

Bal Sac So

Chumbi

\*\*\*Form begins from bow with both hands extended forward with open hands.

1. Both hands wind to left side into forward jump, right foot forward with left foot diagonally behind right with double claw hand to opponents face and solar plexus.
2. Turn 180 degrees into left back stance with left knife hand strike to opponents head while right hand is in horizontal knife hand block.
3. Pivot left 270 degrees into point of balance with right lower sweeping block to right side.
4. Step into left back stance with left knife hand strike to temple while right hand is in horizontal knife hand block.
5. Pull left foot back to point of balance chambering hands to left side.
6. Pivot to the right with right side low side snap kick to right side recoil and land into saddle leg stance with left then right low front snap punch.
7. Shift to left forward stance grabbing with right hand to left side. Left hand to right shoulder.
8. Pull right hand high with left low block.
9. Pivot to right forward stance grabbing with left hand to right side. Right hand to left shoulder.
10. Pull left hand high with right low block.
11. Step into right back stance by stepping forward with left foot first. Double knife hand blocks.
12. Step forward into left back stance with double knife hand blocks.
13. Step forward into right back stance with double knife hand blocks.
14. Switch stance with double knife hand blocks.
15. Double low palm block.
16. Right side snap kick forward to opponents shins, recoil and land 180 degrees in left back stance with wedge block.
17. Shift to left forward stance with double close punch to lower ribs.
18. Grab with left arm and pull opponent into right side middle attack.
19. Grab opponent head with left hand and deliver right front side elbow.
20. Left side bottom fist.
21. Pivot left 90 into right forward stance with right front snap punch to solar plexus.
22. Pull left foot to even stance bringing hands together (right fingers to left palm) Head looks to left.
23. Grab opponent to left and pivot 180 degrees to right side middle attack. Prepare for right.
24. Grab opponent to right and pivot 180 degrees to left side middle attack. Prepare for left.
25. Grab opponent to left and pivot 180 degrees to right side middle attack.
26. Pivot 270 degrees into left back stance with double knife hand blocks.
27. Step opposite direction to right back stance with double knife hand blocks.
28. Pull left foot to bow.