

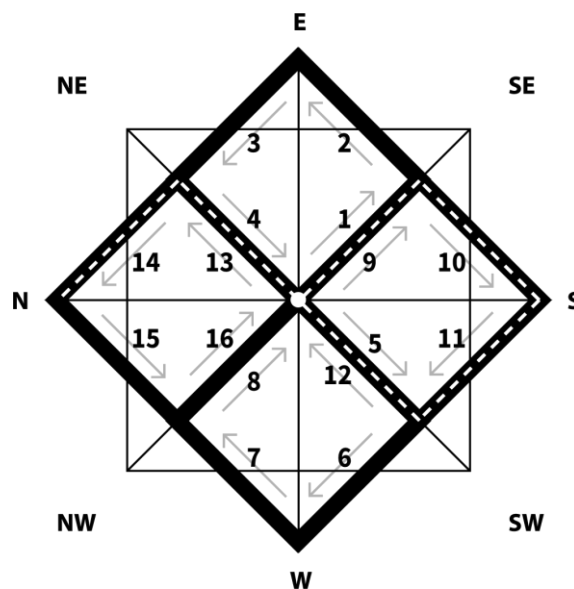
JEONG SEUNG POOME-SAE EIGHTH DEGREE BLACK BELT FORM

정승

Translates as "Continually moving forward toward the right ideal or vision"

NEW BASICS:

Circular Knifehand Block – Move #1
 360 Degree Spin Palm Strike – Move #6
 Downward Palm Press – Move #8
 Two-Handed Block – Moves #12 & #13
 Half Figure-8 Block – Move #16
 Hook Palm Heel Strike – Move #19
 Palm Parry Block – Move #22
 Upward Shoulder Release – Move #23
 Downward Knifehand Strike – Move #24
 Twin Inner Forearm Block (Ridgehand And Fist)- Move #32
 Upward Scooping Block – Move #41
 Two-Handed Hooking Block – Move #43
 Reverse Punch / Inner Forearm Block Combo – Moves #85 & #86
 Augmented Inward Outer Forearm Block – Move #88



NEW STANCES:

Half back stance (legs straight but not locked)
 Uneven Middle Stance (foot alignment is similar to Sparring Stance but with body facing like a Middle Stance) (60/40 weight distribution)

NEW KICKS:

Push kick

NEW CONCEPT:

Advanced simultaneous hand and kicking combinations

READY POSITION:

Right full command ready position (opposite of Chul Joon)

LINE 1 (1-7)

1. Step with right foot toward SE, right front stance, executing **Left Circular Knifehand Block** (clockwise) to East, high section. Right hand moves simultaneously in circular clockwise motion ending at side. Facing east. – slow (2 seconds)
2. Pivot on heel to open right foot, Left foot steps SE to left front stance, **Right Reverse Punch** to SE – high section
3. Left foot slides back to right rear stance, **Right palm down, Left palm up block** to SE
4. Place left foot flat, execute **Left Knifehand High Block / Right Knifehand Low Block**
5. Right foot steps around left foot, move both arms in a counter clockwise circular motion, executing a **Right Horizontal Elbow Strike** toward SE while the left hand returns to the knifehand high block position... – high section – and, in continuous motion...
6. Flow into 360-degree spin toward SE, forming a left X-Stance, and execute a **Right Palm Heel Strike** to mid-section (while maintaining the knifehand high block position)
7. Turn clockwise, right foot steps to right sparring stance and execute a **Downward Double Knifehand Strike** to high section – slow (2 seconds)

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LINE 2 (8-11)

8. Step left foot (toes in/knees almost touching) SE and turning clockwise execute a **Right #1 Side Kick** to NE mid or high section while at the same time executing a **Left Downward Palm Press** low section
9. Step down one stance length to NE and execute a **#2 Left Front Kick** (hands pull to left hip) – mid or high section
10. Step forward to NE one-half stance length and execute a **#2 Right Round Kick** (hands pull from left to right across body) – mid or high section
11. Step forward to NE into a left back stance and execute a **Double Knifehand Block** to high section

LINE 3 (12-19)

12. Step left foot to NW into a right uneven middle stance (60% of weight on right leg) and execute a slow (2 seconds) **Two-Handed Block** and in continuous motion (Right Hand High/Left Hand low)
13. Staying in place, shift weight into a left uneven middle stance (60% of weight on left leg) and execute a slow (2 seconds) **Two-Handed Block** (Left Hand High/Right Hand Low)
14. Pick up left foot for block to a right one-legged stance (toes point outward) and execute a **Right High Reverse Punch** to NW – high section
15. Step with left foot one-half stance length forward and execute **#2 Right Front Kick** to mid or high section landing into a left back stance
16. And in continuous motion, execute a **Half Figure 8 Block** (start with palms down) to NW high section
17. Staying in place, execute a high section **Right Upward Elbow Strike** (with palm open) (when right hand is back in preparation for strike, lift both heels and then drop as strike is completed)
18. Step left foot forward into a middle stance and execute a **Left Side Punch** to NW mid-section
19. Staying in place, execute a **Right Hook Palm Heel Strike** to NW in a middle stance – mid-section

LINE 4 (20-25)

20. Step right foot to SW into a middle stance and execute a **Right Horizontal Back Elbow Strike** to mid-section
21. Staying in place, shift weight to left (60% of weight on left leg) and simultaneously execute a **Left Knifehand High Block** and a **Right Hook Palm Heel Strike** to high section
22. Step right foot into a half back stance (legs straight but not locked), execute a **Left Palm Parry Block** to high section
23. Staying in place, execute a **Right Upward Shoulder Release** to high section
24. Staying in place, execute a **Right Downward Knifehand Strike** to high section - tension (5 seconds)
25. Shift right foot SW to middle stance, then stepping left foot past (behind one half stance) right foot (circle hands in clockwise motion) and execute a **Right #3 Side Kick** toward SW mid or high section

LINE 5 (26-29)

26. Land one stance length toward SW and execute a **Left #2 Round Kick** to mid or high section
27. Land with left leg forward one stance length, then step right past (behind one half stance) left foot (circle hands in counterclockwise motion) and execute a **Left #3 Side Kick** toward SW to mid or high section
28. Land the left foot into a right back stance and execute a **Double Knifehand Block** to high section **KI-HAP**

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- 29. Execute a **Right #2 Round Kick** to SW and keep right knee up in re-chamber to mid or high section
- 30. Looking to the SE and execute a **Right Low Push Kick** (both hands palm up) to low section

LINE 6 (30-34)

- 31. Step right foot onto NW line into a left front stance and execute a **Right Reverse Horizontal Elbow Strike** into left palm to high section
- 32. Move right foot in line with left foot and slide left foot back into a right rear stance and execute a **Twin Inner Forearm Block** (left ridgehand and right fist) to high section
- 33. Staying in place execute a **Left #1 Round Kick** to mid or high section
- 34. Cross left foot in front of right one-half stance length and execute a **Right #2 Side Kick** landing one stance length forward to mid or high section

LINE 7 (35-42)

- 35. Step left foot into a middle stance onto NW line facing SE executing a **Right Downward Punch** to low section
- 36. Stepping the right foot one-half stance to the left, step left foot to middle stance and execute a **Right Vertical Back Elbow** to mid-section and simultaneously execute a **Left Punch** (over right shoulder to target's face)
- 37. Staying in place, execute a **Right Hammerfist** to groin (to NW) and simultaneously execute a **Left High Block**
- 38. Staying in place, execute a **Left Vertical Back Elbow Strike, Right Punch** combo mid-section
- 39. Staying in place, execute a **Right Vertical Back Elbow Strike, Left Punch** combo mid-section
- 40. Staying in place, execute a **Left Vertical Back Elbow Strike, Right Punch** combo mid-section
- 41. While stepping with the right foot, execute a (single action) **Right High Upward Scooping Block** and in continuous motion...
- 42. Land with the right foot into a middle stance and execute a (single action) **Right Downward Punch** to low section

LINE 8 (43-49)

- 43. Step left foot to a left front stance on SE line and execute a **Two-Handed Hooking Block** (in a sweeping motion) to high section, pulling both hands to left hip with fists closed
- 44. Keeping hands in place, execute a **Right #2 front kick** to mid or high section
- 45. Land in a right front stance to SE and execute a **Right Ridgehand Block** to high section
- 46. Staying in place, execute a **Left Reverse Spearhand** to high section
- 47. Staying in place, execute a **Right Spearhand** to high Section
- 48. Step left foot to a right back stance (to SE), cross hands low with palms up (left hand on top), raise hands up in front, separate to **Left Knifehand Low/ Right Knifehand High** position, turn palms over at end. **LONG KIHAP**

LEFT FOOT SHOULD BE ONE HALF STANCE IN FRONT OF CENTER POINT OF FORM DIAGRAM

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정승

LINES 9-14 (49-80) CREATE 32 MOVES HERE (end on North point facing NW). **KIHAP** on move 68

LINE 15 (81-87)

81. (At North point facing W) right front stance and execute a **Right Low Block**
82. Lift right foot to block and while in a left one-legged stance (toes point outward) execute a **Left Reverse Inward Outer Forearm Block** to high section
83. Step right foot forward to a right front stance and execute a **Right Punch** to high section
84. Staying in place, execute a **Left Reverse Punch** to high section
85. Double step (right foot back to left, then left foot forward) to right back stance and execute **Right Reverse Punch / Left Inner Forearm Block** combo to mid & high section
86. Double-step forward one-half stance in right back stance and execute a **Left Punch / Right Reverse Inner Forearm Block** combo to mid and high section
87. Step right foot to NW into a middle stance and execute a **Right Side Punch** to mid-section

LINE 16 (88-98)

88. Step left foot to SE to right rear stance and execute a **Right Augmented Inward Outer Forearm Block** to high section - **KI-HAP**
89. Staying in place, arms circle clockwise (right high/left low) crossing in front of the body to execute a **Left Knifehand Block** slow (2 seconds) to high section
90. Step left foot forward one-half stance length and execute a **Right #2 Inner Crescent Kick** (touching left hand) landing in a middle stance
91. Execute a **Right Horizontal Elbow Strike** (into left palm) to high section
92. Staying in place, execute a **Right Hammerfist** to groin (to SW) and simultaneously execute a **Left High Block**
93. Lift left foot and while in a right one-legged stance (toes point outward) and execute a **Right Inward Outer Forearm Block** to high section
94. Step down left foot, look the other direction, pick up right foot to a left one-legged stance (toes point outward) and execute a **Left Inward Outer Forearm Block** to high section
95. Step right foot down to a middle stance and execute a **Right Side Punch** to mid-section
96. Stepping left foot past (behind one half stance) right foot, execute a **Right #3 Side Kick** to mid or high section
97. Land in a middle stance, **Twin Low Block** facing NE
98. Step back with right foot forming a middle stance (facing East) and execute a **Twin Downward Palm Pressing Block** - tension (5 seconds) (raise heels up, slowly lower heels to the floor while pressing down to complete the block. As your hands lower, your eyes will follow your left hand to its ending position and remain there until Bahro)

(Right foot step to shoulder width and cross arms for) BAHRO!

The 18 moves pre-determined moves at the end of this form to match the number of moves in Songahm #1.

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| | Stance | Section |
|--|--------|---------|
| 1. L Circular Knifehand Block. – 2 sec. | F | H |
| 2. R Reverse Punch | F | H |
| 3. B Right Pam Down/Left Palm Up Block | R | L/H |
| 4. B Knifehand High/Knifehand Low Block | -- | L/H |
| 5. R Horizontal Elbow Strike | -- | H |
| 6. R Palm Heel Strike | X | M |
| 7. B Downward Double Knifehand Strike | B | H |
| 8. B Right #1 Side K./Left Dwn. Palm Press | -- | L/M |
| 9. L #2 Front Kick | -- | M/H |
| 10. R #2 Round Kick | -- | M/H |
| 11. R Double Knifehand Block | B | H |
| 12. B Two-Handed Block (R-High/L-Low) | UM | L/H |
| 13. B Two-Handed Block (L-High/R-Low) | UM | L/H |
| 14. R Reverse Punch | OL | H |
| 15. R #2 Front Kick | -- | M/H |
| 16. B Half Figure 8 Block | B | H |
| 17. R Upward Elbow Strike | B | H |
| 18. L Side Punch | M | M |
| 19. R Hook Palm Heel Strike | M | M |
| 20. R Back Elbow Strike | M | M |
| 21. B L- Knifehand High Bl./R- Hook Palm Heel Strike | UM | H |
| 22. L Palm Parry Block | HB | H |
| 23. R Upward Shoulder Release | HB | H |
| 24. R Downward Knifehand Strike – 5 sec. | HB | H |
| 25. R #3 Side Kick | -- | M/H |
| 26. L #2 Round Kick | -- | M/H |
| 27. L #3 Side Kick | -- | M/H |
| 28. L Double Knifehand Strike – KI-HAP | B | H |
| 29. R #2 Round Kick | -- | M/H |
| 30. R Low Push Kick | -- | L |
| 31. R Reverse Horizontal Elbow Strike | F | H |
| 32. B Twin Inner Forearm Bl. (L-Ridge/R-Fist) | R | H |
| 33. L #1 Round Kick | -- | M/H |
| 34. R #2 Side Kick | -- | M/H |
| 35. R Downward Punch | M | L |
| 36. B Right Back Elbow/Left Punch | M | M/H |
| 37. B Right Hammerfist/Left High Block | M | L/H |
| 38. B Left Back Elbow/Right Punch | M | M |
| 39. B Right Back Elbow/Left Punch | M | M |
| 40. B Left Back Elbow/Right Punch | M | M |
| 41. R High Upward Scooping Block | -- | H |
| 42. R Downward Punch | M | L |
| 43. B Two-Handed Hooking Block | F | H |
| 44. R #2 Front Kick | -- | M/H |
| 45. R Ridgehand Block | F | H |

| | Stance | Section |
|---|--------|---------|
| 46. L Reverse Spearhand Strike | F | H |
| 47. R Spearhand | F | H |
| 48. B L Knifehand Low/R Knifehand High- KI-HAP | B | L/H |

49 – 80 (Creative Form - **KI-HAP** on #68)

| | | |
|--|----|-----|
| 81. R Low Block | F | L |
| 82. L Reverse Inward Outer Forearm Block | OL | H |
| 83. R Punch | F | H |
| 84. L Reverse Punch | F | H |
| 85. B Right Rev. Punch/Left Inner Forearm Bl. | B | M/H |
| 86. B Left Punch/Right Rev. Inner Forearm Bl. | B | M/H |
| 87. R Side Punch | M | M |
| 88. R Aug. Inward Outer Forearm Bl.- KI-HAP | R | H |
| 89. L Knifehand Block – 2 sec. | R | H |
| 90. R #2 Inner Crescent Kick | | M/H |
| 91. R Horizontal Elbow Strike | M | H |
| 92. B Right Hammerfist/Left High Block | M | L/H |
| 93. R Inward Outer Forearm Block | OL | H |
| 94. L Inward Outer Forearm Block | OL | H |
| 95. R Side Punch | M | M |
| 96. R #3 Side Kick | -- | M/H |
| 97. B Twin Low Block | M | L |
| 98. B Twin Downward Palm Pressing Block | M | L |