

SOK BONG POOME-SAE FOURTH DEGREE BLACK BELT FORM

사단

Translates as "Crest of Granite Mountain"

Interpretation is "You will live comfortably and in peace"

NEW KICKS:

Step Jump Spin Heel Kick [56]

Sweep Kick [3]

NEW BLOCKS:

High-Low Palm Heel Block [34]

"C" Block [55,58]

Twin Downward Palm Heel Block [63]

NEW STRIKES:

Horizontal Double Knifehand Strike [1,52]

Twin Upset Knifehand Strike [14]

Upset Arc Hand Strike [40]

Circular Downward Hammerfist Strike [41]

Twin Palm Heel Push to Sides [67]

Vertical Twin Back Elbow Strike [66]

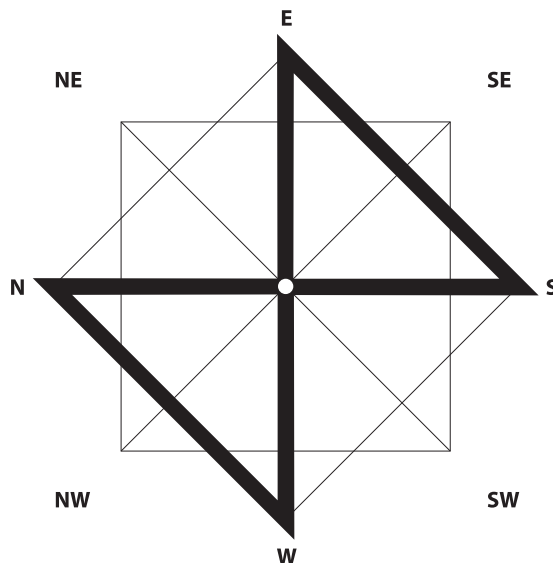
First-Finger Strike [26]

Augmented Downward Hammerfist Strike [79]

Augmented Downward Backfist Strike [80]

"C" Punch [13]

First-Knuckle Punch (thumb supports side of index finger) [25]



NEW STANCES:

Long Stance [11,44]

Knee Stance [5,6,7,8,9,48,49,50,51]

TYPES OF MOVEMENT:

Perform all hand techniques like a color belt. Use reaction force

All open hand techniques begin in open hand position

All Round Kicks are performed with the ball of the foot

Form should take about 2:05 to 2:10 minutes from attention to final bow

READY STANCE: *Right knifehand ½ command stance: (right foot steps to parallel stance as arms are positioned)*

ATA International Headquarters

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June Bee - Half command stance.

1. Right foot steps east to right X-stance, ball of left foot should be 1 sparring stance length from center, **Right Horizontal Double Knifehand Strike** to east mid-section (body position at 45° to northeast)
2. **Left Spin Heel Kick** to east mid or high section, left foot lands on center point in sparring stance length
3. In continuous motion, bend at knees, right hand drops to floor, **Left Sweep Kick** (bottom of foot sweeps ankle level in motion like heel kick) to east (side of knee on floor)
4. **Left Round Kick** to southeast mid or high section
5. Left foot lands east to right knee stance (similar to back stance, but with rear knee on floor in line with front heel) **Right Upset Knifehand Block** to southeast high section
6. No step, **Left Vertical Punch** to southeast mid-section
7. No step, simultaneous **Left Knifehand High Block, Right Upset Knifehand Strike** to east high section
8. No step, **Left Arc Hand Strike** to east high section
9. No step, **Right Reverse Upward Elbow Strike** to left palm to east high section
10. Jump to middle stance (right foot replaces left foot), **Right Double Outer Forearm Block** to east high section
11. Left foot moves west to long stance (four foot lengths wide, rear leg pivoted to rear and knee bent 90 degrees, front leg is extended), **Right Downward Palm Heel Block** with tension (5 seconds) to east as right leg straightens
12. Left foot steps to right, **Right #1 Jump Side Kick** to east mid or high section
13. In continuous motion, Pivot counterclockwise, left foot steps east to right back stance, **C-Punch** (mid & high section) to east (shoulders square to target)
14. Right foot shifts to form left front stance to east, **Twin Upset Knifehand Strike** to east, neck level.
15. **Twin Outer Knifehand Block** to east high section
16. Right foot pulls to shield left knee in left one-legged stance (left foot on east point), **Twin Punch** to east high section

---(Direction Change on Line Corner)---

17. **Left Jump Front Kick** to northeast mid or high section; right foot lands 1 sparring stance length southwest (on diagonal); left foot does not step down
18. No step, in place, **Right Jump Front Kick** to southeast mid or high section. Left foot lands in place; right foot does not step down
19. **Left Jump Front Kick** to northwest mid or high section. Right foot lands in place, then left foot lands to the southwest to form left back stance towards northeast
20. No step, **Right Double Knifehand Low Block** with tension (5 seconds) to northeast
21. Pivot in place to right back stance, **Left Double Knifehand Block** with tension (5 seconds) to southwest high section

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22. Right foot steps together to left foot, **Right Jump Round Kick** to southwest mid or high section, land 1 foot length to southwest in right sparring stance
23. In continuous motion, **Left Spin Crescent Kick** to southwest mid or high section
24. Land in left back stance, **Right Double Outer Forearm Block** to southwest, **KI-HAP**
25. No step, **Left Reverse Upset First Knuckle Punch** to southwest mid-section
26. Left foot steps to right, right foot steps forward to left back stance (right foot on south point), **Left Reverse Horizontal First Finger Strike** to southwest high section
27. **Left #2 Inner Crescent Kick** to southwest mid or high section, (prepare to land facing north)

---(Direction Change on Line Corner)---

28. Land in right rear stance to north, (right foot still on south point) **Left Inward Palm Heel Block** to north mid-section (end with knuckles pointing up, elbow bent)
29. No step, **Right Reverse Punch** to north mid-section
30. No step, **Left Punch** to north mid-section
31. No step, **Right Reverse Punch** to north high section
32. Left foot steps north to right back stance, **Left Double Inner Forearm Block** to north high section
33. No step, **Right High/Low Block** to north
34. No step, **Left High/Low Palm Heel Block** (palms travel center line) with tension (5 seconds) to north
35. **Right #2 Front Kick** to south low or mid-section. And...
36. In a continuous motion, **Right Round Kick**, mid or high section
37. In a continuous motion, **Right Hook Kick**, mid or high section
38. Land in middle stance length to north. Left foot steps to right, **Right #3 Hook Kick** to north mid or high section
39. In a continuous motion, **Right Round Kick** to north mid or high section
40. Right foot lands on center point in left back stance, **Right Upset Arc Hand Strike** to north, neck level
41. Left foot steps to right closed stance to north, (both feet on center point), **Left Circular Downward Hammerfist Strike** to right palm, mid-section

---(Direction Change on Line Corner)---

42. Right foot steps clockwise west to right back stance to east (left foot on center point), **Left Circular Downward Double Knifehand Strike**, slow (2 seconds) to east high section
43. **Left #1 Side Kick** east mid or high section
44. Retracting left leg, turn clockwise 180 degrees to land (body faces north), in long stance (four foot lengths wide; rear leg pivoted to rear and knee bent 90 degrees, front leg is extended), **Left Downward Palm Heel Block** with tension (5 seconds) to west as left leg straightens. **KI-HAP**
45. Left foot shifts to left back stance, **Knifehand X-Block** to east, mid-section

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46. Left foot steps behind right foot; left knee placed on floor taking place of right foot, both palms on floor, **Right #1 Side Kick** to east
47. In continuous motion, **Right Repeat Side Kick** to east
48. Right knee lands next to left knee, left foot steps a back-stance length to west (similar to back stance, but with rear knee on floor in line with front heel; ball of foot on floor), simultaneous **Left Knifehand High Block, Right Vertical Ridgehand Strike** to west, groin level
49. No step, **Left Upset Knifehand Block** to west high section
50. No step, **Right Reverse Punch** to west mid-section
51. No step, **Left Punch** to west mid-section

52. Jump up 1 rear stance length to west to left X-stance, **Left Horizontal Double Knifehand Strike** to west, mid-section
53. **Right Spin Heel Kick** to west mid or high section
54. Right foot lands to east in right back stance to west, **Left Double Ridgehand Block**, slow (2 seconds) to west high section
55. No step, **C-Block** (as if grabbing attackers stick on 45° angle) to west mid and high section
56. Right foot steps west 1 sparring stance length, **Left Step Jump Spin Heel Kick** to west mid or high section
57. Land in left back stance to west (right foot on west point), **Right Double Ridgehand Block** to west high section
58. No step, **C-Block** (as if grabbing attackers stick on 45° angle), slow (2 seconds) to mid and high section
59. Left pulls to shield right knee in right one-legged stance (right foot on west point), **Twin Punch** to west high section

---(Direction Change on Line Corner) ---

60. **Right Jump Front Kick** to southwest mid or high section, left foot lands 1 sparring stance length northwest (on diagonal); right foot does not set down
61. No step, **Left Jump Front Kick** to southeast mid or high section. Right foot lands in place; left leg does not set down
62. No step, **Right Jump Front Kick** to northwest mid or high section. Left foot lands in place
63. Right foot lands on northeast diagonal in right rear stance, **Twin Downward Palm Heel Block** (wrists touching) low section

64. **Left Jump Reverse Side Kick** to northeast mid or high section. Land in left sparring stance to northeast with right foot remaining in place. **KI-HAP**
65. Right foot steps 1 sparring stance length northeast, **Left Step Spin Heel Kick** to northeast mid or high section, land in middle stance
66. Double step northeast to middle stance (right foot on north point), **Twin Vertical Back Elbow Strike** to rear mid-section

---(Direction Change on Line Corner) ---

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67. Left foot steps to right for closed stance to north, **Twin Palm Heel Push**, slow (2 seconds) to sides, shoulder level

---(Direction Change on Line Corner) ---

68. Left steps counterclockwise to right rear stance to south (right foot on north point), **Right Low Reverse Inner Forearm Block** to south
69. No step, **Left Downward Punch** to south low section
70. No step, **Right Reverse Punch** to south mid-section
71. No step, **Right Repeat Reverse Punch** to south mid-section
72. No step, **Left Punch** to south mid-section
73. Left foot steps to right, right foot steps south to left back stance (left foot on north point), **Right High/Low Block** with tension (5 seconds) to south
74. **Left #2 Front Kick** to south low or mid-section
75. In a continuous motion, **Left Round Kick** to south mid or high section
76. In a continuous motion, **Left Hook Kick** to south mid or high section
77. Land in left sparring stance to south, right foot steps to left, **Left #3 Hook Kick** to south mid or high section
78. In a continuous motion, **Left Round Kick** to south mid or high section
79. Land in right back stance to south (left foot on center point), **Right Reverse Augmented Downward Hammerfist Strike** (elbow of right arm on back of left fist) to south high section
80. No step, **Left Augmented Downward Backfist Strike** (elbow of left arm on back of right fist) to south high section

---(Direction Change on Line Corner) ---

81. Right foot steps south to middle stance (body faces east, left foot on center point), **Left Circular Double Knifehand Low Block** to north
82. No step, **Right Circular Double Outer Forearm Low Block** to south
83. No step, **Left Circular Double Inner Forearm Block** to north high section
84. No step, **Right Circular Double Ridgehand Block** to south high section

Bah-ro - Left foot steps to end position.

Shi-uh - At ease position

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	Stance	Section		Stance	Section
1. R Horizontal Double Knifehand Strike	X	M	43. L #1 Side Kick	--	M/H
2. L Spin Heel Kick	--	M/H	44. L Downward Palm Heel Block – 5 sec. - KI-HAP	S	L
3. L Sweep Kick	--	L	45. B Knifehand X-Block	B	M
4. L Round Kick	--	M	46. R #1 Side Kick	--	M
5. R Upset Knifehand Block	K	H	47. R Repeat Side Kick	--	M/H
6. L Vertical Punch	K	M	48. L Knifehand High Bl./ R Vertical Ridgehand Strike	K	H&L
7. L Knifehand High Block/ R Upset Knifehand Strike	K	H	49. L Upset Knifehand Block	K	H
8. L Arc Hand Strike	K	H	50. R Reverse Punch	K	M
9. R Reverse Upward Elbow Strike	K	H	51. L Punch	K	M
10. R Double Outer Forearm Block	M	H	52. L Horizontal Double Knifehand Strike	X	M
11. R Downward Palm Heel Block – 5 sec.	S	L	53. R Spin Heel Kick	--	M/H
12. R #1 Jump Side Kick	--	M/H	54. L Double Ridgehand Block – 2 sec.	B	H
13. B C-Punch	B	M&H	55. B C-Block	B	M&H
14. B Twin Upset Knifehand Strike	F	H	56. L Step Jump Spin Heel Kick	--	M/H
15. B Twin Outer Knifehand Block	F	H	57. R Double Ridgehand Block	B	H
16. B Twin Punch	OL	H	58. B C-Block – 2 sec.	B	M&H
17. L Jump Front Kick	--	M/H	59. B Twin Punch	OL	H
18. R Jump Front Kick	--	M/H	60. R Jump Front Kick	--	M/H
19. L Jump Front Kick	--	M/H	61. L Jump Front Kick	--	M/H
20. R Double Knifehand Low Block – 5 sec.	B	L	62. R Jump Front Kick	--	M/H
21. L Double Knifehand Block – 5 sec.	B	H	63. B Twin Downward Palm Heel Block	R	L
22. R Jump Round Kick	--	M/H	64. L Jump Reverse Side Kick - KI-HAP	--	M/H
23. L Spin Crescent Kick	--	M/H	65. L Step Spin Heel Kick	--	M/H
24. R Double Outer Forearm Block - KI-HAP	B	H	66. B Twin Vertical Back Elbow Strike	M	M
25. L Reverse Upset First Knuckle Punch	B	M	67. B Twin Palm Heel Push – 2 sec.	C	H
26. L Reverse Horizontal First Finger Strike	B	H	68. R Low Reverse Inner Forearm Block	R	L
27. L #2 Inner Crescent Kick	--	M/H	69. L Downward Punch	R	L
28. L Inward Palm Heel Block	R	M	70. R Reverse Punch	R	M
29. R Reverse Punch	R	M	71. R Repeat Reverse Punch	R	M
30. L Punch	R	M	72. L Punch	R	M
31. R Reverse Punch	R	H	73. B Right High/Low Block – 5 sec.	B	H&L
32. L Double Inner Forearm Block	B	H	74. L #2 Front Kick	--	L/M
33. B Right High/Low Block	B	H&L	75. L Round Kick	--	M/H
34. B Left High/Low Palm Heel Block – 5 sec.	B	H&L	76. L Hook Kick	--	M/H
35. R #2 Front Kick	--	L/M	77. L #3 Hook Kick	--	M/H
36. R Round Kick	--	M/H	78. L Round Kick	--	M/H
37. R Hook Kick	--	M/H	79. R Rev. Augmented Downward Hammerfist Strike	B	H
38. R #3 Hook Kick	--	M/H	80. L Augmented Downward Backfist Strike	B	H
39. R Round Kick	--	M/H	81. L Circular Double Knifehand Low Block	M	L
40. R Upset Arc Hand Strike	B	H	82. R Circular Double Outer Forearm Low Block	M	L
41. L Cir. Downward Hammerfist Strike	C	M	83. L Circular Double Inner Forearm Block	M	H
42. L Cir. Downward Dbl. Knifehand Str. – 2 sec.	B	H	84. R Circular Double Ridgehand Block	M	H