# Chuks 2

1. Present
2. C-Step with Right foot, Turn to the Left 90\*
3. Shoulder the chucks on Right Side
4. 2 triangles, On third triangle pass chucks behind the back and shoulder on left
5. LF Shuri Turn (turn 180) (to RFF)
6. 2 Triangles
7. Pass behind back on third triangle, Shoulder on right side
8. LF C-Step to face forward, Shoulder Right
9. 2 triangles
10. On Third Triangle pass behind the back and shoulder left
11. C-Step R foot to horse stance
12. Switch to Right Side
13. 3 figure 8s
14. Move Chucks to left hand
15. Step with Right foot (Present) – do a jump front kick (right foot land in front)
16. Punch with LEFT hand
17. Move R Foot back to Horse Stance
18. Present
19. Chucks to left shoulder
20. 3 figure 8s (LH)
21. Chucks to Right Hand
22. Present
23. LF Jump FK (Right knee)
24. Right Side Punch
25. Left foot steps in to Present
26. LF to Discipline, Respect