

JUNG YUL POOME-SAE SECOND DEGREE BLACK BELT FORM

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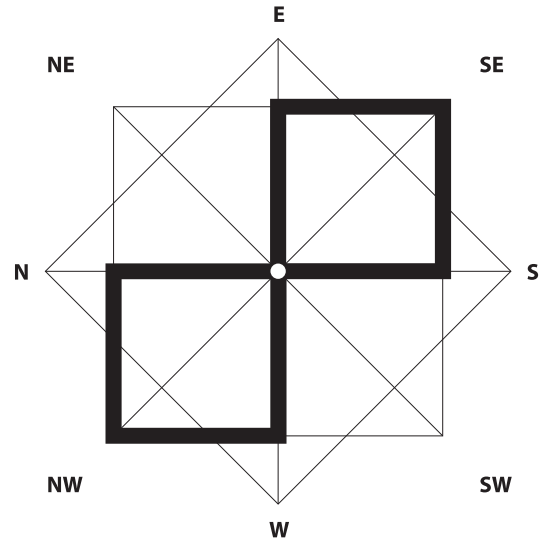
Translates as "With your noble character, you will develop a new permanence in your life"

NEW KICKS:

- #2 Outer Axe Kick [12,57]
- Jump Reverse Inner Crescent Kick (Butterfly Kick) [43]

NEW BLOCKS:

- Circular Hooking Block [9,10,54,55]
- Side High Knifehand/Low Open Hand Block [17,62]
- Reinforced Inner Forearm Block [18,63]
(Other hand on outer edge of blocking fist)
- Downward Palm Block [26,71]
- Inward Palm Block [28,73]
- High Nine Block [40,42]
- Circular Single Outer Knifehand Block [14,59]



NEW STRIKES:

- Horizontal Elbow Strike, Vertical Back Elbow [1,3]
- Horizontal Hammer Fist Strike [20,65]
- Downward Elbow Strike [7,52]
- Arc Hand Strike [15,60]
- Downward Knifehand Strike (Single, Double, Circular) [31,39,41,46,76]
- Twin Punch [5,50]

NEW STANCES:

- X-Stance [6-8,18-20,31,51-53,63-65,76]
(Right foot flat, left behind = Right X-Stance)
- One Leg Stance (foot shields knee, but does not touch) [15-17,60-62]

TYPE OF MOVEMENT:

- Tension movement [2,4,5,50] (5 seconds in duration.)
- Slow movement. [17,40,42,62] (2 seconds in duration)
- Circular movement [8,9,10,14,21,31,34,35,53,54,55,59,66,76,79,80]
- Single-arm blocks and strikes [6,7,9-11,13-15,19,20,25-31,51,52,54-56,58-60,64,65,70-76,81,82]
- All strikes and single blocks in Jung Yul are 'Single Action' unless otherwise noted as 'Double Action'
- All open hand techniques start closed and end open
- 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

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READY STANCE: *Right half command stance (Right fist high, left at side) in parallel stance*

June Bee - Half command stance.

1. Right foot steps right to middle stance facing east (left foot on center point); **Left Horizontal Elbow** (palm down), **Right Vertical Back Elbow** to east mid & high section
2. No step, **Left Square Block** to north high section with tension (5 seconds)
3. Double step to left side to middle stance facing east (right foot on center point); **Right Horizontal Elbow** (palm down), **Left Vertical Back Elbow** to east mid & high section
4. No step, **Right Square Block** to south high section with tension (5 seconds)
5. Move left foot to right in closed stance (both feet on center point), **Twin Punch** to east high section with tension (5 seconds) hands end 1 fist length from forehead

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

6. Step 1 Sparring stance length east to right X-stance, **Right Punch** to east high section (body position at 45° to northeast)
7. No step, **Right Downward Elbow Strike** (raise hand slightly before strike) to east mid-section
8. No step, **Right Circular Double Knifehand Low Block** to east
9. Left foot steps back to right front stance, **Left Reverse Circular Hooking Block** (palm facing forward & down) to east high section
10. No step, **Right Circular Hooking Block** (palm facing forward & down) to east high section.
11. No step, **Left Reverse Vertical Punch** to east high section
12. **Left #2 Outer Axe Kick** to east mid or high section
13. Land in left front stance, **Left Knifehand Low Block** to east
14. No step, **Right Reverse Circular Outer Knifehand Block** to east high section.
15. Left foot moves south 1 shoulder width; right foot moves to shield left knee in left one-legged stance to east (left foot on east point), **Left Arc Hand Strike** to east high section.
16. No step, **Right Reverse Upward Elbow** to left palm, east high section.
17. No step, **Left High Knifehand/Right Low Open Hand Block** (palm faces back) to sides slow (2 seconds) (eyes to south)

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

18. Right foot steps south 1 sparring stance length, left foot steps behind to right X-stance; **Right Reinforced Inner Forearm Block** to south high section (hips and shoulders face south)
19. No Step, **Right Back Fist** to south high section (shoulders remain facing south)
20. No Step, **Right Horizontal Hammerfist Strike** to south high section (shoulders remain facing south)
21. Left foot steps back to left back stance (left foot on east point), **Right Circular Double Knifehand Block** to south high section

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22. **Left #2 Inner Crescent Kick** to south mid or high section. (Step down to right foot in closed stance to north) **KI-HAP**
23. In a continuous motion, **Right Reverse Hook Kick** to south mid or high section.
24. In a continuous motion, **Right Round Kick** to south mid or high section
25. Land in left back stance, **Right High Block** to south high section
26. Right foot pulls back to left rear stance, **Right Downward Palm Block** to south low section
27. Right foot steps south to middle stance (right foot on southeast point), **Right Punch** to south high section

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

28. Left foot steps west 90 degrees counterclockwise to left back stance to east; **Right Inward Palm Block** to mid-section. (end with knuckles pointing up, elbow bent)
29. No step, **Left Reverse Punch** to east high section
30. No step, **Right Upset Knifehand Strike** to east high section
31. Right foot steps behind left to left X-stance, **Right Circular Downward Knifehand Strike** to east high section. (collarbone level)
32. **Right Front Kick** to east mid or high section
33. Replace right foot back to left X-stance, left foot steps west one middle stance length (left foot on south point), in a continuous motion, **Right #1 Side Kick** to east mid or high section
34. Land in middle stance, **Right Circular Double Outer Forearm Low Block** to east
35. Left foot shifts to right back stance, **Left Circular Double Knifehand Block** to west high section
36. **Right #2 Round Kick** (ball of the foot) to west mid or high section. And moving counterclockwise...
37. In a continuous motion, **Right Round Kick** (ball of the foot) to south mid or high section.
38. In a continuous motion, **Right Round Kick** (ball of the foot) to east mid or high section
39. Land in right sparring stance to north (left foot on south point), **Right Circular Downward Double Knifehand Strike** to north. (left hand vertical at solar plexus, right fingertips even with shoulder)

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

40. Right foot pulls to left rear stance, **Left High "9" Block** to north, slow (2 seconds)
41. Jump 180 degrees counterclockwise to left sparring stance to north. **Left Circular Downward Double Knifehand Strike** to north (right foot on south point). (right hand vertical at solar plexus, left fingertips even with shoulder)
42. Left foot pulls to right rear stance, **Right High "9" Block** to north, slow (2 seconds) **KI-HAP**
43. Right foot steps forward half a sparring stance length, **Right Jump Reverse Inner Crescent Kick** (Butterfly) to north mid or high section. (left foot lands where right foot took off from) right foot lands one middle stance length forward
44. **Left Reverse Side Kick** to north mid or high section. Left foot lands one sparring stance length to north.
45. In a continuous motion, **Right #2 Side Kick** to north mid or high section

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46. Land in right sparring stance to north (right foot on north point), **Right Circular Downward Double Knifehand Strike** to north (left hand vertical at solar plexus, right fingers even with shoulder)
47. **Left #2 Round Kick** (ball of the foot) to north mid or high section. And moving clockwise...
48. In a continuous motion, **Left Round Kick** (ball of the foot) to east mid or high section
49. In a continuous motion, **Left Round Kick** (ball of the foot) to south mid or high section
50. Left foot lands to right in closed stance (both feet on north point), **Twin Punch** to west high section with tension (5 seconds) hands end 1 fist length from forehead

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

51. Step 1 sparring stance length west to left X-stance, **Left Punch** to west high section. (body position at 45° to northwest)
52. No step, **Left Downward Elbow Strike** (raise hand slightly before strike) to west mid-section.
53. No step, **Left Circular Double Knifehand Low Block** to west
54. Right foot steps back to left front stance, **Right Reverse Circular Hooking Block** (palm facing forward & down) to west high section
55. No Step, **Left Circular Hooking Block** (palm facing forward & down) to west high section
56. No Step, **Right Reverse Vertical Punch** to west high section
57. **Right #2 Outer Axe Kick** to west mid or high section
58. Land in right front stance, **Right Knifehand Low Block** to west
59. No Step, **Left Reverse Circular Outer Knifehand Block** to west high section
60. Right foot moves south 1 shoulder width; left foot moves to shield right knee in right one legged stance to west (right foot on northwest point), **Right Arc Hand Strike** to west high section
61. No step, **Left Reverse Upward Elbow** to right palm high section
62. No Step, **Right High Knifehand/Left Low Open Hand Block** (palm faces back) to sides, slow (2 seconds) (eyes to south) **KI-HAP**

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

63. Left foot steps south 1 sparring distance length, right foot steps behind to left X-stance; **Left Reinforced Inner Forearm Block** to south high section. (hips and shoulders face south)
64. No Step, **Left Back Fist** to south to high section. (shoulders remain facing south)
65. No Step, **Left Horizontal Hammerfist Strike** to south to high section. (shoulders remain facing south)
66. Right foot steps back to right back stance (right foot on northwest point), **Left Circular Double Knifehand Block** to south high section
67. **Right #2 Inner Crescent Kick** to south mid or high section. Step down to left foot in closed stance to north
68. In a continuous motion, **Left Reverse Hook Kick** to south mid or high section
69. In a continuous motion, **Left Round Kick** to south mid or high section

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- 70. Land in right back stance, **Left High Block** to south
- 71. Left pulls to right rear stance, **Left Downward Palm Block** to south low section
- 72. Left steps south to middle stance (left foot on west point), **Left Punch** to south high section

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

- 73. Right foot steps east 90 degrees clockwise to right back stance to west (left foot on west point); **Left Inward Palm Block** to west mid-section (end with knuckles pointing up, elbow bent)
- 74. No step, **Right Reverse Punch** to west high section
- 75. No step, **Left Upset Knifehand Strike** to west high section
- 76. Left foot steps behind right to right X-stance, **Left Circular Downward Knifehand Strike** to west high section. (collarbone level)
- 77. **Left Front Kick** to west mid or high section
- 78. Replace left foot back to right X-stance, right foot steps east one middle stance length (right foot on center point), in a continuous motion, **Left #1 Side Kick** to west mid or high section
- 79. Land in middle stance, **Left Circular Double Outer Forearm Low Block** to west
- 80. Right foot shifts to left back stance, **Right Circular Double Knifehand Block** to east high section
- 81. Jump spin 180 degrees counterclockwise, **Left Knifehand Strike** while in air to east high section
- 82. As you land in right back stance, **Right Reverse Punch** to east high section on landing. (left foot on center point)

Bah-ro - Right foot steps to end position

Shi-uh - At ease position (about face, fix uniform, return to set position)

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	Stance	Section		Stance	Section
1. L Horizontal Elbow; R-Vertical Back Elbow	M	M&H	42. R High Nine Block - KI-HAP – Slow- 2 sec.	R	H&L
2. L Square Block – Tension – 5 sec.	M	H	43. R Butterfly Kick	--	M/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 Double Knifehand Low 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	--	M/H	53. L Circular Double Knifehand Low 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	--	M/H
17. L High Knifehand/R-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/L-Low Open Hand Bl.- KI-HAP -Slow-2 sec.	OL	H&L
22. L #2 Inner Crescent Kick – KI-HAP	--	M/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	--	M/H
27. R Punch	M	H	68. L Reverse Hook Kick	--	M/H
28. R Inward Palm Block	B	M	69. L Round Kick	--	M/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 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. Double Outer Forearm Low 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 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. Double Outer Forearm Low Block	M	L
39. R Cir. Downward Double Knifehand Strike	S	H	80. R Circular Double Knifehand Block	B	H
40. L High Nine Block– Slow- 2 sec.	R	H&L	81. L Knifehand Strike	--	H
41. L Cir. Downward Double Knifehand Strike	S	H	82. R Reverse Punch	B	H