

Jang Bong Dialogue 1

Offense

1. Front thrust
2. Side-step into T-stance, high push block
3. Step through, advanced low front strike
4. Flip staff, front thrust
5. Side-step into cat stance, inside middle block

Defense

1. Outside middle block
2. Front thrust
3. Side-step into T-stance, low push block
4. Side-step into initial position, outside middle block
5. Front thrust

Jang Bong Dialogue 2

Offense

1. Front thrust
2. Side-step into T-stance, high push block
3. Step through, advanced high front strike
4. Flip staff, outside middle block
5. Front thrust

Defense

1. Outside middle block
2. Front thrust
3. Switch feet, outside middle block
4. Front thrust
5. Side-step into cat stance, reverse outside middle block

Jang Bong Dialogue 3

Offense

1. Front thrust
2. Side-step into T-stance, high push block
3. Step through, advanced high front strike
4. Flip staff, outside middle block
5. Front thrust

Defense

1. Outside middle block
2. Front thrust
3. Switch feet, outside middle block
4. Advanced high front strike
5. Return to guard position, outside middle block

Jang Bong Dialogue 4

Offense

1. Step up, sliding front thrust
2. Step back, sliding rear thrust
3. Step through, long middle front strike
4. Foot switch, hand switch, long middle front strike
5. Side-step into cat stance (back foot first), hand switch, vertical block

Defense

1. Step back, long outside block
2. Step up, sliding front thrust
3. Foot switch, kneel, long high outside block
4. Foot switch, kneel, long high outside block
5. Stand up, sliding front thrust

Jang Bong Dialogue 5

Offense

1. Front thrust
2. Step through, hand switch, front strike
3. Foot switch, outside middle block
4. Advanced high front strike
5. Return to guard position, outside middle block

Defense

1. Step back, long outside block
2. Foot switch, long outside middle block
3. Sliding front thrust
4. Foot switch, long outside middle block
5. Side-step (back foot first), sliding thrust