

CHUL JOON POOME-SAE 칠단

SEVENTH DEGREE BLACK BELT FORM

Translation: A project of self-awareness towards an individual's future leadership role within Songahm Taekwondo

New Basic:

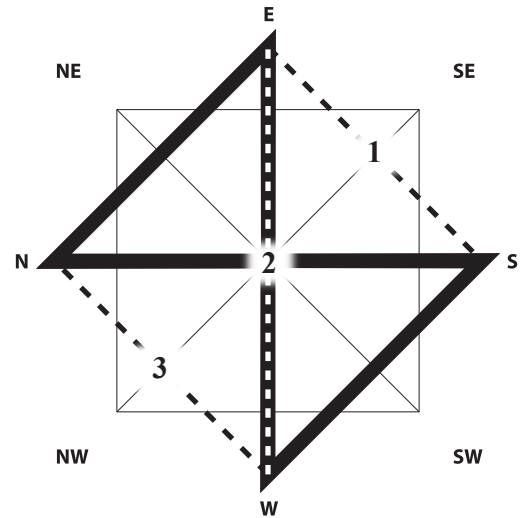
Over Shoulder Fingertip Thrust (1)
Reverse Half-Low Block (39)
Circular Master Punch (40)
Corkscrew Block (49)
Double Half-Moon Block (54)

New Kick:

Combination - #2 Front Kick or Knee Strike with Punch (27)

New Concept:

2 or 3 move combination flows - individual moves done as 1 continuous flow of technique.
Choice on kick to perform (27, 47)



Ready Stance: Left full command ready position, opposite of 6th Degree Black Belt

1. (In place to East) Left foot slides one-foot length to east onto ball of foot, while in slow motion do **Left Knifehand High Block** while right hand does **Downward Palm Block** then flow immediately to, step right foot back to right back stance, **Right Over Shoulder Fingertip Thrust** behind the neck (looks like ridge hand strike).
2. Turn toward west, left back stance, **Right Palm Heel Strike** to west mid-section
3. In place, turning clockwise, body facing north while making right x-stance, **Left Reverse Circular Low Block**.
4. Step left foot to west forming a left middle stance, **Left Back Elbow Strike** with **Right Horizontal Hook Punch**, both to mid-section
5. Double step, left foot to right, turning clockwise, right foot to middle stance, **Right Horizontal Back Elbow Strike** to west high section
6. **Right #3 (step behind) Side Kick**, land toward west into middle stance, **Right Knifehand Strike** to high section.
7. Step left foot to right foot, facing southeast while left hand extends toward southeast then step right foot to southeast forming left rear stance **Right Knifehand Block** to high section, slow (2 seconds)
8. Step right foot to southeast right front stance, **Left Reverse Punch** to mid-section
9. Slide right foot back forming left rear stance, **Right Inward Outer Forearm Block** to southeast, high section
10. Step right foot to southeast forming right front stance, **Left Reverse Inward Outer Forearm Block** to high section
11. **Right #3 Jump Front Kick** to southeast, mid or high section
12. Drop right foot to right front stance, **Low X-Block**
13. Step southeast to left front stance, **Circular Twin Upset Punch** to mid-section
14. Step southeast to, right front stance, **Left Reverse Punch** to mid-section
15. No step **Right Punch** to mid-section
16. No step, **Left Reverse Punch** to high section
17. Slide right foot forward to long front stance, **Right Vertical Lunge Punch** to east high section – **KI-HAP**

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18. No step, **Right 1 Finger Palm Strike** to high section
19. No step, right hand rotates counter-clockwise, **Right 1 Finger Palm Strike** to high section with tension (5 seconds.)
20. Step left foot to closed stance (heels touch/toes & knees apart), facing north, circle arms down and back up to **Reinforced Twin Upset Spearhand** to throat (left hand under right hand).
21. No step, **Reinforced Palm Block** to high section
22. Hands circle upward, palms cross at waist (palms up), pull hands to chest (elbows parallel to floor) & come up on toes, chamber hands to sides, drop feet flat, then immediately step to north into right X-stance, **Right High Block**.
23. Step left foot back to south (evade back), forming left back stance, **Right Inward Low Block** (palm up, supported with left hand)
24. Step left foot north forming right x-stance, **Right Inner Forearm Block** to high section
25. Shift left foot further north forming longer x-stance, **Right Circular Hammerfist** (to groin) to north
26. Turn counter-clockwise, step left foot to north, into left front stance, left hand sweeps while executing **Right Inward Hammerfist Strike** to high section
27. **Right #2 Front Kick** to mid or high section (or **#2 Knee Strike**) with **Left Punch** to mid-section at same time
28. Set right foot back to south forming left front stance, **Right Reverse Punch** to north mid-section
29. No step, **Left Punch** to mid-section
30. **Left #3 Jump Front Kick** to north mid or high section
31. Land in left front stance, **Right Reverse Punch** to mid-section
32. Step left foot in front of right to east (onto center line) **Right #2 Round Kick** to mid or high section
33. Set right foot back to south in front of left foot into x-stance, **High/Low Block** (statue block) with tension (5 seconds)
34. Step left foot to north (turning counter-clockwise to face south) forming left back stance, **Right 2 Finger Strike** to south high section
35. Turn counter-clockwise to north, into right back stance, **Left Double Knifehand Block** to high section
36. Step left foot to north to left front stance, **Left Inner Forearm Block** to high section with tension (5 seconds)
37. Right foot steps to north to right front stance, **Right Outer Forearm Block** to high section with tension (5 seconds) **LONG KI-HAP**
38. Step left foot north to left front stance, **Left High Block**, and keeping high block in place
39. Pull left foot back to right rear stance, **Right Reverse Half Low Block** to north
40. Step left foot to north to left front stance, **Right Circular Master Punch** (circle left hand counter-clockwise, while chambering right hand to side and explode with right reverse punch using right leg for added power) to high section
41. Step left foot in line with right foot (north point), step right foot to southeast to middle stance, **Right Horizontal Back Elbow Strike** to high section
42. Step left foot clockwise to southeast to right back stance, **Left Double Knifehand Block** to high section
43. Right foot steps to left, left foot steps to left front stance, **Right Reverse Horizontal Elbow Strike** to left palm, high section
44. No step, **Right Knifehand Block** to high section with **Left Knifehand Low Block**, slow (2 seconds) and flow in continuous motion...
45. No step, circle both hands to **Right Knifehand Block** to high section, slow (2 seconds)
46. Step left foot in line with right foot, **Right #2 Round Kick** to mid or high section toward southeast. Land forward, 1/2 stance length, and in continuous motion

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47. **Left Spin Crescent Kick** (or **Spin Hook Kick**) to mid or high section
48. Set down to northwest forming left back stance, **Right Double Knifehand Block** to southeast high section
49. Step left foot forward to southeast to middle stance, **Corkscrew Block** to high section (circular motion with both hands to grab "opponents punching arm" and pull to waist)
50. Pick up both heels and with a stomp down, simultaneously "break elbow" with **Right Downward Punch**
51. Step right foot to west to left back stance, **Right Double Knifehand Block**, to west high section
52. Step left foot to west to right back stance, **Left Double Knifehand Block** to west high section
53. Step right foot to west forming right x-stance (right in front of left), **Double Half-Moon Block** to high section with tension (5 seconds)
54. Turn counter-clockwise to right back stance, **Left Double Knifehand Block** to east high section
55. **Right #2 Front Kick** to east mid or high section
56. Set right foot behind left, **Left Side Kick** to west mid or high section
57. **Right #2 Front Kick** to west mid or high section – **KI-HAP**
58. Set right foot to west to middle stance, **Right Side Punch** to west mid-section
59. Step left foot to right foot into parallel stance (facing South), at the same time circling fists down to side ending like **Natural Ready Stance**
60. Pull hands up to ribs opening to palm heels (palms up - keeping tension on wrist joint at all times) and... lifting heels.... **Twin Downward Palm Press Block** (with fingers spread - elbows end bent - maintain tension on wrist joints) while lowering heels to floor, with tension (5 seconds)
61. Pick up right foot, twisting foot so toes point outward while holding palms up near shoulders, (maintaining tension on wrist joints), take 3 long steps to south (right, left, right) to form x-stance (left foot behind right), **Twin Palm Heel Strike** to high section, then raise both elbows to horizontal & twist hands so knuckles point to each other (maintaining tension on wrist joints), **Claw Across Face** slow (2 seconds)

Moves #62 to #92 must be created by each 7th Degree Black Belt.

Direction regulations state that movement #62 must move toward the east point creating line 1, then moving back to the center and continuing to the west point, creating line 2, then moving toward the north point creating line 3. Either foot should land on north point.

KI-HAP is added on move #77

93. Step right foot to south to left back stance, **Right Double Knifehand Block** to high section
94. **Right #3 Jump Front Kick** to south mid or high section
95. Set right foot down after kick and.... step through with the left foot to south to middle stance, **Left Side Punch** to high section (chest facing west)
96. Double step left foot to right foot turning clockwise, step right foot to south into middle stance, **Right Knifehand Strike** to south high section (chest facing east)
97. No step, **Twin Palm Heel Strike** to east mid-section with tension (5 seconds)- **LONG KI-HAP**

Left foot returns to ready position.

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	Stance	Section		Stance	Section
1. B Knifehand High Bl./Down. Palm Bl. R Over Shoulder Fingertip Thrust – 2 sec.	-	L/H	49. B Corkscrew Block	M	M/H
2. R Palm Heel Strike	B	H	50. R Downward Punch	M	L
3. L Reverse Circular Low Block	X	L	51. R Double Knifehand Block	B	H
4. L Vert. Back Elbow/R Hor. Hook Punch	M	M	52. L Double Knifehand Block	B	H
5. R Horizontal Back Elbow Strike	M	H	53. B Double Half-Moon Block – 5 sec.	X	H
6. R #3 (step behind) Side Kick/R Knifehand St.	--	M/H	54. L Double Knifehand Block	F	H
7. R Knifehand Block – 2 sec.	R	H	55. R #2 Front Kick	--	M/H
8. L Reverse Punch	F	M	56. L Side Kick	--	M/H
9. R Inward Outer Forearm Block	R	H	57. R #2 Front Kick - KI-HAP	--	M/H
10. L Reverse Inward Outer Forearm Block	F	H	58. R Side Punch	M	M
11. R #3 Jump Front Kick	--	M/H	59. B Natural Ready Stance	P	--
12. B Low X- Block	F	L	60. B Twin Downward Palm Press Block – 5 sec.	P	L
13. B Circular Twin Upset Punch	F	M	61. B Twin Palm Heel Strike & Claw Across Face – 2sec.	X	H
14. L Reverse Punch	F	M	62. -	--	--
15. R Lunge Punch	F	M	63. -	--	--
16. L Reverse Punch	F	H	64. -	--	--
17. R Vertical Lunge Punch - KI-HAP	LF	H	65. -	--	--
18. R 1 Finger Palm Strike	LF	H	66. -	--	--
19. R 1 Finger Palm Strike – 5 sec.	LF	H	67. -	--	--
20. B Reinforced Twin Upset Spearhand	C	H	68. -	--	--
21. B Reinforced Palm Block	C	H	69. -	--	--
22. R High Block	X	H	70. -	--	--
23. R Supported Low Block (palm up)	B	L	71. -	--	--
24. R Right Inner Forearm Block	X	H	72. -	--	--
25. R Circular Hammerfist	X	L	73. -	--	--
26. R Inward Hammerfist Strike	F	H	74. -	--	--
27. R #2 Front Kick or #2 Knee Strike & L Punch	S	M/H	75. -	--	--
28. R Reverse Punch.	F	M	76. -	--	--
29. L Punch	F	M	77. - KI-HAP	--	--
30. L #3 Jump Front Kick	--	M/H	78. -	--	--
31. R Reverse Punch	F	M	79. -	--	--
32. R #2 Round Kick	--	M/H	80. -	--	--
33. B High/Low Block (statue) – 5 sec.	X	M/H	81. -	--	--
34. R 2 Finger Strike	B	H	82. -	--	--
35. L Double Knifehand Block	B	H	83. -	--	--
36. L Inner Forearm Block – 5 sec.	F	H	84. -	--	--
37. R Outer Fore. Bl.- 5 sec. – LONG KI-HAP	F	H	85. -	--	--
38. L High Block	F	H	86. -	--	--
39. R Reverse Half Low Block	R	L	87. -	--	--
40. R Circular Master Punch	F	H	88. -	--	--
41. R Horizontal Back Elbow	M	H	89. -	--	--
42. L Double Knifehand Block	B	H	90. -	--	--
43. R Reverse Horizontal Elbow Strike	F	H	91. -	--	--
44. R Knifehand Bl./ L Knifehand Low Bl. – 2 sec.	F	L/ H	92. -	--	--
45. R Knifehand Block – 2 sec.	F	H	93. R Double Knifehand Block	B	H
			94. R #3 Jump Front Kick	--	M/H

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46. R #2 Round Kick	--	M/H	95. L Side Punch	M	H
47. L Spin Crescent or Hook Kick	--	M/H	96. R Knifehand Strike	M	H
48. R Double Knifehand Block	B	H	97. B Twin Palm Heel Str.- 5 sec. - LONG KI-HAP	M	M