



HIAWATHA'S MARTIAL ARTS & FITNESS

Hyung (Form)

Chunji Hyung

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