

4 Mid punch
 Front stance

3 Low outer forearm block
 Front stance

2 Mid punch
 Front stance

1 Low outer forearm block
 Front stance

22 Mid punch
 Front stance

21 Mid inner-hand guarding cross
 Back stance

20 Mid punch
 Front stance

19 Mid inner-hand guarding cross
 Back stance

11 Mid punch
 Front stance

10 Mid front kick
 Front stance

9 Mid inner forearm block
 Back stance

8 High punch
 Front stance

7 High punch
 Front stance

6 High punch
 Front stance

5 Low outer forearm block
 Front stance

15 Low outer forearm block
 Front stance

14 Mid punch
 Front stance

13 Mid front kick
 Front stance

12 Mid inner forearm block
 Back stance

BO-CHUNG

(22 movements)