

Shimsan Oh Jahng

Brown Belt Form



NEW STRIKES: Ridgehand Strike. [5, 20, 32, 47]
 Upset Knifehand Strike. [12, 39]
 Upset Hammerfist Strike. [27, 54]

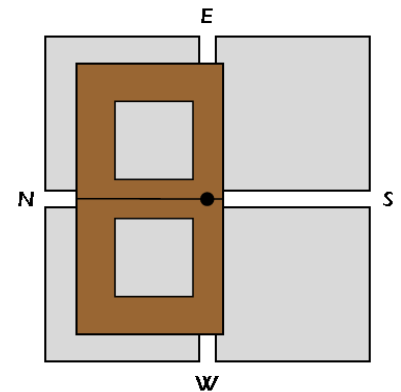
NEW KICKS: #1-2-3-4 Jump Outer Crescent Kick. [17, 44]
 Reverse Outer Crescent Kick.
 Step Reverse Outer Crescent Kick.
 Spin Outer Crescent Kick. [23, 50]
 Step Spin Outer Crescent Kick.
 #1-2-3-4 Jump Side Kick. [8, 35]
Combo: Front Kick/Side Kick. [14-15, 41-42]

NEW BLOCKS: Ridgehand Block. [4, 31]
 Double Knifehand Low Block. [16, 43]
 Square Block. [23, 50]

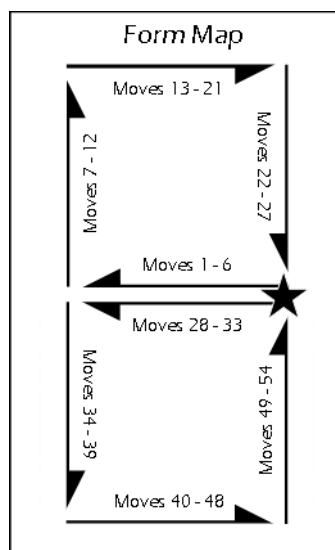
TYPE OF MOVEMENT:

Double Step: Advancing one stance length forward by stepping foot-to-foot with the back foot first, then stepping forward with the front foot into the new stance.

READY STANCE: Right Advanced Ready Stance – Arms form a ‘circle’ with hands one fist distance away from belt knot; Parallel Stance.



Form should take about 1:10 to 1:15 minutes from attention to final bow.



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June Bee – Right foot steps to Advanced Ready Stance.

1. Right foot steps Counterclockwise 135° to Right Front Stance facing North, Left Double Outer Forearm Block (off-set to Northwest).
2. Left #2 Front Kick. And...
3. In continuous motion, Left Side Kick.
- 6 4. Land in Middle Stance facing East (eyes to North), Left Ridgehand Block.
5. Double step to a Left Front Stance facing North, Right Reverse Ridgehand Strike to high-section.
6. No step, Left Punch to mid-section.
– *(Direction Change on Line Corner)* –
7. Right foot steps to Middle Stance facing North (eyes to East), Left Reverse Hook Kick, land in front.
- 3 8. Right foot steps even with Left Foot, Left #3 Jump Side Kick.
9. Land in Left Sparring Stance facing East, Right Reverse Palm Heel Strike to mid-section.
10. Double step to Right Back Stance facing East, Left Punch to mid-section.
- 3 11. No step, Right Reverse Punch to mid-section.
12. No step, Left Upset Knifehand Strike to high-section.
– *(Direction Change on Line Corner)* –
13. Right foot steps Counterclockwise 90° to Right Back Stance facing North, Left Double Knifehand Block. **Kihap.**
- 4 14. Right #2 Front Kick, land foot-to-foot.
15. Left Side Kick to South.
16. Land in Left Sparring Stance facing South, Left Double Knifehand Low Block.
17. Left #3 Jump Outer Crescent Kick, land foot-to-foot.
18. Right foot steps to Left Back Stance facing South, Right Punch to high-section.
- 5 19. No step, Left Reverse Punch to mid-section.
20. No step, Right Ridgehand Strike to high-section.
21. No step, Right Knifehand Strike to mid-section.
– *(Direction Change on Line Corner)* –
22. Left foot steps Counterclockwise 90° to Right Back Stance facing West, Left Square Block.
- 2 23. Right Spin Outer Crescent Kick, land in Middle Stance facing North (eyes to West). **Kihap.**
24. Left #3 Side Kick.
- 4 25. Land in Right Back Stance facing West, Left Punch to high-section.
26. No step, Right Reverse Punch to mid-section.
27. No step, Left Upset Hammerfist Strike to high-section.

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----- 2nd Half of Form -----

— (Direction Change on Line Corner) —

- 28. Right foot steps to Left foot while turning Clockwise 90°, then Left foot steps to Left Front Stance facing North, Right Double Outer Forearm Block (off-set to Northeast).
- 29. Right #2 Front Kick. And...
- 30. In continuous motion, Right Side Kick.
- 6 31. Land in Middle Stance facing West (eyes to North), Right Ridgehand Block.
- 32. Double step to a Right Front Stance facing North, Left Reverse Ridgehand Strike to high-section.
- 33. No step, Right Punch to mid-section. **Kihap.**

— (Direction Change on Line Corner) —

- 34. Left foot steps to Middle Stance facing North (eyes to West), Right Reverse Hook Kick, land in front.
- 3 35. Left foot steps even with Right Foot, Right #3 Jump Side Kick.
- 36. Land in Right Sparring Stance facing West, Left Reverse Palm Heel Strike to mid-section.
- 37. Double step to Left Back Stance facing West, Right Punch to mid-section.
- 3 38. No step, Left Reverse Punch to mid-section.
- 39. No step, Right Upset Knifehand Strike to high-section.

— (Direction Change on Line Corner) —

- 40. Left foot steps Clockwise 90° to Left Back Stance facing North, Right Double Knifehand Block.
- 41. Left #2 Front Kick, land foot-to-foot.
- 4 42. Right Side Kick to South.
- 43. Land in Right Sparring Stance facing South, Right Double Knifehand Low Block.
- 44. Right #3 Jump Outer Crescent Kick, land foot-to-foot.
- 45. Left foot steps to Right Back Stance facing South, Left Punch to high-section.
- 5 46. No step, Right Reverse Punch to mid-section.
- 47. No step, Left Ridgehand Strike to high-section.
- 48. No step, Left Knifehand Strike to mid-section.

— (Direction Change on Line Corner) —

- 49. Right foot steps Clockwise 90° to Left Back Stance facing East, Right Square Block.
- 2 50. Left Spin Outer Crescent Kick, land in Middle Stance facing North (eyes to East).
- 51. Right #3 Side Kick.
- 4 52. Land in Left Back Stance facing East, Right Punch to high-section.
- 53. No step, Left Reverse Punch to mid-section.
- 54. No step, Right Upset Hammerfist Strike to high-section.

Bah-ro – Right foot steps to Advanced Ready Stance.

Shi-uh – 'At Ease' position.

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☆ June Bee - Advanced Ready Position

		STANCE	SECTION			STANCE	SECTION
6	1. L Double Outer Forearm Block	F	H	6	28. R Double Outer Forearm Block	F	H
	2. L #2 Front Kick	-	M/H		29. R #2 Front Kick	-	M/H
	3. L Side Kick	-	M/H		30. R Side Kick	-	M/H
	4. L Ridgehand Block	M	H		31. R Ridgehand Block	M	H
	5. R Reverse Ridgehand Strike	F	H		32. L Reverse Ridgehand Strike	F	H
	6. L Punch	F	M		33. R Punch - Kihap	F	M
6	7. L Step Reverse Hook Kick	-	M/H	6	34. R Step Reverse Hook Kick	-	M/H
	8. L Step up, #3 Jump Side Kick	-	M/H		35. R Step up, #3 Jump Side Kick	-	M/H
	9. R Reverse Palm Heel Strike	S	M		36. L Reverse Palm Heel Strike	S	M
	10. L Punch	B	M		37. R Punch	B	M
	11. R Reverse Punch	B	M		38. L Reverse Punch	B	M
	12. L Upset Knifehand Strike	B	H		39. R Upset Knifehand Strike	B	H
4	13. L Double Knifehand Block - Kihap	B	H	4	40. R Double Knifehand Block	B	H
	14. R #2 Front Kick	-	M/H		41. L #2 Front Kick	-	M/H
	15. L Side Kick	-	M/H		42. R Side Kick	-	M/H
	16. L Double Knifehand Low Block	S	L		43. R Double Knifehand Low Block	S	L
5	17. L #3 Jump Outer Crescent Kick	-	M/H	5	44. R #3 Jump Outer Crescent Kick	-	M/H
	18. R Punch	B	H		45. L Punch	B	H
	19. L Reverse Punch	B	M		46. R Reverse Punch	B	M
	20. R Ridgehand Strike	B	H		47. L Ridgehand Strike	B	H
	21. R Knifehand Strike	B	M		48. L Knifehand Strike	B	M
2	22. L Square Block	B	H	2	49. R Square Block	B	H
	23. R Spin Outer Crescent Kick - Kihap	-	H		50. L Spin Outer Crescent Kick	-	H
4	24. L #3 Side Kick	-	M/H	4	51. R #3 Side Kick	-	M/H
	25. L Punch	B	H		52. R Punch	B	H
	26. R Reverse Punch	B	M		53. L Reverse Punch	B	M
	27. L Upset Hammerfist Strike	B	H		54. R Upset Hammerfist Strike	B	H