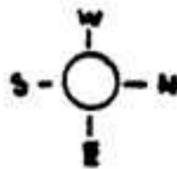


EXERCISE: 2

STARTING POSITION: NORTH HANDS TO SIDES - FEET TOGETHER.

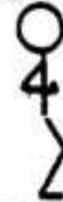
JONG HOW - (WARM UP)

- 1. BRING BOTH HANDS TO SHOULDER HEIGHT. KEEP ARMS STRAIGHT WITH PALMS DOWN. AS YOU LIFT THE HANDS BEND YOUR KNEES - COBRA STANCE.



MOVE BOTH HANDS SHOULDERHIGH

- 2. COMPLETE THE SAN SOO SALUTE - FROM THE FRONT - FACING NORTH. RETURN TO COBRA STANCE WITH BOTH FISTS PALM UP AT SIDES.



SALUTE - COBRA STANCE - NORTH

- 3. STEP TO THE EAST WITH YOUR R FOOT. ROTATE YOUR BODY TO THE L INTO A L 1/2 H S FACING WEST. TURN YOUR R HAND TO PALM DOWN - STRIKE WITH A STRAIGHT (R) SPEAR HAND WEST. BLOCK WITH A L DOWN WINDMILL AS BLOW IS EXECUTED. RETURN THE HAND TO L SIDE - CLOSED FIST.



SPEAR HAND WEST L 1/2 H STANCE.

- 4. DRAW THE (L) FOOT BACK INTO A (W) CAT STANCE - WEST - MOVE YOUR (R) HAND IN A FULL OVER HEAD CIRCLE: WITH THE R THUMB UP. FINGERS POINTING EAST. THE (L) FIST IS AT THE (L) SIDE. LOOK BACK AT YOUR R H.



SPEAR HAND EAST THUMB UP

- 5. BLOCK WITH LH DOWNWINDMILL AS YOU STEP FORWARD - WEST - INTO A R 1/2 H STAN. DELIVER A R REVERSE PUNCH WEST. DRAW THE L FIST TO YOUR L SIDE.



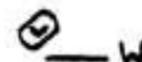
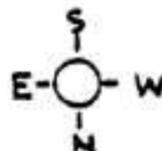
RH REVERSE PUNCH WEST

- 6. COMPLETE THE SAN SOO SALUTE FROM THE L HIP. RETURN TO COBRA STANCE FACING WEST.



COBRA STANCE WEST

7. FROM THE COBRA STANCE SHIFT YOUR WEIGHT TO THE L. DELIVER A (R)HEEL FRONT KICK WEST.



R FRONT KICK - W

8. AFTER R KICK STEP DOWN INTO A FRONT HORSE STANCE FACING SOUTH. EXTEND THE FINGERS OF BOTH HANDS. MOVE THE HEEL OF YOUR R HAND UP TO THE LEVEL OF YOUR HEAD. THE KNIFE EDGE OF YOUR HAND IS FACING FORWARD W/THE PALM FACING YOUR (L)SIDE. MOVE THE (L) HAND UNDER YOUR (R)ELBOW - FINGERS EXTENDED AND TOGETHER. HOLD BOTH HANDS IN LINE W/EACH OTHER CENTERED OVER YOUR (R)THIGH.



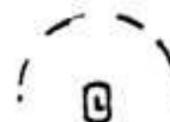
FULL HORSE S. DBL BLOCK

9. PIVOT TO YOUR L 1/4 TURN INTO A L 1/2 H STANCE - EAST. DELIVER A RH PALM UP CHOP TO THE EAST DRAW THE (L) FIST TO THE (L)SIDE PALM UP.



R CHOP EAST L 1/2 H S

10. PIVOT ON YOUR L FOOT AS YOU DELIVER A R ROUNDHOUSE KICK TO MIDSECTION EAST STEP DOWN INTO FULL HORSE STANCE FACING NORTH.



R ROUNDHOUSE EAST

11. MOVE THE HEEL OF YOUR R HAND TO HEAD HIGH POSITION. MOVE L HAND UNDER YOUR R ELBOW FINGERS EXTENDED AND TOGETHER. FACING NORTH



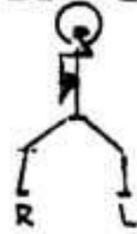
FULL HORSE NORTH DBL BLOCK

12. PIVOT ON YOUR L FOOT AS YOU DELIVER A RH PALM UP CHOP WEST. YOU ARE IN A L 1/2 H STANCE - WEST. DRAW THE LH TO THE L SIDE.

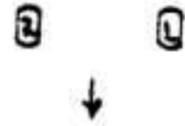


RH CHOP L 1/2 H S WEST

13. FROM A FRONT HORSE STANCE FACING NORTH BLOCK WITH A (R H) DOWN - WINDMILL AND PUNCH WITH A (LH) REVERSE PUNCH NORTH. DRAW THE (R) FIST TO (R) SIDE.



LH REVERSE PUNCH NORTH



14. STEP TO THE NORTH WITH YOUR R FOOT. BLOCK WITH A (L) DOWN WINDMILL AS YOU STEP INTO A R H HORSE STANCE. DELIVER A R REVERSE PUNCH NORTH. DRAW L FIST PALM UP TO L SIDE.



RH REVERSE PUNCH NORTH



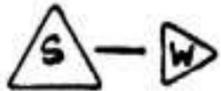
15. PIVOT 180° TO YOUR (N) SOUTH INTO A L 1/2 H S. AS YOU TURN BLOCK WITH A (L) DOWN WINDMILL AND STRIKE WITH A RH PALM SOUTH. (R) FOREARM PARALLEL TO THE GROUND. MOVE THE L H TO (L) SIDE OPEN - SAME AS RH.



L PALM SOUTH



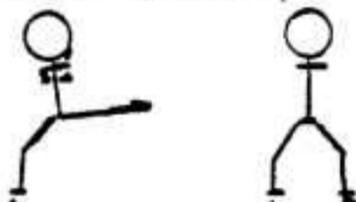
16. STEP UP WITH YOUR (R) FOOT INTO A (R) CROSS STANCE. EAST STRIKE DOWN AND BACK WITH A DBL PALM DOWN CHOP - FINGERS POINTING WEST. HANDS WILL BE WAIST HIGH. CHEST IS SOUTH STRIKE WEST



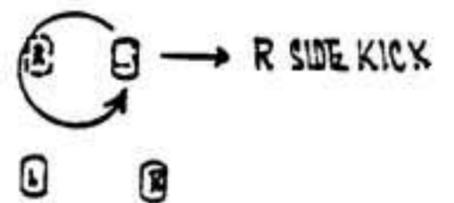
CHOP WEST R CROSS STANCE



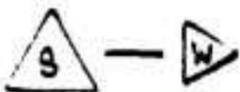
17. JUMP & TURN 360° TO YOUR (L) AS YOU DELIVER A R KICK WEST. STEP DOWN INTO A FRONT HORSE STANCE FACING SOUTH.



360° JUMP TURN R KICK WEST



18. STRIKE WITH A TWO HAND CHOP TO YOUR OPPONENTS THROAT WEST. BOTH PALMS DOWN. LH IN SHIELD BLOCK POSITION.

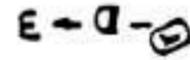


CHOP TO WEST R BLADE EDGE PALM DOWN.



EXERCISE 2 CONTINUED

19. TWIST TO YOUR (L) EAST - STEP UP INTO A (R) KICK STANCE EAST. AS YOU MOVE BLOCK WITH A (L) RISING BLOCK UP OVER CROWN OF HEAD. DRAW THE (L) HAND (PALM UP) TO YOUR (L) SIDE AS YOU DELIVER A (RH) CLAW UP TO THE CHIN / EYES. EAST



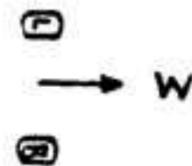
R CLAW UP TO CHIN EAST

20. PIVOT 1/4 TURN TO THE (L) STEP NORTH W YOUR (R) FOOT INTO A (R) CROSS STANCE. MOVE BOTH HANDS IN A DOUBLE WINDMILL CIRCLE - COUNTER CLOCK WISE - STRIKE SOUTH WITH A DBL. BACK HAND HAMMER. SOUTH SHOULDER HIGH.



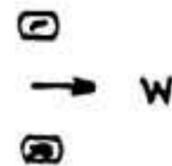
R CROSS STANCE DBL RH (BACK) HAMMER

21. PIVOT TO YOUR (L) UNTILL YOU ARE FACING WEST INTO A FRONT HORSE STANCE. MOVE BOTH HANDS AROUND YOUR HEAD. AS YOU FACE WEST DELIVER A (R) PALM UP PUNCH TO THE SOLAR- PLEXES. DRAW LH TO (L) SIDE PALM UP.



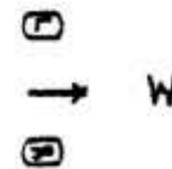
R PUNCH UP TO SOLAR PLEXES.

22. STRIKE TO SOLAR PLEXES W/A L.H. UPPER CUT. FRONT HORSE STANCE WEST. DRAW THE (R) FIST TO YOUR (R) SIDE.



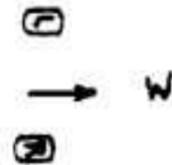
L.H. UPPER CUT TO SOLAR PLEXES.

23. PIVOT FROM YOUR WAIST TO YOUR LEFT - STRIKE WITH A (R) ELBOW TO SOLAR PLEXES.



R ELBOW TO SOLAR PLEXES

24. PIVOT FROM YOUR WAIST TO YOUR RIGHT - STRIKE WITH A (L) ELBOW TO THE SOLAR PLEXES.



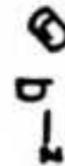
L ELBOW TO SOLAR PLEXES

NOTES

FOLLOWS FORM "5"

EXERCISE 2 CONTINUED

25. PIVOT 1/4 TURN TO YOUR R NORTH INTO A R KICK STANCE. AS YOU TURN DROP THE R FIST DOWN BELOW YOUR R HIP / BACK BEHIND THE R THIGH. DELIVER A R H UPPER CUT NORTH. MOVE THE L FIST BACK TO YOUR L SIDE CLOSED / PALM UP.



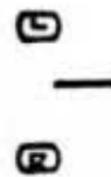
(R) KICK STANCE (R) UPPER CUT NORTH

26. EXTEND THE R LEG AS YOU DELIVER A R SNAP KICK TO YOUR OPPONENTS GREN. USE THE BALL OF YOUR FOOT AS YOU KICK MOVE THE R FOREARM DOWN ACROSS YOUR BODY. MOVE THE LH UP PROTECTING THE R SIDE OF YOUR FACE. STEP DOWN WITH R FOOT INTO A FRONT HORSE STANCE.



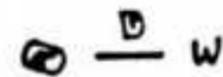
R SNAP KICK NORTH

27. FROM A FRONT HORSE STANCE FACING WEST EXTEND THE FINGERS OF BOTH HANDS. MOVE THE HEEL OF YOUR R HAND UP TO THE LEVEL OF YOUR FOREHEAD. KNIFE EDGE OF YOUR HAND IS OUTWARD. MOVE YOUR LH FINGERS EXTENDED TO UNDER YOUR (R) ELBOW. BOTH HANDS CENTERED OVER YOUR (R) THIGH.



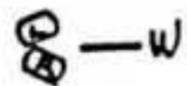
FULL HORSE STANCE DSB BLOCK

28. STEP BACK-EAST WITH YOUR R FOOT. INTO A L KICK STANCE. AT THE SAME TIME CROSS BOTH FOREARM OVER THE CROWN OF YOUR HEAD. CONTINUE THE CIRCULAR MOTION DRAWING THE LH PALM UP / OPEN TO YOUR L SIDE. CONTINUE MOTION OF R HAND IN FULL CIRCLE TO THE FRONT WEST. MOVE HAND TO SHOULDER HEIGHT. THE (R) HAND WILL STRIKE WITH FINGERS EXTENDED PALM UP TO THE THROAT - WEST.



R PALM UP THRUST TO THROAT - WEST

29. MOVE BOTH HANDS UP TO YOUR SHOULDERS - PALM OUT. CONTINUE MOTION BRINGING HANDS TOGETHER CHEST HIGH - INTO SAN SOO SALLITE. COMPLETE SALLITE - STEP BACK INTO COBRA STANCE - WEST



COBRA STANCE WEST