

# CHUNG SAN POOME-SAE THIRD DEGREE BLACK BELT FORM

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	Stance	Section		Stance	Section
1. R Circular Upset Knifehand Block	P	H	42. L Reverse Hook Kick	--	H
2. L Long Fist Strike	P	H	43. L Round Kick - <i>KI-HAP</i>	--	H
3. L Front Kick	--	H	44. L Side Kick	--	H
4. L Knifehand Strike	OL	M	45. L Cir. Dbl. Downward Hammerfist Strike	S	H
5. L Side Kick	--	M/H	46. L Downward Outer Forearm Block	HS	L
6. L Side Kick – Slow – 2 sec.	--	M/H	47. L Low Open Hand Sweeping Block	C	L
7. L Circular Upset Knifehand Block	P	H	48. L Back fist Strike	S	H
8. R Long Fist Strike	P	H	49. L 9 Block (L-Knifehand, R-Fist) – Slow – 2 sec.	F/R	L
9. R Front Kick	--	H	50. L # 1 Front Kick	--	H
10. R Knifehand Strike	OL	M	51. L Circular Ridgehand Block	F	H
11. R Side Kick	--	M/H	52. R Reverse Two Finger Strike	F	H
12. R Side Kick – Slow – 2 sec.	--	M/H	53. L #3 Jump Front Kick	--	H
13. B Twin Vertical Palm Heel Strike	F	M	54. B Inner Forearm High/Low Block	P	H&L
14. L Advanced Double Knifehand Block	B	H	55. B Ridgehand High/Low Block	P	H&L
15. L #1 Round Kick	--	M	56. L Outer Crescent Kick	--	H
16. L Round Kick – Lockout – 2 sec.	--	H	57. L Spin Outer Crescent Kick	--	H
17. L Circular Low Double Ridgehand Block	B	L	58. B Twin Outer Knifehand Block	B	H
18. L Circular Double Knifehand Block	B	H	59. R Upset Spearhand Strike	X	H
19. R Advanced Double Outer Forearm Block	B	H	60. L Hammer Fist Strike	B	L
20. L Reverse Punch	B	M	61. L Reinforced Back Elbow Strike	B	M
21. R Punch	B	M	62. R Reverse Hook Kick	--	H
22. R Circular Inner Forearm Block	B	H	63. R Round Kick - <i>KI-HAP</i>	--	H
23. R Adv. Dbl Ridgehand Block - <i>KI-HAP</i>	R	H	64. R Side Kick	--	H
24. R Two Finger Strike – Slow – 2 sec.	R	H	65. R Cir. Dbl. Downward Hammerfist Strike	S	H
25. R Downward Palm Block – Slow – 2 sec.	OL	L	66. L Downward Palm Block – Slow – 2 sec.	OL	L
26. L Jump Inner Crescent Kick	--	H	67. R Jump Inner Crescent Kick	--	H
27. L Butterfly Kick	--	H	68. B Twin Horizontal Hammerfist Strike	M	H
28. B Twin Horizontal Back Elbow Strike	M	M	69. R Step Spin Heel Kick	--	H
29. R 9 Block (R-Knifehand, L-Fist) – Slow – 2 sec.	F/R	L	70. R Jump Reverse Side Kick	--	M
30. R #1 Front Kick	--	H	71. R Advanced Outer Forearm Block	S	H
31. R Circular Ridgehand Block	F	H	72. B Twin Vertical Palm Heel Strike	F	M
32. L Reverse Two Finger Strike	F	H	73. R Advanced Double Knifehand Block	B	H
33. R #3 Jump Front Kick	--	H	74. R #1 Round Kick	--	M
34. B Inner Forearm High/Low Block	P	H&L	75. R Round Kick – Lockout – 2 sec	--	H
35. B Ridgehand High/Low Block	P	H&L	76. R Circular Low Double Ridgehand Block	B	L
36. R Outer Crescent Kick	--	H	77. R Circular Double Knifehand Block	B	H
37. R Spin Outer Crescent Kick	--	H	78. L Advanced Double Outer Forearm Block	B	H
38. B Twin Outer Knifehand Block	B	H	79. R Reverse Punch	B	M
39. L Upset Spearhand Strike	X	H	80. L Punch	B	M
40. R Hammer Fist Strike	B	L	81. L Circular Inner Forearm Block	B	H
41. R Reinforced Back Elbow Strike	B	M	82. L Advanced Double Ridgehand Block	R	H
			83. L Two Finger Strike – Slow – 2 sec.	R	H