



## Bong Hyung (Longstaff Forms) 1 to 4

<b>(Longstaff) Bong Hyung Cho Dan – Form #1</b>	
Step No.	Movement
1.	Left low block – back stance with left leg forward <b>Note:</b> Excluding Step #12, the bong always strikes and blocks on the same side of the body as the forward leg.
2.	Turn 180 degrees, right side low block back stance with right leg forward <b>Note:</b> In this form one always turns toward the back leg. All movements and kicks are with the back leg
3.	Turn left facing front, left Low block – front stance with left leg forward <b>Note:</b> Excluding steps #1 and #2, the entire form is done in front stance
4.	Step forward, front stance with right leg, right low block, followed by a right high strike. <b>Note:</b> The high strike should be aimed so it would hit an opponent standing directly in front of you between the eyes.
5.	Step forward, front stance with the left leg, left low block, followed by a left high strike, followed by a high block using two hands
6.	a. Right front kick – bong still held in high block position b. After retracting the leg, set down into a right low block with the kicking leg forward. <b>Note:</b> The Ki-haps in this form occur during the kicks in steps #6 and #10
7.	Turn 180 degrees with left leg in forward stance, left low block
8.	Step forward, front stance with right leg, right low block, followed by a right-hand high strike <b>Note:</b> The high strike should be aimed so it would hit an opponent standing directly in front of you between the eyes.
9.	Step forward, front stance in left leg, left low block, followed by a left high strike, followed by a high block with two hands
10.	a. Right front kick with bong still held in high block position b. After retracting the leg, set down into a right low block with the kicking leg forward.
11.	Turn 180 degrees with left leg in forward stance, left high strike followed by left high block.
12.	a. Front kick with right leg, pulling bong to your chest in the same motion. b. Set down with the supporting leg still forward; strike high as you set down using the left side of the bong, bringing the right side to your right hip. Strike again in the same fashion using the right side of the bong. <b>Note:</b> In order to return to the ready position, rotate the right side of the bong down past the outside of the left knee. Continue the rotation to the right side of the body while lifting the forward leg to return to the ready position. The bong will straighten out after one rotation on the right side.

<b>(Longstaff) Bong Hyung E Dan – Form #2</b>	
Step No.	Movement
1.	Low block front stance to left. Outside chamber then stepping forward side strike
2.	Repeat to right
3.	Left leg moves down center, in front stance, low reverse block
4.	Stepping, low/high reverse blocks.
5.	Turn 360, high reverse strike, followed by uppercut motion
6.	Stepping thrust attack in front stance with ki-hap followed by 2 side strikes in place
7.	Turn, back leg moving 90 to right and repeat steps #1 and #2
8.	Repeat step 3
9.	Outside chamber weapon and step in keema jaseh performing a mid-level side strike and 2 high side strikes to 45 degree left.
10.	Turn 360 and repeat step #5 & #6
11.	Repeat #1 and #2 out to sides to finish

<b>(Longstaff) Bong Hyung Sam Dan – Form #3</b>	
Step No.	Movement
1.	Low block to left inside stance, turning in place into front stance and performing a two-hand overhead block
2.	In place, side strike towards front leg, followed by rear leg front kick and two side strikes
3.	Turning 180 and repeat steps #1 and #2 in opposite direction
4.	Low block down center in front stance
5.	Step in front stance, low/high strike
6.	Turn 360 and high strike in front stance
7.	Pivot weapon to right side of body in a vertical position, with left hand on bottom and right on top
8.	In place, push weapon forward slowly while exhaling strongly. Then thrust weapon downward on opponent's instep, then rear leg side kick with a ki hap.
9.	Retract side kick and low block right leg forward in front stance.
10.	Repeat part two of form is same as part 1 in opposite direction

**(Longstaff) Bong Hyung Sa Dan – Form #4**

Step No.	Movement
1.	From Choon Be stance, step back left leg into front stance, while bringing bong to chest. Then two-handed overhead block followed by two hand downward block.
2.	Bring weapon to left side of body, turning bong to vertical position, left hand on top then across body to right side of body to execute two side blocks.
3.	Lift front right leg and do a downward strike to head in place, right hand is forward. Palm is facing downward at position of strike.
4.	In place hook block, changing right hand grip to palm facing ceiling.
5.	Turn 180 and perform a face level reverse strike. Make sure at beginning of turn to move top of bong across the right side of body as if blocking a knee attack from the right. Palm must face direction of strike, so weapon is not dislodged from grip.
6.	In place, front stance with right leg forward, four figure 8's followed by a downward forward strike, lifting front leg to perform strike
7.	Hook block in place
8.	Without stepping, pivot in place so you are now facing left in front stance, with bong held at right side of body.
9.	Step in front stance, performing an upward strike to groin or chin (sand in eyes movement)
10.	Lift front leg and do downward head strike in place followed by sliding thrust attack with ki hap and then a hook block.
11.	Look to rear and perform a reverse knee block to the rear in reverse front stance followed by a sliding thrust attack to top of attacker's instep
12.	Step to rear with front leg. Doing a side strike, mid-level in horse stance.
13.	Bring right hand to right shoulder, using left hand for upper groin strike, then right hand for similar motion while sliding into back stance. Final motion could also be described as a 45-blocking motion to the front.
14.	Lift front leg and slide into front stance executing a forward strike to top of head.
15.	In place sliding thrust attack with ki – hap followed by a hook block
16.	Turn 90 to right, performing a reverse strike head level, making sure to bring weapon down by right ankle as turn is made.