



SINGLE SSHANG JEOL BONG BASICS

1. PROPER GRIP AND HOLDING
2. ATTENTION STANCE
3. RESTING POSITION
4. TOP SHOULDER POSITION

5. KNIFEHAND STRIKE (WITH SSJB)
6. PUNCH (WITH SSJB)

7. UP / DOWN BETWEEN LEGS
8. UP / DOWN TO HIPS
9. UP / DOWN TO ARMS

10. 9 STRIKES
11. CROSS BODY STRIKE
12. V-STRIKES
13. MODIFIED 4 COUNT STRIKE
14. 4 COUNT STRIKE

15. FORWARDS ROTATIONS
16. BACKWARD ROTATIONS
17. OVERHEAD ROTATIONS
18. PASS AROUND THE BACK
19. PASS THROUGH THE LEGS
20. OVER THE SHOULDER PASS
21. PALM ROLL OVERS
22. X-BLOCK
 - a. UPWARD
 - b. DOWNWARD
23. PASS AROUND THE NECK (NOT IN THE VIDEO)