

Shimsan Sah Jahng

Purple/Blue Belt Form



NEW STRIKES: Twin Upset Punch. [3, 35]

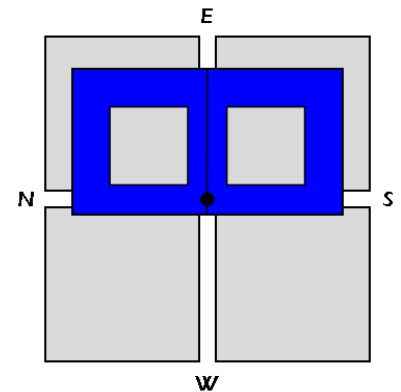
NEW KICKS: #1-2-3-4 Hook Kick. [10, 32]
 Reverse Hook Kick.
 Step Reverse Hook Kick.
 Spin Hook Kick.
 Step Spin Hook Kick.
Combo: Hook Kick/Round Kick. [10-11, 32-33]
Combo: Round Kick/Round Kick. [16-17, 38-39]

NEW BLOCKS: Low X-Block. [1, 23]
 High X-Block. [4, 26]
 Twin Low Block. [19, 41]
 Double Low Block. [9, 31]

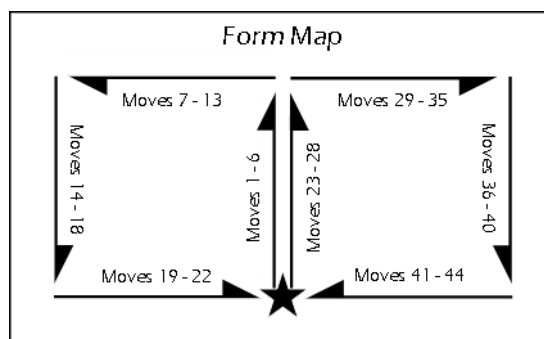
TYPE OF MOVEMENT:

'Spinning' Hand Techniques: Striking with the back hand by turning away from the target and then stepping towards it and striking. Applies to specific Backfist Strikes, Knifehand Strikes, and Hammerfist Strikes. [12, 34]
Alternate #3 Jump Kicks: Moving the back foot to the front foot, then jumping with both feet at the same time and kicking with the front foot. [2, 24]

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 55-60 seconds from attention to final bow.



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June Bee – Right foot steps to Advanced Ready Stance.

- 3 | 1. Right foot steps to Right Front Stance facing East, Low X-Block.
- 3 | 2. Left foot steps even with Right foot, Right #3 Jump Front Kick.
- 3 | 3. Land in Right Front Stance facing East, Twin Upset Punch to mid-section.

- 3 | 4. Left foot steps to Closed Stance facing East, High X-Block.
- 3 | 5. No step, Left Knifehand Strike to high-section.
- 3 | 6. No step, Right Palm Heel Strike to high-section.
- 3 | — *(Direction Change on Line Corner)* —

- 3 | 7. Right foot steps Clockwise 180° to Right Sparring Stance facing North, Right Double Outer Forearm Block.
- 3 | 8. Right #1 Side Kick.
- 3 | 9. Land in Right Sparring Stance facing North, Right Double Low Block.

- 4 | 10. Right #3 Hook Kick. And...
- 4 | 11. In continuous motion, Right Round Kick, land foot-to-foot.
- 4 | 12. Left foot steps Counterclockwise 180° to Middle Stance facing East (eyes to North), Left Spinning Backfist Strike to mid-section. **Kihap.**
- 4 | 13. No step, Left Knifehand Strike to high-section.
- 4 | — *(Direction Change on Line Corner)* —

- 5 | 14. Right foot steps Clockwise 90° to Right Front Stance facing West, Right Low Block.
- 5 | 15. No step, Right Outer Forearm Block.
- 5 | 16. Left #2 Round Kick. And...
- 5 | 17. In continuous motion, Left Round Kick.
- 5 | 18. Land in Middle Stance facing North (eyes to West), Left Punch to mid-section.
- 5 | — *(Direction Change on Line Corner)* —

- 4 | 19. Right foot steps to Left foot while turning Counterclockwise 90°, then Left foot steps to Left Front Stance facing South, Twin Low Block.
- 4 | 20. Right #2 Front Kick.
- 4 | 21. Land in right Sparring Stance facing South, Left Reverse Punch to mid-section.
- 4 | 22. No step, Right Punch to high-section. **Kihap.**

- 4 | ----- **2nd Half of Form** -----
- 4 | — *(Direction Change on Line Corner)* —

- 3 | 23. Left foot steps to Left Front Stance facing East, Low X-Block.
- 3 | 24. Right foot steps even with Left foot, Left #3 Jump Front Kick.
- 3 | 25. Land in Left Front Stance facing East, Twin Upset Punch to mid-section.

- 3 | 26. Right foot steps to Closed Stance facing East, High X-Block.
- 3 | 27. No step, Right Knifehand Strike to high-section.
- 3 | 28. No step, Left Palm Heel Strike to high-section.

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— *(Direction Change on Line Corner)* —

- 3 | 29. Left foot steps Counterclockwise 180° to Left Sparring Stance facing South, Left Double Outer Forearm Block.
30. Left #1 Side Kick.
31. Land in Left Sparring Stance facing South, Left Double Low Block.
- 4 | 32. Left #3 Hook Kick. And... **Kihap**.
33. In continuous motion, Left Round Kick, land foot-to-foot.
34. Right foot steps Clockwise 180° to Middle Stance facing East (eyes to South), Right Spinning Backfist Strike to mid-section.
35. No step, Right Knifehand Strike to high-section.

— *(Direction Change on Line Corner)* —

- 5 | 36. Left foot steps Counterclockwise 90° to Left Front Stance facing West, Left Low Block.
37. No step, Left Outer Forearm Block.
38. Right #2 Round Kick. And...
39. In continuous motion, Right Round Kick.
40. Land in Middle Stance facing South (eyes to West), Right Punch to mid-section.

— *(Direction Change on Line Corner)* —

- 4 | 41. Left foot steps to Right foot while turning Clockwise 90°, then Right foot steps to Right Front Stance facing North, Twin Low Block.
42. Left #2 Front Kick.
43. Land in Left Sparring Stance facing North, Right Reverse Punch to mid-section.
44. No step, Left Punch to high-section.

— *(Direction Change on Line Corner)* —

- 1 | 45. Right foot steps to Right Sparring Stance facing East, Right Double Outer Forearm Block.

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			STANCE	SECTION
3	1. B Low X-Block	F	L	3	23. B Low X-Block	F	L
	2. R Step up, #3 Jump Front Kick	-	M/H		24. L Step up, #3 Jump Front Kick	-	M/H
	3. B Twin Upset Punch	F	M		25. B Twin Upset Punch	F	M
3	4. B High X-Block	C	H	3	26. B High X-Block	C	H
	5. L Knifehand Strike	C	H		27. R Knifehand Strike	C	H
3	6. R Palm Heel Strike	C	H	3	28. L Palm Heel Strike	C	H
	7. R Double Outer Forearm Block	S	H		29. L Double Outer Forearm Block	S	H
	8. R #1 Side Kick	-	M/H		30. L #1 Side Kick	-	M/H
4	9. R Double Low Block	S	L	4	31. L Double Low Block	S	L
	10. R #3 Hook Kick	-	M/H		32. L #3 Hook Kick - Kihap	-	M/H
	11. R Round Kick	-	M/H		33. L Round Kick	-	M/H
	12. L Spinning Backfist Strike - Kihap	M	M		34. R Spinning Backfist Strike	M	M
5	13. L Knifehand Strike	M	H	5	35. R Knifehand Strike	M	H
	14. R Low Block	F	L		36. L Low Block	F	L
	15. R Outer Forearm Block	F	H		37. L Outer Forearm Block	F	H
	16. L #2 Round Kick	-	L		38. R #2 Round Kick	-	L
	17. L Round Kick	-	H		39. R Round Kick	-	H
4	18. L Punch	M	M	4	40. R Punch	M	M
	19. B Twin Low Block	F	L		41. B Twin Low Block	F	L
	20. R #2 Front Kick	-	M/H		42. L #2 Front Kick	-	M/H
	21. L Reverse Punch	S	M		43. R Reverse Punch	S	M
	22. R Punch - Kihap	S	H	1	44. L Punch	S	H
					45. R Double Outer Forearm Block	S	H