

Tong-II
Close Ready Stance C

1. Step right foot rearward into a left walking stance (facing north) while executing a vertical twin-fist punch.
2. Maintain left walking stance while simultaneously executing (high, rearward) knife-hand strikes to the south (arms extended shoulder high, palms down).
3. Step right foot into a left L-stance while executing a (straight) inner forearm block.
4. Shift right foot into a right walking stance (facing north) while executing a (reverse) inner forearm block.
5. Shift right foot into a left L-stance (facing north) while executing a (middle) straight punch.
6. Maintain left L-stance while executing a (middle) reverse punch.
7. Step left foot into a right L-stance (facing north) while simultaneously executing a straight low defense to the north and a (high) reverse back-fist strike to the south.
- 8a. Execute a (right leg) inner crescent kick to the north (striking the left palm).
- 8b. Set down into a left L-stance (facing north) while simultaneously executing a straight low defense to the north and a (high) reverse back-fist strike to the south.
- 9a. Execute a (left leg) inner crescent kick to the north (striking the right palm).
- 9b. Set down into right L-stance (facing north) while simultaneously executing (downward) palm blocks at the solar plexus (fingertips almost touching).
10. Step right foot into a right walking stance (facing north) while executing a straight ridge-hand block.
11. Maintain right walking stance while executing a reverse ridge-hand block to the north.
12. Maintain right walking stance while executing a straight punch to the north.
13. Maintain right walking stance while executing a reverse punch to the north.
14. Execute a (high, left leg) front snap kick to the north.
15. Turn counterclockwise while executing a (left leg) axe kick to the south; stomping left foot into a right L-stance while executing a (downward) straight back-fist strike.
16. Execute a (high, right leg) front snap kick to the south.
17. Turn clockwise while executing a (right leg) axe kick to the north; stomping right foot into a left L-stance while executing a (downward) straight back-fist strike.
18. Shift right foot into a right walking stance (facing north) while executing a (high) reverse punch.
19. Maintain right walking stance while executing a (high) straight punch to the north.
20. Snap left foot into a right rear foot stance (facing north) while executing a (high) straight bow wrist strike.
21. Snap right foot into a left rear foot stance (facing north) while executing a (high) straight bow wrist strike.
22. Step left foot just northwest of right foot, turn counterclockwise and step right foot rearward into a left walking stance (facing south) while executing a (measured) straight pressing block.
23. Step right foot into a right walking stance (facing south) while executing a (measured) straight pressing block.
24. Drive both hands together and upward then outward and down in a circular motion striking left palm with right knife-hand (both hands come together in front of the lower abdomen) while drawing left foot into a close ready stance (facing south).

25. Turn counterclockwise and step left foot into a left walking stance (facing north) while executing a straight high-rising block (with the knife-hand).
26. Maintain left walking stance while executing a (high) reverse punch to the north.
27. Step right foot into a left L-stance (facing north) while executing a (middle, guarded) reverse (middle-knuckle) uppercut (right side-fist to left shoulder).
28. Step right foot rearward into a left walking stance (facing north) while executing a reverse crescent punch.
29. Half-step left foot to the east, turn clockwise and step right foot into a right walking stance (facing south) while executing a straight high-rising block (with the knife-hand).
30. Maintain right walking stance while executing a (high) reverse punch to the south.
31. Step left foot into a right L-stance (facing south) while executing a (middle, guarded) reverse (middle-knuckle) uppercut (left side-fist to right shoulder).
32. Step left foot rearward into a right walking stance (facing south) while executing a reverse crescent punch.
33. Shift right foot into a left L-stance (facing south) while executing a (low) double knife-hand block.
34. Turn counterclockwise and step left foot into a right L-stance (facing north) while executing a (low) double knife-hand block.
35. Shift left foot into a left walking stance (facing north) while simultaneously executing a straight single knife-hand block and a reverse low defense (fists start crossed in front of solar plexus).
36. Stomp right foot into a right walking stance (facing north) while executing a vertical twin-fist punch.
37. Snap right foot rearward into a left one-legged stance (facing north) while executing a (high, forward) right back-fist strike (left palm to back of right wrist).
- 38a. Turn clockwise and execute a (high, right leg) side-piercing kick to the south.
- 38b. Set down into a straddle stance (facing east) while executing a W-block.
39. Maintaining straddle stance, scoot half a stance to the south while executing a W-block.
40. Step right foot counterclockwise in a stomping motion into a straddle stance (facing west) executing a W-block.
41. Maintaining straddle stance, scoot half a stance to the south while executing a W-block.
42. Snap left foot rearward into a right one-legged stance (facing south) while executing a (high, forward) right back-fist strike (left palm to back of right wrist).
- 43a. Turn counterclockwise and execute a (high, left leg) side-piercing kick to the north.
- 43b. Turn clockwise and set down half a stance to the southeast into a left X-stance (facing south) while executing a (low, downward) double palm heel block.
44. Step right foot rearward into a left walking stance (facing south) while executing a (middle, inward) straight bear-claw strike.
45. Step right foot into a right walking stance (facing south) while executing a (middle, inward) straight bear-claw strike.
46. Maintain right walking stance while executing a (middle, inward) reverse pushing block to the south.
47. Maintain right walking stance while executing a straight circle-block to the south (with the ridge-hand).
48. Step left foot into a left walking stance (facing south) while executing a (middle,

- inward) reverse pushing block to the south.
49. Maintain left walking stance while executing a straight circle-block to the south (with the ridge-hand).
 50. Step right foot into a right walking stance (facing south) while executing a straight high-rising block.
 51. Half-step right foot to the east, turn counterclockwise and step left foot into a left walking stance (facing north) while executing a straight high-rising block.
 52. Maintain left walking stance while executing a (high) reverse punch to the north.

Move Left Foot to Paro

Pattern Count: 52

(Techniques: 56)

Definition: **Tong-IL**: The student who performs this pattern should be increasingly grateful for the blessing to live in the United States.
(7th. Degree & Above.)