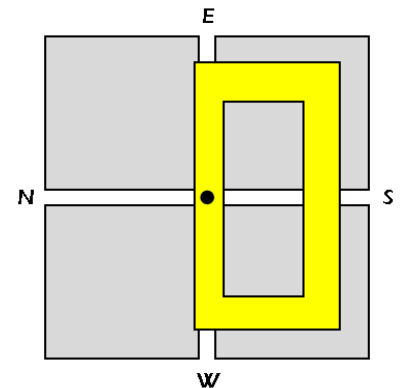


Shimsan Ee Jahng

Orange/Yellow Belt Form



- NEW STRIKES: Backfist Strike. [6, 19]
Hammerfist Strike. [12, 25]
Vertical Spearhand Strike.
- NEW KICKS: #1-2-3-4 Round Kick. [3, 16]
#1-2-3-4 Jump Front Kick. [9, 22]
- NEW BLOCKS: Double Knifehand Block. [1, 14, 27]
Outer Forearm Block. [4, 17]
High Block. [10, 23]
Double Outer Forearm Block.
Knifehand High Block.
Knifehand Low Block.
- NEW STANCES: Back Stance. [1, 12, 14, 25, 27]

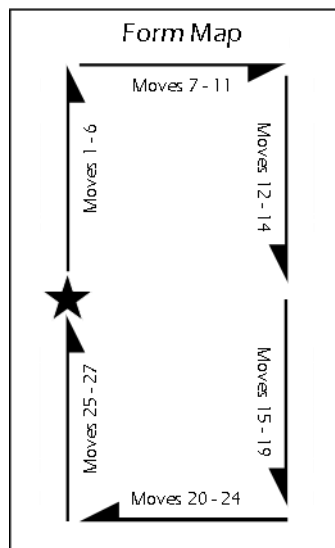


TYPE OF MOVEMENT:

Double Block: Moving both arms in the direction of the block. [1, 14, 27]

READY STANCE: Left Natural Ready Stance – Arms relaxed at respective sides; Parallel Stance.

Form should take about 35-40 seconds from attention to final bow.



Shimsan Ee Jahng

Orange/Yellow Belt Form



June Bee – Left foot steps to Natural Ready Stance.

- 6 | 1. Left foot steps back to Left Back Stance facing East, Double Knifehand Block.
2. Right #3 Front Kick, land in front.
3. Left #2 Round Kick.
4. Land in Left Front Stance facing East, Left Outer Forearm Block.
5. No step, Right Reverse Punch to mid-section.
6. No step, Right Reverse Backfist Strike to high-section.
- *(Direction Change on Line Corner)* —
- 5 | 7. Turning Clockwise 90°, Adjust Right foot to Right Front Stance facing South, Right Low Block.
8. Left #2 Front Kick, land in front.
9. Left #3 Jump Front Kick.
10. Land in Left Front Stance facing South, Left High Block.
11. No step, Right Reverse Punch to mid-section. **Kihap.**
- *(Direction Change on Line Corner)* —
- 3 | 12. Turning Clockwise 90°, Right foot steps to Left Back Stance facing West, Right Hammerfist Strike to mid-section.
13. Left #2 Side Kick.
14. Land in Right Back Stance facing West, Left Double Knifehand Block.
- **2nd Half of Form** -----
- 5 | 15. Left #3 Front Kick, land in front.
16. Right #2 Round Kick.
17. Land in Right Front Stance facing West, Right Outer Forearm Block.
18. No step, Left Reverse Punch to mid-section.
19. No step, Left Reverse Backfist Strike to high-section.
- *(Direction Change on Line Corner)* —
- 5 | 20. Left foot steps Counterclockwise 90° to Left Front Stance facing North, Left Low Block.
21. Right #2 Front Kick, land in front.
22. Right #3 Jump Front Kick.
23. Land in Right Front Stance facing North, Right High Block.
24. No step, Left Reverse Punch to mid-section. **Kihap.**
- *(Direction Change on Line Corner)* —
- 3 | 25. Left foot steps Counterclockwise 90° to Left Back Stance facing East, Left Hammerfist Strike to mid-section.
26. Right #2 Side Kick.
27. Land in Left Back Stance facing East, Right Double Knifehand Block.

Bah-ro – Left foot steps to Natural Ready Stance.

Shi-uh – 'At Ease' position.

Shimsan Ee Jahng

Orange/Yellow Belt Form



☆ June Bee - Natural Ready Position

		STANCE	SECTION		STANCE	SECTION
6	1.	R	Double Knifehand Block	B	H	
	2.	R	#3 Front Kick	-	M/H	
	3.	L	#2 Round Kick	-	M/H	
	4.	L	Outer Forearm Block	F	H	5
	5.	R	Reverse Punch	F	M	15. L #3 Front Kick
	6.	R	Reverse Backfist Strike	F	H	16. R #2 Round Kick
5	7.	R	Low Block	F	L	17. R Outer Forearm Block
	8.	L	#2 Front Kick	-	M/H	18. L Reverse Punch
	9.	L	#3 Jump Front Kick	-	M/H	19. L Reverse Backfist Strike
3	10.	L	High Block	F	H	20. L Low Block
	11.	R	Reverse Punch - Kihap	F	M	21. R #2 Front Kick
	12.	R	Hammerfist Strike	F	M	22. R #3 Jump Front Kick
	13.	L	#2 Side Kick	B	M	23. R High Block
	14.	L	Double Knifehand Block	B	H	24. L Reverse Punch - Kihap
						25. L Hammerfist Strike
						26. R #2 Side Kick
						27. R Double Knifehand Block