

JUNG YUL POOME-SAE

SECOND DEGREE BLACK BELT FORM

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