

# JAHNGSOO POOME-SAE SIXTH DEGREE BLACK BELT FORM

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*Translates as “Long life”*

## NEW KICKS:

Stretch Kick [19, 47]

## NEW STANCE:

Long X-Stance

## NEW BLOCKS:

Fist Side High Nine Block [8, 36]

Knifehand Side High Nine Block [11, 39]

Slow Circular Downward Double Palm Block [12, 40]

Circular Upward Double Back Hand Block [28, 56]

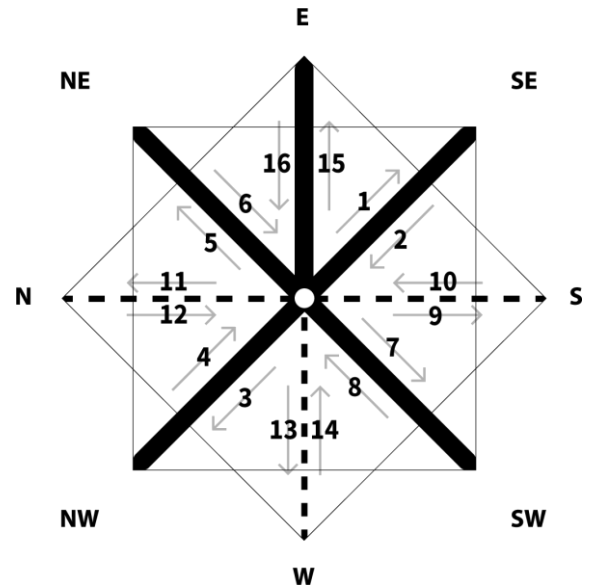
Circular Upward Double Palm Upset Block [95]

## NEW STRIKES:

Slow Reverse Reinforced Punch [17, 45]

Circular Low Upset Palm Heel Strike [22, 26, 50, 54]

Supported Arch Hand Strike [96]



## TYPES OF MOVEMENT:

All strikes and single blocks are ‘Double Action’ unless otherwise noted as ‘Single Action’

All **advanced** open hand techniques begin in closed position

Form should take about 2:10 to 2:15 minutes from attention to final bow.

## READY STANCE:

Full command stance. Right foot steps to parallel stance, right arm is inside; hands are in knifehand position. Bring hands up and apart to form a circle with your hands (as if holding a ball, face size), palms away from you. Hands break apart while raising up onto toes, hands come to ribs as heels touch down to floor. (slow-2 seconds)

June Bee - Full command stance.

1. 3 running steps toward southeast, right foot first, then make right X-stance, **Right Punch** to high section (single action), (right foot on southeast point) (body position at 45°)
2. No step, **Left Reverse Punch** to mid-section
3. No step, **Right Knifehand Strike** to mid-section
4. Turn counterclockwise 360°, facing southeast change to left X-stance, **Left Knifehand Strike** to high section (single action) (body position at 45°)
5. No step, **Right Reverse Punch** to mid-section
6. No step, **Left Punch** to mid-section

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7. Move right foot one middle stance length to northwest, **Left #1 Side Kick** to southeast mid or high section
8. Right one leg stance, **Left Fist Side High Nine Block** (low block to southeast, high block to southwest) – slow (2 seconds)
9. Turn clockwise, set down left foot to northwest forming left long stance, **Right Circular One Finger Palm** to mid-section toward southeast – slow (2 seconds)
10. **Right #1 Side Kick** to southeast mid or high section
11. Left one leg stance, **Right Knifehand Side High Nine Block** (high block to northeast, low block to southeast) – slow (2 seconds)
12. Set down right foot to northwest past center point, turning counterclockwise forming left sparring stance, facing southeast, **Left Circular Downward Double Palm Block** mid-section level (palms facing down, belt level) – slow (2 seconds)
13. Turn counterclockwise moving left foot to right foot and then twist, facing northwest, left X-stance, **Left High Block** (single action)
14. Move left foot northwest to left sparring stance, **Right Reverse Punch** to mid-section
15. No step, pivot to left long x-stance, **Right Backfist** (knuckles facing northeast) to high section (single action)
16. Step right foot forward ½ stance length, turn counterclockwise, left X-stance, **Left Backfist** (knuckles facing southwest) to northwest high section
17. Move left foot to northwest (left foot on northwest point), left sparring stance, **Right Reverse Reinforced Punch**, while putting left palm on top of right elbow high section – slow (2 seconds)
18. Pivot to left long x-stance, **Right Square Block** (right outer forearm block to northwest, left knifehand high block to southwest)
19. **Right #2 Stretch Kick** to northwest
20. Right foot steps back one front stance length, left foot steps back forming right front stance, **Left Reverse Palm Heel Strike** to northwest mid-section
21. No step, **Left Hand Grab/Twist** counterclockwise (like turning a knob) to high section
22. No step, pivot to right long x-stance, **Left Reverse Circular Low Upset Palm Heel Strike** (single action)
23. **Left #2 Front Kick** to northwest mid or high section
24. Left foot steps back one front stance length, right foot steps back forming left front stance, **Right Reverse Palm Heel Strike** to northwest mid-section
25. No step, **Right Hand Grab/Twist** clockwise high section (like turning a knob)
26. No step, pivot to left long x-stance, **Right Reverse Circular Low Upset Palm Heel Strike** (single action) - **KI-HAP**
27. **Right #2 Front Kick** to northwest mid or high section
28. Right foot steps back forming left sparring stance, **Left Circular Upward Double Back Hand Block** mid-section level (palms facing down), (right foot on center point) – slow (2 seconds)
29. 3 running steps toward northeast, left foot first, then make left X-stance, **Left Punch** to high section (single action), (left foot on northeast point) (body position at 45°)

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30. No step, **Right Reverse Punch** to mid -section
31. No step, **Left Knifehand Strike** to mid-section
32. Turn clockwise 360°, facing northeast change to right X-stance, **Right Knifehand Strike** to high section (single action) (body position at 45°)
33. No step, **Left Reverse Punch** to mid-section
34. No step, **Right Punch** to mid-section
35. Move left foot one middle stance length to southwest, **Right #1 Side Kick** to northeast mid or high section
36. Left one leg stance, **Right Fist Side High Nine Block** (low block to northeast, high block to northwest) – slow (2 seconds)
37. Turn counterclockwise, set down right foot to northwest forming right long stance, **Left Circular One Finger Palm** to mid-section toward northeast – slow (2 seconds)
38. **Left #1 Side Kick** to northeast mid or high section
39. Right one leg stance, **Left Knifehand Side High Nine Block** (low block to northeast, high block to southeast) – slow (2 seconds)
40. Set down left foot to southwest past center point, turning clockwise forming right sparring stance and facing northeast, **Right Circular Downward Double Palm Block** mid-section level (palms facing down) – slow (2 seconds)
41. Turn clockwise moving right foot to left foot and then twist, facing southwest, right X-stance, **Right High Block** (single action)
42. Move right foot to southwest, right sparring stance, **Left Reverse Punch** to mid-section
43. No step, pivot to right long x-stance, **Left Backfist** (knuckles facing southeast) to high section (single action)
44. Step left foot forward ½ stance length, turn clockwise, right X-stance, **Right Backfist** (knuckles facing southwest) to southwest high section
45. Move right foot to southwest (right foot on southwest point), right sparring stance, **Left Reverse Reinforced Punch** while putting right palm on top of left elbow high section – slow (2 seconds)
46. Pivot to right long x-stance, **Left Square Block** (left outer forearm block, right knifehand high block) to southwest - ***KI-HAP***
47. **Left Stretch Kick** to southwest
48. Left foot steps back one front stance length, right foot steps back forming left front stance, **Right Reverse Palm Heel Strike** to southwest mid-section
49. No step, **Right Hand Grab/Twist** clockwise high section (like turning a knob)
50. No step, pivot to left long x-stance, **Right Reverse Circular Low Upset Palm Heel Strike** (single action)
51. **Right #2 Front Kick** to southwest mid or high section
52. Right foot steps back one front stance length, left foot steps back forming right front stance, **Left Reverse Palm Heel Strike** to southwest mid-section
53. No step, **Left Hand Grab/Twist** counterclockwise (like turning a knob)

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- 54. No step, pivot to right long x-stance, **Left Reverse Circular Low Upset Palm Heel Strike** (single action)
- 55. **Left #2 Front Kick** to southwest mid or high section
- 56. Left foot steps back forming right sparring stance, **Right Circular Upward Double Back Hand Block** mid-section level (palm facing down), (left foot on center point) – slow (2 seconds)

*Moves 57 to 86 must be created by each 6<sup>th</sup> Degree Black Belt.*

*Direction regulations state that movement #57 must move toward the south point creating line 1, then moving back to the center and continuing to north point, creating line 2, then moving back to center and moving to west point, then back to center, creating line 3 (see form diagram)*

*(Your right foot should be back on the center point)*

**KI-HAPS** are added on moves #66 & 86

- 87. Facing east, step to the east in a left front stance, **Left Low Block**
- 88. No step, **Right Reverse Punch** to east mid-section
- 89. **Left #3 Jump Front Kick** to east (gain 6 feet)
- 90. Land in left sparring stance, pivot to left long x-stance, **Right Outer Forearm Block** to east (left foot on east point)
- 91. **Right #2 Side Kick** to east mid or high section
- 92. Place right foot in front of left foot forming right X-stance, **Right Knifehand Strike** to mid-section
- 93. Left foot steps back one stance length to west forming left back stance, **Right Double Knifehand Block** to east
- 94. Move right foot one stance length to west, turning counterclockwise, forming right back stance, **Left Inner Forearm Block** to east
- 95. Move left foot one stance length to west, turning counterclockwise, forming right sparring stance, **Right Circular Upward Double Palm Upset Block** (palms facing up) (left foot on center point) – slow (2 seconds)
- 96. Pivot to right long x-stance, **Left Reverse Supported Arch Hand Strike** to east high section

Bah-ro - Right foot steps to end position.

Shi-uh – Right foot steps to left, bow, at ease position (about face, fix uniform, return to set position)

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	Stance	Section		Stance	Section
1. R Punch	X	H	49. R Hand Grab/Twist	F	H
2. L Reverse Punch	X	M	50. R Rev. Circular Low Upset Palm Heel Strike	LX	L
3. R Knifehand Strike	X	M	51. R #2 Front Kick	--	M/H
4. L Knifehand Strike	X	H	52. L Reverse Palm Heel Strike	F	M
5. R Reverse Punch	X	M	53. L Hand Grab/Twist	F	H
6. L Punch	X	M	54. L Rev. Circular Low Upset Palm Heel Strike	LX	L
7. L #1 Side Kick	--	M/H	55. L #2 Front Kick	--	M/H
8. L Fist Side High Nine Block – 2 sec.	OL	L&H	56. R Cir. Upward Dble Back Hand Bl. – 2 sec.	S	M
9. R Circular One Finger Palm – 2 sec.	L	M	57. -	--	--
10. R #1 Side Kick	--	M/H	58. -	--	--
11. R Knifehand Side High Nine Block – 2 sec.	OL	L/H	59. -	--	--
12. L Cir. Downward Double Palm Block – 2 sec.	S	M	60. -	--	--
13. L High Block	X	H	61. -	--	--
14. R Reverse Punch	S	M	62. -	--	--
15. R Backfist	LX	H	63. -	--	--
16. L Backfist	X	H	64. -	--	--
17. R Reverse Reinforced Punch– 2 sec.	S	H	65. -	--	--
18. R Square Block	LX	H	66. - <b>- KI-HAP</b>	--	--
19. R #2 Stretch Kick.	--	M/H	67. -	--	--
20. L Revere Palm Heel Strike.	F	M	68. -	--	--
21. L Hand Grab/Twist	F	H	69. -	--	--
22. L Rev. Circular Low Upset Palm Heel Strike	LX	L	70. -	--	--
23. L #2 Front Kick	--	M/H	71. -	--	--
24. R Reverse Palm Heel Strike	F	M	72. -	--	--
25. R Hand Grab/Twist	F	H	73. -	--	--
26. R Rev. Cir. Low Upset Palm Heel St. <b>- KI-HAP</b>	LX	L	74. -	--	--
27. R #2 Front Kick	--	M/H	75. -	--	--
28. L Cir. Upward Dble Back Hand Bl. – 2 sec.	S	M	76. -	--	--
29. L Punch.	X	H	77. -	--	--
30. R Reverse Punch.	X	M	78. -	--	--
31. L Knifehand Strike	X	M	79. -	--	--
32. R Knifehand Strike	X	H	80. -	--	--
33. L Reverse Punch	X	M	81. -	--	--
34. R Punch	X	M	82. -	--	--
35. R #1 Side Kick	--	M/H	83. -	--	--
36. R Fist Side High Nine Block – 2 sec.	OL	L&H	84. -	--	--
37. L Circular One Finger Palm– 2 sec.	L	M	85. -	--	--
38. L #1 Side Kick	--	M/H	86. - <b>- KI-HAP</b>	--	--
39. L Knifehand Side High Nine Block – 2 sec.	OL	L&H	87. L Low Block	F	L
40. R Cir. Downward Double Palm Block– 2 sec.	S	M	88. R Reverse Punch	F	M
41. R High Block	X	H	89. L #3 Jump Front Kick	--	M/H
42. L Reverse Punch	S	M	90. R Outer Forearm Block	LX	H
43. L Backfist	LX	H	91. R #2 Side Kick	--	M/H
44. R Backfist	X	H	92. R Knifehand Strike	X	M
45. L Reverse Reinforced Punch– 2 sec.	S	H	93. R Double Knifehand Block	B	H
46. L Square Block <b>- KI-HAP</b>	LX	H	94. L Inner Forearm Block	B	H
47. L #2 Stretch Kick	--	M/H	95. R Cir. Upward Double Palm Upset Bl. – 2 sec.	S	M
48. R Reverse Palm Heel Strike	F	M	96. L Reverse Supported Arch Hand Strike	LX	H