

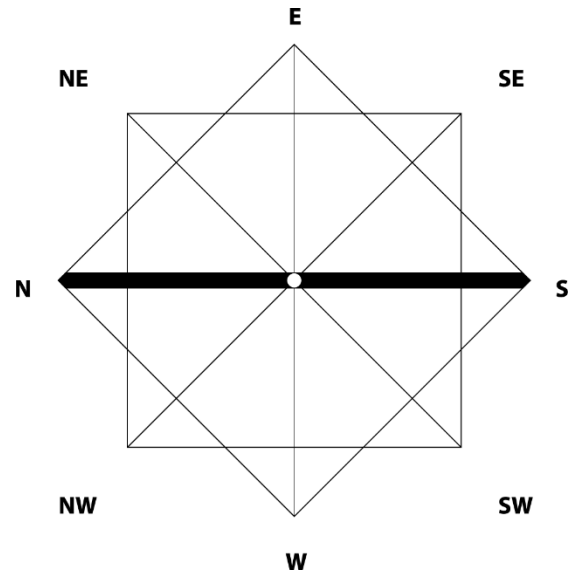
# BLACK BELT OH SUNG DO POOME-SAE

## STANCES:

Front Stance  
Rear Stance  
Closed Stance  
X-Stance  
Longer X-Stance  
One Legged Stance  
Back Stance  
Middle Stance  
Parallel Stance  
Combat

**V-Step:** The back foot steps forward at a 45-degree angle.

**Front Sparring Stance:** a sparring stance with more weight on front leg and the back leg is straight.



## GRIP:

**Two-Handed:** both hands are on the handle of the sword.

**Reinforced:** the right hand is on the handle of the sword while the left hand supports the wrist.

**Supported:** the right hand is on the handle of the sword while the left hand supports the spine of the sword.

## TECHNIQUES:

Defensive Triple Step  
Eagle Strike

**Ring of Fire:** Circular block around your head (tip of OSD will be pointing down) followed by a #3 line (OSD goes under the left guard) and a #4 line (both arms spread out like eagle strike).

**Scorpion Tail Strike:** Reinforced high deflection, reinforced circular #6 line, reinforced circular #5 line, Left foot steps behind right to a longer x-stance, circular #7 strike with knifehand high block.

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## POOME-SAE

**Chah-Reot:** Feet are at attention; sword is pointing up along the inside of the arm cradled in the left palm..

**Kyeong-Neh:** Bow

**June-Bee:** Right knifehand (palm down) moves horizontally across the body, right foot steps to parallel stance, right Hand pulls back to side and closes.

### Segment 1

1. Right foot takes a defensive triple step to the south to left front stance, **Left Circular Inner Forearm Block and Right Knifehand Press Block** to the north.
2. Draw left foot back to right rear stance, **Waist Level Exchange** (bring the OSD across waist left palm up and blade facing away, grip the weapon with the right hand palm down).
3. Left foot adjusts to front stance length, right foot steps to closed stance, **Reinforced #9 Thrust**, high section.

### Segment 2

4. Left foot steps back to a right front stance, **Ring of Fire**.
5. Double step back to right front stance, OSD goes behind head and **Supported High Block**.

### Segment 3

6. No step, **Redirect** their weapon (OSD points down to the left at 45-degree angle).
7. Left foot steps in front of right foot to an x-stance, **#8 Strike with Knifehand High Block**.
8. Right foot steps to front sparring stance, **Circular #8 Strike with Knifehand High Block** (both hands circle in front of your body).
9. No step, weight shifts back, **Forward Roll** (roll on the outside your right arm & body).
10. In continuous motion, weight shifts forward to front sparring stance **#8 Strike**.

### Segment 4

11. **Scorpion Tail Strike** to a longer x-stance.
12. In place turn counterclockwise, **Circular Block** around head.
13. Left foot adjusts to a right rear stance, **High Horizontal Strike with Knifehand High Block**.

### Segment 5

14. Right foot steps forward and left foot picks up to a one-legged stance, **Reinforced Rooftop Block and #5 Strike with Knifehand High Block**.
15. Left foot steps in front of right foot to x-stance, **Reinforced Rooftop Block and #5 Strike with Knifehand High Block**.
16. Right foot steps to a front sparring stance, **Reinforced Rooftop Block and #5 Strike with Knifehand High Block**. *KI-HAP*

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### Segment 6

17. Right foot steps back, OSD starts up across the body then down to hip, left foot steps forward to right back stance, **Reinforced #7 Line**, finish to high section.
18. Shift weight on front leg, back heel picks up to combat stance, **Upset #9 Strike with Knifehand High Block**, high section.
19. Right foot V-steps to front sparring stance, **Reinforced High Block**.
20. Left foot V-steps to front sparring stance, **Reinforced Inner Forearm Block**.
21. No step, **Slow Two-Handed Redirection**.

### Segment 7 – Direction Change to South

22. Right foot steps to middle stance, **High Horizontal Strike with knifehand High Block**.
23. No step, **Reinforced Wing Block**.
24. No step, **Slow Two-Handed Redirection**.
25. No step, **Two-handed High Horizontal Strike**.
26. Right foot 360 double step together to middle stance, **High Horizontal Strike with Knifehand High Block**.

### Segment 8 – Direction Change to North

27. Left foot adjusts to rear stance, around head **#2 Line** (finishing behind your back).
28. Right foot steps to front sparring stance, **Circular Upset #9 Strike**, high section.

### Segment 9

29. Right foot adjusts to rear stance, **Circular #3 Line with Knifehand High Block**.
30. Left foot steps forward to front sparring stance, **High Horizontal Strike** (left knifehand goes to right shoulder) to the south.
31. No step, **#8 Line with Knifehand High Block** to the northeast, low section.

### Segment 10

32. Left foot picks up to one-legged stance, left **Palm Block** to north.
33. Left foot steps together, right foot steps forward to a front sparring stance, **Circular #8 Strike**.
34. No step, **Circular Supported Vertical Pressing Block**.
35. Right foot stomps feet together, left foot stomps forward into a front sparring stance, **Supported Vertical Pressing Block**. *KI-HAP*

### Segment 11 – Direction Change to South

36. Shift weight to the right leg, **Eagle Strike**.
37. Right foot steps back feet together, left foot steps to the east to front sparring stance (weight is on the right leg), **Circular #2 Line** finishing with the sword behind your body.
38. Left foot steps together, **Circular Block** around your head.
39. In continuous motion, left foot steps to right rear stance, **#3 Line**.

### Segment 12

40. Right **#2 Front Kick** land forward to a front sparring stance.
41. Shift weight forward, **#7 Line**, low section.
42. Shift weight back, **#8 Line with Knifehand High Block**.

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### Segment 13

43. Left foot steps behind to x-stance, **Supported Horizontal Low Block** to the northeast.
44. Left foot adjusts to rear stance, **#1 Line** to the south.
45. Right foot steps forward to rear stance, **#8 Strike with Knifehand High Block**.

### Segment 14

46. Right foot picks up as the sword pulls back to under left arm, right foot steps down to parallel stance **#2 Line**.
47. In continuous motion, left foot hops forward and right foot lands behind to x-stance, **Reinforced Horizontal Low Block** to the west.
48. Turn clockwise to middle stance facing east, **Twin #8 Strike** (right hand holds the sword and left hand open) to the south and north.

### Segment 15 – Direction Change to North

49. No step, **Circular High Sweeping Block**.
50. Shift weight to left front sparring stance, **#3 Line** (sword goes under left arm).
51. Change direction to south, shift weight to right front sparring stance, **Eagle Strike**.

### Segment 16 – Direction Change to North

52. No step, circle around head to **Waist Level Exchange** (left arm is across the waist under the sword and palm up).
53. Double step to left front stance (left foot should be on the center point), **Left Circular Inner Forearm Block and Right Knifehand Press Block**. *KI-HAP*

**Bah-Ro:** *Right knifehand (palm down) moves horizontally across the body as the right foot steps to parallel stance, right hand pulls back to side and closes.*

**Shi-Uh:** *Right foot steps together, Bow.*

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## POOME-SAE

Video Link	Segment	#	Side	Technique	Stance
<a href="#">Link</a>	1	1	B	Circular Inner Forearm Block and Knifehand Press Block	Front
		2	B	Waist Level Exchange	Rear
		3	B	Reinforced #9 Thrust - High Section	Closed
<a href="#">Link</a>	2	4	R	Ring of Fire	Front
		5	B	Supported High Block	Front
<a href="#">Link</a>	3	6	B	Redirect	Front
		7	B	#8 Strike w/ Knifehand High Block	X
		8	B	Circular #8 Strike w/ Knifehand High Block	Front Spar
		9	R	Forward Roll	Front Spar
<a href="#">Link</a>	4	10	R	#8 Strike	Front Spar
		11	R	Scorpion Tail Strike	Long X
		12	R	Circular Block	Rear
<a href="#">Link</a>	5	13	B	High Horizontal Strike w/ Knifehand High Block	Rear
		14	B	Reinforced Rooftop Block and #5 Strike w/ Knifehand High Block	1-Leg
		15	B	Reinforced Rooftop Block and #5 Strike w/ Knifehand High Block	X
		16	B	Reinforced Rooftop Block and #5 Strike w/ Knifehand High Block - <i>KI-HAP</i>	Front Spar
<a href="#">Link</a>	6	17	B	Reinforced #7 Line - High Section	Back
		18	R	Upset #9 Strike w/ Knifehand High Block - High Section	Combat
		19	B	Reinforced High Block	Front Spar
		20	B	Reinforced Inner Forearm Block	Front Spar
		21	B	Slow Two-Handed Redirection	Front Spar
<a href="#">Link</a>	7	22	B	High Horizontal Strike w/ Knifehand High Block	Middle
		23	B	Reinforced Wing Block	Middle
		24	B	Slow Two-Handed Redirection	Middle
		25	B	Two-Handed High Horizontal Strike	Middle
		26	B	High Horizontal Strike w/ Knifehand High Block	Middle
<a href="#">Link</a>	8	27	R	#2 Line	Rear
		28	R	Circular Upset #9 Strike - High Section	Front Spar
<a href="#">Link</a>	9	29	B	Circular #3 Line w/ Knifehand High Block	Rear
		30	R	High Horizontal Strike	Front Spar
		31	B	#8 Line w/ Knifehand High Block - Low Section	Front Spar
<a href="#">Link</a>	10	32	L	Palm Block	1-Leg
		33	R	Circular #8 Strike	Front Spar
		34	B	Circular Supported Vertical Pressing Block	Front Spar
		35	B	Supported Vertical Pressing Block - <i>KI-HAP</i>	Front Spar
<a href="#">Link</a>	11	36	B	Eagle Strike	Front Spar
		37	R	Circular #2 Line	Front Spar

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Video Link	Segment	#	Side	Technique	Stance
		38	R	Circular Block	Closed
		39	R	#3 Line	Rear
<a href="#">Link</a>	12	40	R	#2 Front Kick	Front Spar
		41	R	#7 Line – Low Section	Front Spar
		42	B	#8 Line w/ Knifehand High Block	Front Spar
<a href="#">Link</a>	13	43	B	Supported Horizontal Low Block	X
		44	R	#1 Line	Rear
		45	B	#8 Strike w/ Knifehand High Block	Rear
<a href="#">Link</a>	14	46	R	#2 Line	Parallel
		47	B	Reinforced Horizontal Low Block	X
		48	B	Twin #8 Strike	Middle
<a href="#">Link</a>	15	49	R	Circular High Sweeping Block	Middle
		50	R	#3 Line	Front Spar
		51	B	Eagle Strike	Front Spar
<a href="#">Link</a>	16	52	B	Waist Level Exchange	Front Spar
		53	B	Circular Inner Forearm Block and Knifehand Press Block - <i>KI-HAP</i>	Front
<a href="#">Link</a>				Full Form Performance	

