

## **INSIDE THE LEGACY:**

A deeper look into Song Moo Kwan's Chung Bong Hyung.

In the 1960's and 1970's, there was great tournament sparring competition around the country that developed from "one technique, one win" to more challenging strategies utilizing a wider variety of techniques and combinations. This greater use of striking and kicking techniques provided the need for defensive strategy changes plus continued training to develop the new combinations.

Back in the mid--1990's, I wrote a couple articles about the Chung Bong Hyungs. These hyungs come from 9<sup>th</sup> Dan Senior Grandmaster (SrGM) Jun Sun "Jay" Hyon, who taught Song Moo Kwan Taekwondo out of the Karate Center in Minneapolis, MN. SrGM Hyon was also a direct student of Supreme Grandmaster Byung Jick Ro, founder of Song Moo Kwan.

I believe that SrGM Hyon built practical personal protection techniques and combinations plus competition/tournament skills into the Chung Bong hyung. As I have learned more about what to look for within the hyungs, I'm finding many correlations to these segments of the martial arts. I am also a great believer in that students are drawn to an art or teacher due to the concepts and applications that are taught.

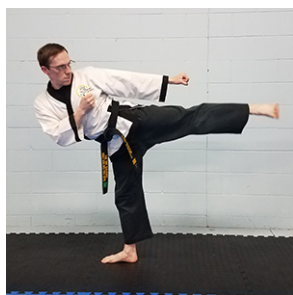
When I was a colored belt (gup) rank, the Headmaster of Karate North, Tom Sullivan, stated often that everything you needed to know about sparring/fighting was within the hyungs. It was this thought that made me start looking deeper into the hyungs. Our regional sparring was heavily influenced by Master Sullivan and his black belts. It provided an excellent learning opportunity to understand application from the hyungs through watching others within the organization put their sparring skills to the test at tournaments.

This leads to one of the most common attacking combinations that has been used from these hyungs. This combination comes from Chung Bong Ee Hyung, the second hyung in the set and used for 8<sup>th</sup> gup testing. At the one-third mark of the hyung has a back leg Round kick setting forward to a Half-Kimase stance with a Lead hand Backfist

(Photos 1.1-1.4 below). The stances within the Chung Bong hyung are long and low as seen in many traditional Karate styles.



1.1



1.2

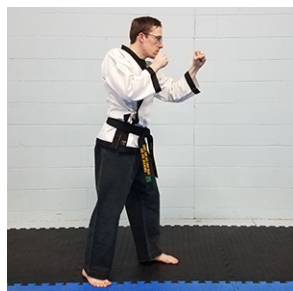


1.3



1.4

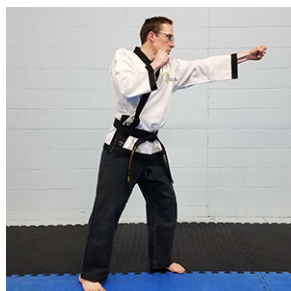
This combination is most often done during sparring as a lead leg Round kick, though rear leg Round kicks can be utilized to add power, followed by the lead hand Backfist. This version can be seen in photos 2.1-2.4 below. The sparring posture allows for quicker striking and kicking techniques that as prominent in Sport Karate/Point sparring.



2.1



2.2



2.3

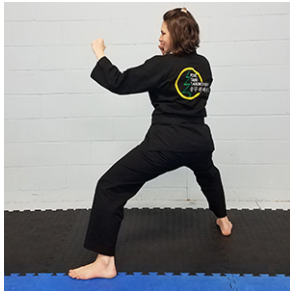


2.4

This combination is successful for a long time within the colored belt (gup) ranks. Round kicks targeting the midsection with the Backfist targeting the temple can work well against peers. This is another opportunity to build confidence. A common variation chambers the Round kick quickly but doesn't throw it to draw the opponent's hands down, then immediately performing the Backfist.

Once the student gets tired of being hit with this combination, they need only to look to the beginning of the same hyung to find a defensive counter to it. The opening techniques take the student from a defensive posture (back stance) and using the lead hand to do a "Circle" block. This term is unique to these hyungs. The movement is not that of a standard downward block but more of a sweeping motion used to parry or jam

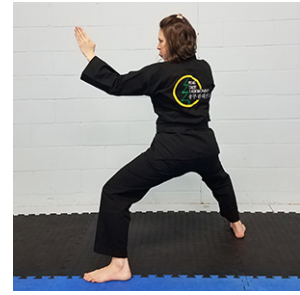
kicking attacks, mainly Round kicks. The techniques are illustrated in photos 3.1-3.3 below.



3.1



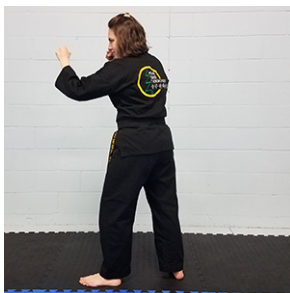
3.2



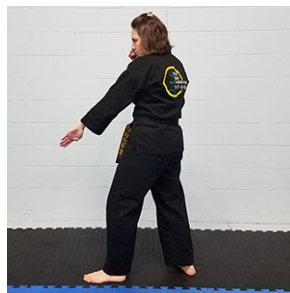
3.3

Unlike newbie sparring, where the student attempts to block EVERY perceived kick by swinging their lead in some kind of low block motion, the Circle block has a very defined endpoint just below belt level. This allows the student to jam or redirect the rising leg movement but prevents an over-exaggerated motion that become an opening for the opponent.

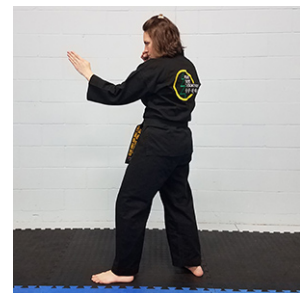
The other technique in the combination has been labeled “block out”. This uses the back of the wrist and forearm to take the impact of the Backfist that follows the Round kick. The position of this technique will vary according to the style of fighter. The majority will keep the arm slightly extended to allow the technique to morph into a high block if necessary. Others, more in the full contact/MMA areas will pull the lead hand back to their ear to help cover their head more fully. The techniques from a sparring stance are shown as 4.1-4.3 below.



4.1



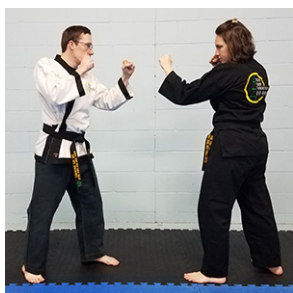
4.2



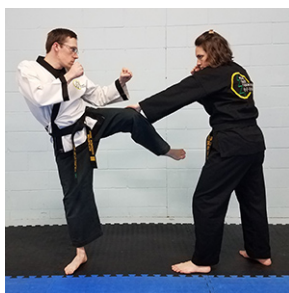
4.3

The last set of photos illustrate the application of the Circle block and the “Out” block against the Round kick/Backfist combination (Photos 5.1-5.3). This is just one of many

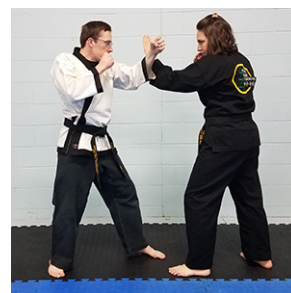
options to use against an opponent. Personally, I like to use the Circle block portion a great deal as a deterrent to throwing kicks at all.



5.1



5.2



5.3

These are just two examples of the applications created within the Chung Bong hyung. The set is very kick oriented with a wide variety of kicks including jumping kicks. The hand techniques and guarding positions more often fit into sparring applications as well. The set is an outstanding blend of the traditional technique development and a fighting skill foundation. Proof that martial arts are living things that can grow and adapt, for the proper reasons, to remain viable over decades of development.