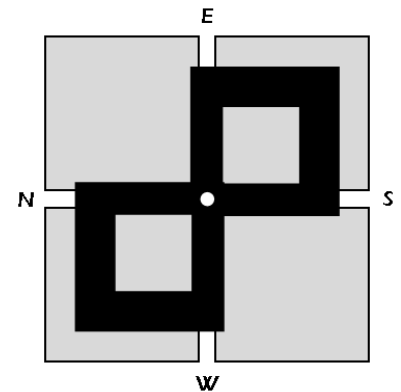


# 2ND DEGREE BLACK BELT FORM

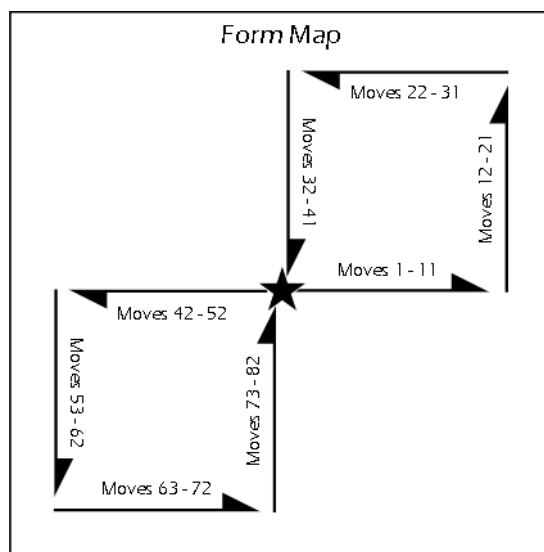


- NEW STRIKES:** Arc Hand Strike. [10, 51]  
Vertical Punch. [26, 67]  
Downward Knifehand Strike. [31, 72]
- NEW KICKS:** Jump Reverse Inner Crescent Kick. [13, 54]  
Front Kick/Jump Round Kick. [18-19, 59-60]  
Combo: Front Kick/Rnd Kick/Side Kick. [27-29, 68-70]
- NEW BLOCKS:** Upset Knifehand Block. [6, 47]  
Knifehand Block. [7, 48]  
Circular C-Block. [40, 81]  
Twin Circular C-Block. [20, 61]  
Inward Palm Heel Block. [25, 66]  
Knifehand Low X-Block. [32, 73]
- NEW STANCES:** Knee Stance. [14, 15, 16, 17, 55, 56, 57, 58]  
Twisted Stance. [33, 74]



- TYPES OF MOVEMENT:**  
Stance Shift: Changing the stance without feet moving location. [41, 82]
- READY STANCE:** Right Half Command Stance – Right fist high, Left at side; Parallel Stance.

*Form should take about 1:50 to 2:00 minutes from attention to final bow.*



# 2ND DEGREE BLACK BELT FORM



June Bee – Right foot steps to Half Command Ready Stance.

- 2 | 1. Adjust Right foot to South, Left Reverse Side Kick to South.  
2. Land in Right Back Stance facing South, Left Advanced Double Knifehand Block.
- 7 | 3. Left foot retracts to Right Rear Stance facing South, Left Knifehand Low Block.  
4. Left #3 Jump Front Kick, land in front.  
5. Right Spin Outer Crescent Kick.  
6. Land in Right Back Stance facing South, Left Upset Knifehand Block.  
7. No step, Left Knifehand Block.  
8. No step, Right Reverse Punch to mid-section.  
9. No step, Left Punch to high-section.
- 2 | 10. Right foot steps to Right Front Stance facing South, Right Arc Hand Strike to high-section.  
11. No step, Left Reverse Palm Heel Strike to high-section (hit Right Palm).  
— *(Direction Change on Line Corner)* —
- 6 | 12. Left foot steps to Right Rear Stance facing East, Left Circular Double Knifehand Low Block.  
13. Right Step Reverse Inner Crescent Kick (Butterfly Kick), land foot-to-foot and continue rotating Counterclockwise 360° after kicking target.  
14. Left foot steps to Right Knee Stance facing East, Left High Block.  
15. No step, Right Reverse Punch to high-section (mid-level).  
16. No step, Left Punch to high-section (mid-level).  
17. No step, Right Reverse Upward Elbow Strike to high-section (mid-level).
- 4 | 18. Right #2 Front Kick. And...  
19. In continuous motion, Left Jump Round Kick, land foot-to-foot and continue rotating Clockwise 360° after kicking target.  
20. Right foot steps to Right Front Stance facing East, Twin Circular C-Block.  
21. Left #2 Front Kick, land foot-to-foot.  
— *(Direction Change on Line Corner)* —
- 5 | 22. Right foot steps Clockwise 180° to Left Back Stance facing North, Right Circular Compound Double Outer Forearm Block. **Kihap.**  
23. Left #1 Concentration Side Kick to South.  
24. Retracting leg, turn Clockwise 180° to land in Middle Stance facing East (eyes to North), Right Spin Hook Kick.  
25. Land in Right Back Stance facing North, Left Inward Palm Heel Block to mid-section.  
26. Adjust Left foot to Left Front Stance facing North, Right Reverse Vertical Punch to mid-section.
- 5 | 27. Right #2 Front Kick. And...  
28. In continuous motion, Right Round Kick. And...  
29. In continuous motion, Right Side Kick, land foot-to-foot.  
30. Left foot steps 180° Counterclockwise to Left Front Stance facing North, Left Spinning Hammerfist Strike to high-section.  
31. No step, Right Reverse Downward Knifehand Strike (45° downward angle) to high-section.

# 2ND DEGREE BLACK BELT FORM



— (Direction Change on Line Corner) —

- 32. Right foot steps to Left foot while turning Counterclockwise 90°, then Left foot steps to Left Front Stance facing West, Knifehand Low X-Block.
- 33. Stance shifts to a Left Twisted Stance facing West, Right Reverse Knifehand Block.
- 6 34. Right #2 Side Kick.
- 35. Land in Right Front Stance facing West, Right Low Block.
- 36. No step, Left Reverse Outer Forearm Block.
- 37. No step, Right Horizontal Spearhand Strike to high-section.
  
- 38. Left #2 Front Kick. And...
- 4 39. In continuous motion, Left Round Kick.
- 40. Land in Left Front Stance facing West, Right Reverse Circular C-Block.
- 41. No step, Left Upset Hammerfist Strike (stance shift to north).

----- 2<sup>nd</sup> Half of Form -----

— (Direction Change on Line Corner) —

- 2 42. Left foot steps Clockwise 90° facing North, Right Reverse Side Kick. **Kihap.**
- 43. Land in Left Back Stance facing North, Right Advanced Double Knifehand Block.
  
- 44. Right foot retracts to Left Rear Stance facing North, Right Knifehand Low Block.
- 45. Right #3 Jump Front Kick, land in front.
- 7 46. Left Spin Outer Crescent Kick.
- 47. Land in Left Back Stance facing North, Right Upset Knifehand Block.
- 48. No step, Right Knifehand Block.
- 49. No step, Left Reverse Punch to mid-section.
- 50. No step, Right Punch to high-section.

- 2 51. Left foot steps to Left Front Stance facing North, Left Arc Hand Strike to high-section.
- 52. No step, Right Reverse Palm Heel Strike to high-section (hit Left Palm).

— (Direction Change on Line Corner) —

- 53. Right foot steps Clockwise 135° to Left Rear Stance facing West, Right Circular Double Knifehand Low Block.
- 54. Left Step Reverse Inner Crescent Kick (Butterfly Kick), land foot-to-foot and continue rotating Clockwise 360° after kicking target.
- 6 55. Right foot steps to Left Knee Stance facing West, Right High Block.
- 56. No step, Left Reverse Punch to high-section (mid-level).
- 57. No step, Right Punch to high-section (mid-level).
- 58. No step, Left Reverse Upward Elbow Strike to high-section (mid-level).
  
- 59. Left #2 Front Kick. And...
- 4 60. In continuous motion, Right Jump Round Kick, land foot-to-foot and continue rotating Counterclockwise 360° after kicking target.
- 61. Left foot steps to Left Front Stance facing West, Twin Circular C-Block.
- 62. Right #2 Front Kick, land foot-to-foot. **Kihap.**

# 2ND DEGREE BLACK BELT FORM



— (Direction Change on Line Corner) —

- 5
63. Left foot steps to Right Back Stance facing South, Left Circular Compound Double Outer Forearm Block.
  64. Right #1 Concentration Side Kick to North.
  65. Retracting leg, turn Counterclockwise 180° to land in Middle Stance facing East (eyes to South), Left Spin Hook Kick.
  66. Land in Left Back Stance facing South, Right Inward Palm Heel Block to mid-section.
  67. Adjust Right foot to Right Front Stance facing South, Left Reverse Vertical Punch to mid-section.

- 5
68. Left #2 Front Kick. And...
  69. In continuous motion, Left Round Kick. And...
  70. In continuous motion, Left Side Kick, land foot-to-foot.
  71. Right foot steps 180° Clockwise to Right Front Stance facing South, Right Spinning Hammerfist Strike to high-section.
  72. No step, Left Reverse Downward Knifehand Strike (45° downward angle) to high-section.

— (Direction Change on Line Corner) —

- 6
73. Left foot steps to Right foot while turning Clockwise 90°, then Right foot steps to Right Front Stance facing East, Knifehand Low X-Block.
  74. Stance shifts to a Right Twisted Stance facing East, Left Reverse Knifehand Block.
  75. Left #2 Side Kick.
  76. Land in Left Front Stance facing East, Left Low Block.
  77. No step, Right Reverse Outer Forearm Block.
  78. No step, Left Horizontal Spearhand Strike to high-section.

- 4
79. Right #2 Front Kick. And...
  80. In continuous motion, Right Round Kick.
  81. Land in Right Front Stance facing East, Left Reverse Circular C-Block.
  82. No step, Right Upset Hammerfist Strike (stance shift to north).

Bah-ro – Right foot steps to Half Command Ready Stance.

Shi-uh – 'At Ease' position.

# 2ND DEGREE BLACK BELT FORM



☆ June Bee - Half Command Ready Position

		STANCE	SECTION			STANCE	SECTION
2	1. L Reverse Side Kick	-	M/H	2	42. R Step Reverse Side Kick - <b>Kihap</b>	-	M/H
	2. L Advanced Double Knifehand Block	B	H		43. R Advanced Double Knifehand Block	B	H
7	3. L Knifehand Low Block	R	L	7	44. R Knifehand Low Block	R	L
	4. L #3 Jump Front Kick	-	M/H		45. R #3 Jump Front Kick	-	M/H
	5. R Spin Outer Crescent Kick	-	M/H		46. L Spin Outer Crescent Kick	-	M/H
7	6. L Upset Knifehand Block	B	H	7	47. R Upset Knifehand Block	B	H
	7. L Knifehand Block	B	H		48. R Knifehand Block	B	H
	8. R Reverse Punch	B	M		49. L Reverse Punch	B	M
2	9. L Punch	B	H	2	50. R Punch	B	H
	10. R Arc Hand Strike	F	H		51. L Arc Hand Strike	F	H
6	11. L Reverse Palm Heel Strike (hit right palm)	F	H	6	52. R Reverse Palm Heel Strike (hit left palm)	F	H
	12. L Circular Double Knifehand Low Block	R	L		53. R Circular Double Knifehand Low Block	R	L
	13. R Step Jump Reverse Inner Crescent Kick	-	H		54. L Step Jump Reverse Inner Crescent Kick	-	H
	14. L High Block	K	H		55. R High Block	K	H
	15. R Reverse Punch	K	H		56. L Reverse Punch	K	H
	16. L Punch	K	H		57. R Punch	K	H
4	17. R Reverse Upward Elbow Strike	K	H	4	58. L Reverse Upward Elbow Strike	K	H
	18. R #2 Front Kick	-	M/H		59. L #2 Front Kick	-	M/H
	19. L Jump Round Kick	-	M/H		60. R Jump Round Kick	-	M/H
	20. B Twin Circular C-Block	F	M		61. B Twin Circular C-Block	F	M
5	21. L #2 Front Kick	-	M/H	5	62. R #2 Front Kick - <b>Kihap</b>	-	M/H
	22. R Circ Cmpnd Dbl Outr Forearm Block - <b>Kihap</b>	B	H		63. L Circ Cmpnd Dbl Outr Forearm Block	B	H
	23. L Concentration #1 Side Kick	-	M/H		64. R Concentration #1 Side Kick	-	M/H
5	24. R Spin Hook Kick	-	M/H	5	65. L Spin Hook Kick	-	M/H
	25. L Inward Palm Heel Block	B	M		66. R Inward Palm Heel Block	B	M
	26. R Reverse Vertical Punch	F	M		67. L Reverse Vertical Punch	F	M
5	27. R #2 Front Kick	-	M/H	5	68. L #2 Front Kick	-	M/H
	28. R Round Kick	-	M/H		69. L Round Kick	-	M/H
	29. R Side Kick	-	M/H		70. L Side Kick	-	M/H
6	30. L Spinning Hammerfist Strike	F	H	6	71. R Spinning Hammerfist Strike	F	H
	31. R Reverse Downward Knifehand Strike (45°)	F	H		72. L Reverse Downward Knifehand Strike (45°)	F	H
	32. B Knifehand Low X-Block	F	L		73. B Knifehand Low X-Block	F	L
6	33. R Knifehand Block	T	H	6	74. L Knifehand Block	T	H
	34. R #2 Side Kick	-	M/H		75. L #2 Side Kick	-	M/H
	35. R Low Block	F	L		76. L Low Block	F	L
4	36. L Reverse Outer Forearm Block	F	H	4	77. R Reverse Outer Forearm Block	F	H
	37. R Horizontal Spearhand Strike	F	H		78. L Horizontal Spearhand Strike	F	H
	38. L #2 Front Kick	-	M/H		79. R #2 Front Kick	-	M/H
4	39. L Round Kick	-	M/H	4	80. R Round Kick	-	M/H
	40. R Reverse Circular C-Block	F	H		81. L Reverse Circular C-Block	F	H
	41. L Reverse Upset Hammerfist Strike (shift)	F	H		82. R Reverse Upset Hammerfist Strike (shift)	F	H