

SHIM JUN POOME-SAE FIRST DEGREE BLACK BELT FORM

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	Stance	Section		Stance	Section
1. L Double Inner Forearm Block	M	H	42. B Knifehand X-Block	C	H
2. R Upset Punch – w/ retraction	M	H	43. L Knifehand Strike	C	H
3. L Palm Upset Block	M	H	44. L Knee Strike	C	M
4. R Punch	M	M	45. R Ridgehand Block- Tension-5 sec	R	H
5. L Punch (double hand)	M	M	46. R Horizontal Spearhand Strike- Slow-2 sec	R	H
6. L Advanced Double Knifehand Block	B	H	47. R Step Spin Hook Kick	--	M/H
7. L Circular Low Double Knifehand Block	B	L	48. L Low Block	M	L
8. R #2 Stomp Kick	M	L	49. L Circular Inner Forearm Block	M	H
9. R Back Fist	M	H	50. L Punch	M	M
10. R #3 Side Kick	--	M/H	51. L #3 Side Kick – Slow-2 sec	--	L
11. R High/Low Block	C	H&L	52. L Round Kick	--	M
12. L High/Low Block	C	H&L	53. L Round Kick	--	M/H
13. R Knifehand Low Block – Tension-5 sec.	R	L	54. L Low Dbl. Outer Forearm Bl. (L-open, R-closed)	S	L
14. R #1 Front Kick	--	M/H	55. L Square Block (R-closed, L-open)	B	H
15. R #1 Jump Hook Kick	--	M/H	56. L Upset Knifehand Strike	B	H
16. R Nine Block	S	M&L	57. R Reverse Vertical Punch	F	M
17. R Advanced Double Inner Forearm Block	M	H	58. L #3 Jump Front Kick	--	M/H
18. L Upset Punch – w/ retraction	M	H	59. R Reverse Palm Strike	F	H
19. R Palm Upset Block	M	H	60. L Low Inward Inner Forearm Block	C	L
20. L Punch	M	M	61. R Horizontal Back Elbow Strike – KI-HAP	M	M
21. R Punch (double hand)– KI-HAP	M	M	62. R Knifehand Strike	M	H
22. R Double Knifehand Block	B	H	63. L Knifehand High/Low Block	C	H&L
23. R Circular Low Double Knifehand Block	B	L	64. R Knifehand High/Low Block	C	H&L
24. L #2 Stomp Kick	M	L	65. L Ridgehand Block- Tension-5 sec	R	H
25. L Back Fist	M	H	66. L Horizontal Spearhand Strike- Slow-2 sec	R	H
26. L #3 Side Kick	--	M/H	67. L Step Spin Hook Kick	--	M/H
27. B X-Block	C	L	68. R Low Block	M	L
28. B Head Grab	C	H	69. R Circular Inner Forearm Block	M	H
29. R Knee Strike	--	M	70. R Punch	M	M
30. L Knifehand Low Block- Tension-5 sec	R	L	71. R #3 Side Kick- Slow-2 sec	--	L
31. L #1 Front Kick	--	M/H	72. R Round Kick	--	M
32. L #1 Jump Hook Kick	--	M/H	73. R Round Kick	--	M/H
33. L Nine Block	S	M&L	74. R Low Dbl. Outer Forearm Bl. (R-open/L-closed)	S	L
34. R Square Block (L-closed, R-open)	B	H	75. R Step forward #2 Jump Side Kick	--	M/H
35. R Upset Knifehand Strike	B	H	76. R Advanced Double Outer Forearm Block	B	H
36. L Reverse Vertical Punch	F	M	77. L Reverse Punch	B	M
37. R #3 Jump Front Kick	--	M/H	78. R Cir. Low Double Outer Forearm Block	B	L
38. L Reverse Palm Strike	F	H	79. L Advanced Double Outer Forearm Block	B	H
39. R Low Inward Inner Forearm Block	C	L	80. R Reverse Punch	B	M
40. L Horizontal Back Elbow Strike	M	M	81. L Cir. Low Double Outer Forearm Block	B	L
41. L Knifehand Strike – KI-HAP	M	H			