

# Shimsan Sam Jahng

## Camo/Green Belt Form



**NEW STRIKES:** Horizontal Elbow Strike. [11, 29]  
 Vertical Back Elbow Strike. [14, 32]  
 Palm Heel Strike. [16, 34]  
 Downward Hammerfist Strike. [18, 36]

**NEW KICKS:** Combo: Front Kick/Round Kick. [2-3, 20-21]  
 Reverse Side Kick.  
 Step Reverse Side Kick. [7, 25]  
 Spin Side Kick.  
 Step Spin Side Kick.  
 #1-2-3-4 Inner Crescent Kick.  
 #1-2-3-4 Outer Crescent Kick. [6, 24]

**NEW BLOCKS:** Twin Outer Forearm Block. [5, 23]  
 High/Low Block: [9, 27]

**NEW STANCES:** Sparring Stance. [1, 19]  
 Closed Stance. [9, 15, 27, 33]

**TYPE OF MOVEMENT:**

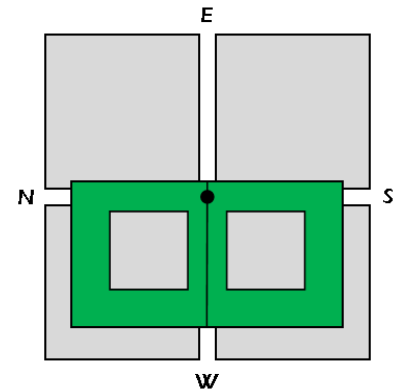
Combination Kicks: Kicking two or more times without placing the kicking foot on the ground. [2-3, 20-21]

Reverse Kicks: Turning away from the target and kicking with the back foot. Land with the kicking foot in the front (180°). [7, 25]

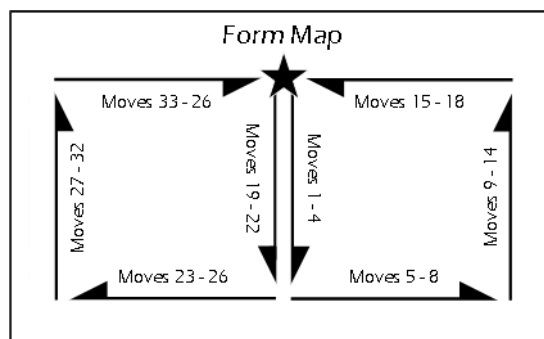
Spin Kicks: Turning away from the target and kicking with the back foot. Land with the kicking foot in the back (360°).

Combo Blocks: Utilizing two different blocks simultaneously. [9, 27]

**READY STANCE:** Right Advanced Ready Stance – Arms form a ‘circle’ with hands one fist distance away from belt knot; Parallel Stance.



*Form should take about 45-50 seconds from attention to final bow.*



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## **Camo/Green Belt Form**



June Bee – Right foot steps to Advanced Ready Stance.

- 4 | 1. Right foot steps Clockwise 90° to Right Sparring Stance facing West, Right Double Outer Forearm Block.
2. Left #2 Front Kick. And...
3. In continuous motion, Left Round Kick.
4. Land in Middle Stance facing North (eyes to West), Left Backfist Strike to high-section.  
— *(Direction Change on Line Corner)* —
- 4 | 5. Right foot steps Clockwise 90° to Right Front Stance facing South, Twin Outer Forearm Block.
6. Left #2 Outer Crescent Kick, land in back.
7. Right Step Reverse Side Kick.
8. Land in Middle Stance facing East (eyes to South), Right Knifehand Strike to mid-section.  
— *(Direction Change on Line Corner)* —
- 3 | 9. Left foot steps to Closed Stance facing East, Left High/Low Block.
10. Left foot steps to Right Back Stance facing East, Left Double Knifehand Block.
11. Left foot adjusts to Left Front Stance facing East, Right Reverse Horizontal Elbow Strike to high-section (Left hand slaps Right Elbow). **Kihap.**
- 3 | 12. Right #2 Front Kick, land in front.
13. Right #3 Side Kick.
14. Land in Right Back Stance facing West (eyes to East), Right Vertical Back Elbow to mid-section.  
— *(Direction Change on Line Corner)* —
- 4 | 15. Left foot steps to Closed Stance facing West (eyes to North), Right Knifehand Low Block.
16. Right foot steps to Right Front Stance facing North, Left Reverse Palm Heel Strike to high-section.
17. Left #2 Round Kick.
18. Land in Left Front Stance facing North, Right Reverse Downward Hammerfist Strike to high-section.  
----- **2<sup>nd</sup> Half of Form** -----  
— *(Direction Change on Line Corner)* —
- 4 | 19. Right foot steps to Left foot while turning Counterclockwise 90°, then Left foot steps to Left Sparring Stance facing West, Left Double Outer Forearm Block.
20. Right #2 Front Kick. And...
21. In continuous motion, Right Round Kick. **Kihap.**
22. Land in Middle Stance facing South (eyes to West), Right Backfist Strike to high-section.  
— *(Direction Change on Line Corner)* —
- 4 | 23. Left foot steps Counterclockwise 90° to Left Front Stance facing North, Twin Outer Forearm Block.
24. Right #2 Outer Crescent Kick, land in back.
25. Left Step Reverse Side Kick.
26. Land in Middle Stance facing East (eyes to North), Left Knifehand Strike to mid-section.

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## **Camo/Green Belt Form**

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— *(Direction Change on Line Corner)* —

- 3 | 27. Right foot steps to Closed Stance facing East, Right High/Low Block.
- 3 | 28. Right foot steps to Left Back Stance facing East, Right Double Knifehand Block.
- 3 | 29. Right foot adjusts to Right Front Stance facing East, Left Reverse Horizontal Elbow Strike to high-section (Right hand slaps Left Elbow).
  
- 3 | 30. Left #2 Front Kick, land in front.
- 3 | 31. Left #3 Side Kick. **Kihap.**
- 3 | 32. Land in Left Back Stance facing West (eyes to East), Left Vertical Back Elbow to mid-section.

— *(Direction Change on Line Corner)* —

- 4 | 33. Right foot steps to Closed Stance facing West (eyes to South), Left Knifehand Low Block.
- 4 | 34. Left foot steps to Left Front Stance facing South, Right Reverse Palm Heel Strike to high-section.
- 4 | 35. Right #2 Round Kick.
- 4 | 36. Land in Right Front Stance facing South, Left Reverse Downward Hammerfist Strike to high-section.

Bah-ro – Right foot steps to Advanced Ready Stance.

Shi-uh – 'At Ease' position.

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☆ June Bee - Advanced Ready Position

		STANCE	SECTION
4	1. R Double Outer Forearm Block	S	H
	2. L #2 Front Kick	-	M/H
	3. L Round Kick	-	M/H
	4. L Backfist Strike	M	H
4	5. B Twin Outer Forearm Block	F	H
	6. L #2 Outer Crescent Kick	-	M/H
	7. R Step Reverse Side Kick	-	M/H
	8. R Knifehand Strike	M	M
3	9. B Left High/Low Block	C	H&L
	10. L Double Knifehand Block	B	H
	11. R Reverse Horizontal Elbow Strike - <b>Kihap</b>	F	H
3	12. R #2 Front Kick	-	M/H
	13. R #3 Side Kick	-	M/H
	14. R Vertical Back Elbow Strike	B	M
4	15. R Knifehand Low Block	C	L
	16. L Reverse Palm Heel Strike	F	H
	17. L #2 Round Kick	-	M/H
	18. R Reverse Downward Hammerfist Strike	F	H

		STANCE	SECTION
4	19. L Double Outer Forearm Block	S	H
	20. R #2 Front Kick	-	M/H
	21. R Round Kick - <b>Kihap</b>	-	M/H
	22. R Backfist Strike	M	H
4	23. B Twin Outer Forearm Block	F	H
	24. R #2 Outer Crescent Kick	-	H
	25. L Step Reverse Side Kick	-	M/H
	26. L Knifehand Strike	M	M
3	27. B Right High/Low Block	C	H&L
	28. R Double Knifehand Block	B	H
	29. L Reverse Horizontal Elbow Strike	F	H
3	30. L #2 Front Kick	-	M/H
	31. L #3 Side Kick - <b>Kihap</b>	-	M/H
	32. L Vertical Back Elbow Strike	B	M
4	33. L Knifehand Low Block	C	L
	34. R Reverse Palm Heel Strike	F	H
	35. R #2 Round Kick	-	M/H
	36. L Reverse Downward Hammerfist Strike	F	H