike, behind the back, spin, up
- Left Front Kick, inside-out down strike & yell, spin, up
- Right Foot steps toward front & drop to left knee
- Double punch to groin & double handle strike to neck (strike with rope/chain portion of chucks)
- Over the head strike, side, up while standing up, feet shoulder wide apart
- Head strike, front spin, side, up
- Head strike, behind back, side, front spin, side, up
- Head strike, front spin, side spin, up
- Head strike, behind back, side, front spin, side spin, up

Hold final stance until "ghe-man", left leg steps in slightly into Jun-bi. Bow and nunchuks back to right hand at "perro".