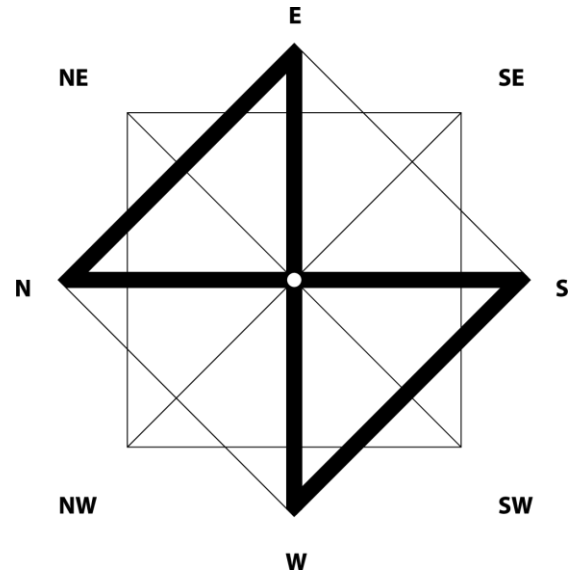


# BLACK BELT JEE PAHNG EE

## POOME-SAE

### STANCES:

Short Front Stance  
Front Stance  
Middle Stance  
Back Stance  
Parallel Stance  
Closed Stance  
One-Legged Stance  
Sparring Stance  
Rear Stance  
X-Stance  
**Front Sparring Stance:** a sparring stance with more weight on the front leg and the back leg is straight.



### GRIP:

Trigger Grip  
Swinging Grip  
Two-Handed Grip  
Bahng Mahng Ee Grip

### TECHNIQUES:

#9 Cane Thrust

**Double Palm Blocks:** Inward palm block and outward palm block with JPE.

**Guard Position:** Trigger grip, point end of JPE to high section, opposite hand at knifehand arm base.

**Figure 8 Catch:** Forward roll, continuously into figure 8, underarm catch.

**Clear:** Knifehand position next to opposite hand on cane, and slowly press cane downward to waist level extending knifehand toward the tip of the can and rotate hook to face the ground.

**Back Exchange:** Hook pointing up, exchange with both hands thumbs toward the hook.

**Toss & Catch:** Toss the hook up and catch the lower shaft of the cane, hook facing inward.

**Reinforced #9 Strike:** Tip of the cane armpit, other hand grips right forearm to reinforce strike.

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**Chah-Reot:** Feet together with weapon in right hand (as in walking position).

**Kyeong-Neh:** Bow

**June-Bee:** Cross hands palms facing in, right hand inside holding cane (tip of cane remains in place on the ground), left foot steps to parallel stance, open arms out to sides, palms facing out (like natural ready stance).

### Segment 1 – Right Side

1. Left foot steps back to a parallel stance facing north, right trigger grip, **Slow Guard Position**.
2. No step, **Right Double Palm Block**.
3. In continuous motion, right foot steps forward to right front stance, **Right #9 Strike**, high section.
4. Left foot steps to parallel stance, turn clockwise, right foot steps south to right short front stance, **Slow Circular #8 Strike**, high section.
5. No step, right swinging grip, **Right Figure 8 Catch**.
6. No step, left hand grip shaft (keeping right hand swinging grip) and **Two-Hand #9 Back Strike**, middle section to north.

### Segment 2 – Right Side

7. Turn clockwise, right hand grips the center of the shaft, right foot steps north to right front stance, **Two-Hand #9 Thrust**, high section.
8. Adjust right hand to Bahng Mahng Ee grip, turn clockwise, jumping step with the right foot to south, **Right High Horizontal Line**.
9. In continuous motion, turn counterclockwise, left foot steps south to left short front stance, **Right #1 Line** (JPE ends under left arm).
10. Spin clockwise on right foot while executing a **Right Low Horizontal Line** to north.
11. In continuous motion, left foot steps south to middle stance (body facing west), **Right Clear**.

### Segment 3 – Right Side

12. Grip shaft with left hand, **Right #3 Side Kick**, middle section (rechamber) to north.
13. In continuous motion, land in right short front stance, right swinging grip, **High Horizontal Line**, (return JPE to left hand at left hip).
14. Left foot steps forward one parallel stance length, **Right Reverse Sweep Kick**, low section.
15. In continuous motion, land north in right short front stance, right swinging grip, **High Horizontal Line**.

### Segment 4 – Right Side

16. Left foot steps to right foot to a closed stance (on the north point), **Right Overhead Swing** (counterclockwise 1 ½ revolutions).
17. In continuous motion, right foot steps southeast to right short front stance, right trigger grip, **Slow Circular #8 Strike**, high section.
18. No step, **Right Double Palm Block**.
19. In continuous motion, right foot steps to right front stance, **Right #9 Strike**, high section.
20. Right foot pulls back to right short front stance, **Right #8 Line** (JPE touches ground).

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## POOME-SAE

21. Right foot pulls back to left rear stance, **Right Downward #9 Strike** (JPE touches ground, as though stabbing opponent's foot).
22. No step, grip shaft with left hand, **Vertical Sweeping Block**, high section.
23. In continuous motion, **Vertical Sweeping Block** (left hand to left hip), high section.
24. Right foot steps to middle stance, **Right Upset Spear Hand Strike**, (Right hand goes through the hook of JPE) low section.

### Segment 5 – Right Side

25. Left foot steps counterclockwise southeast to parallel stance length, right hand spins JPE counterclockwise 2 revolutions, double step southeast to middle stance, **Two-Handed #9 Strike**, (through opponent's legs) low section.
26. Right foot steps clockwise southeast to middle stance, **Two-Handed Low Horizontal Thrust** (causing an opponent's legs to buckle and fall) to northwest.
27. Double step southeast to right sparring stance (right foot should be on the east point), **Two-Handed Hooking Block**, (hooking opponent's arm) high section.
28. In continuous motion, **Two-Handed #9 Hook Strike**, high section.
29. No step, **Two-Handed #2 Strike**.
30. In continuous motion, no step, **Two-Handed #9 Thrust**, high section.
31. No step, **Right Reinforced Hook**, (hooking opponent's neck) high section.
32. In continuous motion, reinforced grip, **Left Knee Strike** middle section *KI-HAP*.
33. Left foot lands west to middle stance, **Right Clear** (body facing north).

### Segment 6

34. Right foot crosses in front of left to right x-stance, **Slow Guard Position**, high section to east.
35. No step, **Right Toss & Right Catch**.
36. Left foot steps back to left back stance, **1 Hook Strike** to east.
37. No step, **Right Toss Exchange & Left Catch** (to left hand, spin weapon in the air 2-3 times).
38. Right foot steps back to left x-stance, **Vertical Back Exchange**.
39. In continuous motion, left foot steps back to left back stance, **Right Triangle Strike** to east.
40. Right foot steps west to left x-stance, **Vertical Back Exchange**.
41. In continuous motion, right foot steps back to right back stance, **Left Triangle Strike** to east.

### Segment 7

42. Left foot steps back to right x-stance, **Horizontal Back Exchange**.
43. Right foot steps behind to left x-stance, **Right Reinforced #9 Hook Strike**, (striking opponent's shin) low section.
44. No step, **Right Reinforced #9 Hook Strike**, high section.
45. Turn clockwise, to left back stance (right foot on west point), **Right Fan Strike** to west.
46. In continuous motion, right foot steps back to closed stance, **1 Line**.
47. In continuous motion, left foot steps on west point to middle stance, **Clear** (body facing north).

### Segment 8

48. Turn head to look east, right foot steps back (on west point) to parallel stance, use JPE for balance, **Left Side Kick** (rechamber) middle section to east.

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## POOME-SAE

49. Left foot lands east to middle stance, **Low Horizontal Block**, (body facing south).
50. No step, **Downward Two-Handed #9 Strike** (to the ground) *KI-HAP*.

### Segment 4 – Left Side

51. Left foot steps southeast to left short front stance, switch grip to left trigger grip, **Left Slow Guard Position**.
52. No step, **Left Double Palm Block**.
53. In continuous motion, left foot steps to left front stance, **Left #9 Strike**, high section.
54. Left foot pulls back to left short front stance, **Left #8 Line** (JPE touches ground).
55. Left foot pulls back to right rear stance, **Left Downward #9 Strike** (JPE touches ground, stabbing opponent's foot).
56. No step, grip shaft with right hand, **Vertical Sweeping Block**, high section.
57. In a continuous motion, no step, **Vertical Sweeping Block**, (right hand to right hip) high section.
58. Left foot steps to middle stance, **Left Upset Spear Hand Strike**, (left hand goes through the hook of the cane) low section.

### Segment 5 – Left Side

59. Right foot steps clockwise southeast to parallel stance length, left hand spin cane clockwise 2 revolutions, double step southeast to middle stance, **Two-Handed #9 Strike**, (through opponent's legs) low section.
60. Left foot steps counterclockwise southeast to middle stance, **Two-Handed Low Horizontal Thrust** (as though causing an opponent's legs to buckle and fall) to northwest.
61. Double step southeast to left sparring stance (left foot should be on the south point), **Two-Handed Hooking Block**, (hooking opponent's arm) high section.
62. In continuous motion, **Two-Handed #9 Hook Strike**, high section.
63. No step, **Two-Handed #2 Strike**.
64. In continuous motion, no step, **Two-Handed #9 Thrust** high section.
65. No step, **Left Reinforced Hook**, (hooking opponent's neck) high section.
66. In continuous motion, reinforced grip, **Right Knee Strike**, middle section *KI-HAP*.
67. Right foot lands north to middle stance, **Left Clear** (body facing west).

### Segment 1 – Left Side

68. Right foot steps back to a parallel stance facing north, left trigger grip, **Left Double Palm Block**.
69. In continuous motion, left foot steps to left front stance, **Left #9 Strike**, high section.
70. Right foot steps to parallel stance, turn counterclockwise, left foot steps south to left short front stance, **Slow Circular #8 Strike**.
71. No step, left swinging grip, **Left Figure 8 Catch**.
72. No step, right hand grip shaft of cane (keeping left hand swinging grip) and **Two-Hand #9 Back Strike** to north, middle section.

### Segment 2 – Left Side

73. Turn counterclockwise, left hand grips the center of the shaft, left foot steps north to left front stance, **Two-Hand #9 Thrust**, high section.
74. Adjust left hand to Bahng Mahng Ee grip, turn clockwise, jumping step with the left foot to south, **Left High Horizontal Line**.

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## POOME-SAE

75. In continuous motion, turn clockwise, right foot steps south to right short front stance, **Left #1 Line** (JPE ends under left arm).
76. Spin counterclockwise on left foot while executing a **Left Low Horizontal Line** to north.
77. In continuous motion, right foot steps south to middle stance (body facing east), **Left Clear**.

### Segment 3 – Left Side

78. Grip shaft with right hand, **Left #3 Side Kick**, middle section (rechamber) to north.
79. In continuous motion, land in left short front stance, left swinging grip, **High Horizontal Line**, (return tip of cane to right hand at right hip).
80. Right foot steps forward one parallel stance length, **Left Reverse Sweep Kick**, low section.
81. In continuous motion, land in left short front stance, left swinging grip, **High Horizontal Line** to north.

### Segment 9

82. No step, catch the shaft of cane with right hand, **#2 Hook Strike**, to east *KI-HAP*.
83. No step, **Toss & Catch** (to left hand, spin weapon in the air 2-3 times).
84. In continuous motion, **Right Slow Knifehand Block** to east, (pull left hand with JPE to left ribs).

**Bah-Ro:** *Left foot steps to parallel stance, place right hand through the hook and rotate cane 1 ½ revolutions to grip the top of the hook, open arms out to sides, palms facing forward (similar to natural ready stance).*

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

# BLACK BELT JEE PAHNG EE

## POOME-SAE

Video Link	Segment	#	Side	Technique	Stance		
<a href="#">Link</a>	1R	1	R	Slow Guard Position	Parallel		
		2	R	Double Palm Block	Parallel		
		3	R	#9 Strike – High Section	Front		
		4	R	Slow Circular #8 Strike – High Section	Short Front		
		5	R	Figure 8 Catch	Short Front		
		6	B	Two-Hand #9 Back Strike - Middle Section	Short Front		
<a href="#">Link</a>	2R	7	B	Two-Handed #9 Thrust – High Section	Front		
		8	R	High Horizontal Line	Jump Step		
		9	R	#1 Line	Short Front		
		10	R	Low Horizontal Line	1-Leg		
		11	R	Clear	Middle		
<a href="#">Link</a>	3R	12	R	#3 Side Kick – Middle Section	Short Front		
		13	R	High Horizontal Line	Short Front		
		14	R	Reverse Sweep Kick – Low Section	Short Front		
		15	R	High Horizontal Line	Short Front		
<a href="#">Link</a>	4R	16	R	Overhead Swing	Closed		
		17	R	Slow Circular #8 Strike – High Section	Short Front		
		18	R	Double Palm Block	Short Front		
		19	R	#9 Strike – High Section	Front		
		20	R	#8 Line to the Ground	Short Front		
		21	R	Downward #9 Strike to the Ground	Rear		
		22	B	Vertical Sweeping Block – High Section	Rear		
		23	B	Vertical Sweeping Block – High Section	Rear		
		24	R	Upset Spear Hand Strike – Low Section	Middle		
		<a href="#">Link</a>	5R	25	B	Two-Handed #9 Strike - Low Section	Middle
				26	B	Two-Handed Low Horizontal Thrust	Middle
27	B			Two-Handed Hooking Block – High Section	Sparring		
28	B			Two-Handed #9 Hook Strike – High Section	Sparring		
29	B			Two-Handed #2 Strike	Sparring		
30	B			Two-Handed #9 Thrust – High Section	Sparring		
31	R			Reinforced Hook – High Section	Sparring		
32	L			Knee Strike - <i>KI-HAP</i>	1-Leg		
33	R			Clear	Middle		
<a href="#">Link</a>	6	34	R	Slow Guard Position	X		
		35	R	Toss & Catch	X		
		36	R	#1 Hook Strike	Sparring		
		37	B	Right Toss Exchange & Left Catch	Sparring		

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## POOME-SAE

Video Link	Segment	#	Side	Technique	Stance
		38	B	Vertical Back Exchange	X
		39	R	Triangle Strike	Back
		40	B	Vertical Back Exchange	X
		41	L	Triangle Strike	Back
<a href="#">Link</a>	7	42	B	Horizontal Back Exchange	X
		43	R	Reinforced #9 Hook Strike - Low Section	X
		44	R	Reinforced #9 Hook Strike - High Section	X
		45	R	Fan Strike	Back
		46	R	#1 Line	Closed
		47	R	Clear	Middle
<a href="#">Link</a>	8	48	L	Side Kick – Middle Section	Parallel
		49	B	Low Horizontal Block	Middle
		50	B	Downward Two-handed #9 Strike - <i>KI-HAP</i>	Middle
<a href="#">Link</a>	4L	51	L	Slow Guard Position	Short Front
		52	L	Double Palm Block	Short Front
		53	L	#9 Strike – High Section	Front
		54	L	#8 Line to the Ground	Short Front
		55	L	Downward #9 Strike to the Ground	Rear
		56	B	Vertical Sweeping Block – High Section	Rear
		57	B	Vertical Sweeping Block – High Section	Rear
		58	L	Upset Spear Hand Strike – Low Section	Middle
<a href="#">Link</a>	5L	59	B	Two-Handed #9 Strike – Low Section	Middle
		60	B	Two-Handed Low Horizontal Thrust	Middle
		61	B	Two-Handed Hooking Block – High Section	Sparring
		62	B	Two-Handed #9 Hook Strike – High Section	Sparring
		63	B	Two-Handed #2 Strike	Sparring
		64	B	Two-Handed #9 Thrust – High Section	Sparring
		65	L	Reinforced Hook – High Section	Sparring
		66	R	Knee Strike - <i>KI-HAP</i>	1-Leg
		67	L	Clear	Middle
<a href="#">Link</a>	1L	68	L	Double Palm Block	Parallel
		69	L	#9 Strike– High Section	Front
		70	L	Slow Circular #8 Strike	Short Front
		71	L	Figure 8 Catch	Short Front
		72	B	Two-Hand #9 Back Strike - Middle Section	Short Front
<a href="#">Link</a>	2L	73	B	Two-Handed #9 Thrust – High Section	Front
		74	L	High Horizontal Line	Jump Step
		75	L	#1 Line	Short Front

# BLACK BELT JEE PAHNG EE POOME-SAE

Video Link	Segment	#	Side	Technique	Stance
<a href="#">Link</a>	3L	76	L	Low Horizontal Line	1-Leg
		77	L	Clear	Middle
		78	L	#3 Side Kick – Middle Section	Short Front
		79	L	High Horizontal Line	Short Front
		80	L	Reverse Sweep Kick – Low Section	Short Front
<a href="#">Link</a>	9	81	L	High Horizontal Line	Short Front
		82	R	#2 Hook Strike - <i>KL-HAP</i>	Short Front
		83	L	Toss & Catch	Short Front
		84	R	Slow Knifehand Block	Short Front

[Link](#)

Full Form Performance

