

# Shimsan Il Jahng

## White Belt Form



NEW STRIKES: Punch. [4, 5, 9, 13, 14, 18]  
Reverse Punch. [3, 12]  
Knifehand Strike. [6, 15]

NEW KICKS: #1-2-3-4 Front Kick. [2, 11]  
#1-2-3-4 Side Kick. [7, 16]

NEW BLOCKS: Low Block. [1, 10]  
Inner Forearm Block. [8, 17]

NEW STANCES: Front Stance. [1, 3, 4, 5, 8, 9, 10, 12, 13, 14, 17, 18]  
Middle Stance. [6, 15]

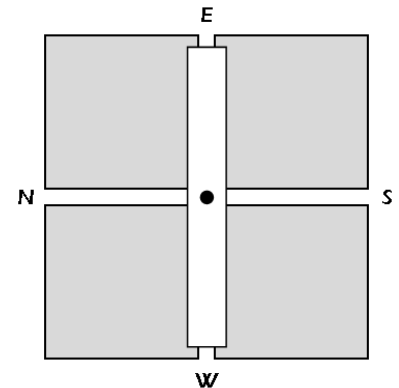
### TYPE OF MOVEMENT:

'Reverse': Punching, striking, or blocking with the back hand. [3, 12]

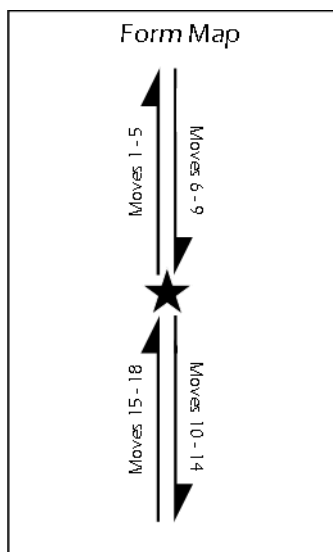
Double-hand Blocks and Strikes: Opposite arm used for reaction force. [1, 3, 4, 5, 6, 8, 9, 10, 12, 13, 14, 15, 17, 18]

Open to Open: All color belt open-hand techniques begin and end with an open hand position. [6, 15]

READY STANCE: Left Natural Ready Stance – Arms relaxed at respective sides; Parallel Stance.



*Form should take about 20-25 seconds from attention to final bow.*



# ***Shimsan Il Jahng***

## **White Belt Form**

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June Bee – Left foot steps to Natural Ready Stance.

- 1. Left foot steps to Left Front Stance facing East, Left Low Block.
- 2. Right #2 Front Kick.
- 5 3. Land in Right Front Stance, Left Reverse Punch to mid-section.
- 4. No step, Right Punch to mid-section.
- 5. Left foot steps to Left Front Stance facing East, Left Punch to high-section.

– *(Direction Change)* –

- 6. Adjust Right foot to Middle Stance facing South (eyes to West), Right Knifehand Strike to mid-section. **Kihap.**
- 4 7. Right #3 Side Kick.
- 8. Land in Right Front Stance, Right Inner Forearm Block.
- 9. Left foot steps to Left Front Stance facing West, Left Punch to high-section.

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

- 10. Right foot steps to Right Front Stance facing West, Right Low Block.
- 11. Left #2 Front Kick.
- 5 12. Land in Left Front Stance, Right Reverse Punch to mid-section.
- 13. No step, Left Punch to mid-section.
- 14. Right foot steps to Right Front Stance facing West, Right Punch to high-section.

– *(Direction Change)* –

- 15. Adjust Left foot to Middle Stance facing South (eyes to East), Left Knifehand Strike to mid-section. **Kihap.**
- 4 16. Left #3 Side Kick.
- 17. Land in Left Front Stance, Left Inner Forearm Block.
- 18. Right foot steps to Right Front Stance facing East, Right Punch to high-section.

Bah-ro – Left foot steps to Natural Ready Stance.

Shi-uh – ‘At Ease’ position.

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## White Belt Form



☆ June Bee - Natural Ready Position

		STANCE	SECTION			STANCE	SECTION
5	1.	L	Low Block	F	L	10.	R Low Block
	2.	R	#2 Front Kick	-	M/H	11.	L #2 Front Kick
	3.	L	Reverse Punch	F	M	12.	R Reverse Punch
	4.	R	Punch	F	M	13.	L Punch
	5.	L	Punch	F	H	14.	R Punch
4	6.	R	Knifehand Strike - <b>Kihap</b>	M	M	15.	L Knifehand Strike - <b>Kihap</b>
	7.	R	#3 Side Kick	-	M/H	16.	L #3 Side Kick
	8.	R	Inner Forearm Block	F	H	17.	L Inner Forearm Block
	9.	L	Punch	F	H	18.	R Punch