

BLACK BELT DOUBLE SSAHNG JEOL BONG POOME-SAE

STANCES:

Back Stance
Front Stance
X-Stance
Middle Stance
Closed Stance
Defensive Triple Step

GRIP:

Regular Grip: Hold the thumb side of grip closer to string.

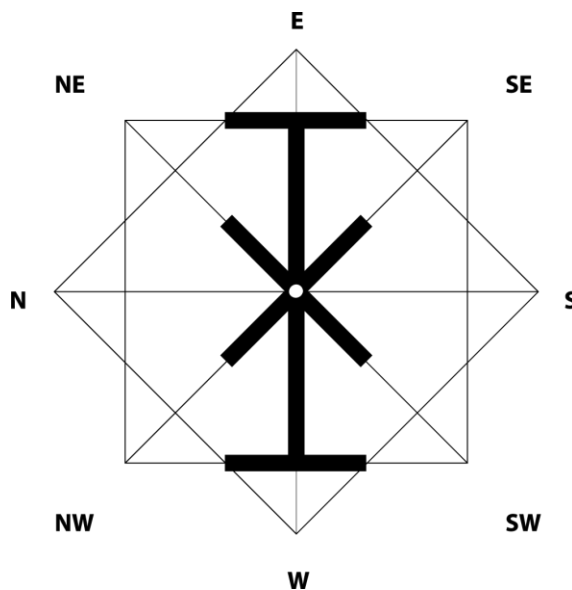
Inverted Grip: Hold the pinky side of grip close to the string.

TECHNIQUES:

360 Hand Roll: Line #1 to opposite hip, Line #4 string goes around back of hand to other stick Inverted Grip to same side hip, Line #3, string goes around back of hand to other stick Regular Grip to opposite hip.

Right Defensive Triple Step: Three steps back with Three Alternating Underarm Strikes, starting with the left foot & the right hand. Ending in a left back stance with right hand at the waist and left hand over the shoulder.

Left Defensive Triple Step: Three steps back with Three Alternating Underarm Strikes, starting with the right foot & the left hand. Ending in a right back stance with left hand at the waist and right hand over the shoulder.



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Double SJB 1-9 Counts:

1. Middle Stance: twin leg strike, twin circle up
2. Closed Stance: twin under arm strike, twin circle up
3. Middle Stance: both SJB go to the left leg, over left shoulder,
Both SJB go to the right leg, over right shoulder,
Twin leg strike, twin circle up,
Right foot steps together twin under arm strike, twin circle up
4. Middle Stance: twin leg strike, inside-outside roll,
Twin leg strike, 3 inside rolls,
Right foot steps together twin under arm strike, twin circle up
5. Alternate under arms strikes (start with right hand)
6. **A:** Right #1 Line, Left under the arm strike
B: Right under the arm strike, Left #1 line
7. Right Triangle Strike & Left Triangle Strike. **NO CIRCLE UPS.**
8. **A:** Middle stance: alternate leg strike 3 times, (Start with Right hand), right foot steps to
Closed stance: alternate arm strike 3 times, left foot steps to
Middle stance: alternate leg strike 3 times, Left foot steps to
Closed stance: alternate arm strike 3 times.

B: Middle stance: alternate leg strike 3 times, (Start with Left hand), left foot steps to
Closed stance: alternate arm strike 3 times, right foot steps to
Middle stance: alternate leg strike 3 times, right foot steps to
Closed stance: alternate arm strike 3 times
9. Right triangle in continuous motion goes around your head & left triangle strike. **NO CIRCLE UPS.**

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Chah-Reot: *SJB in each hand*

Kyeong-Neh: *Bow*

June-Bee: *Present both SJB, right foot steps to parallel stance, bring both SJB to traditional ready stance*

Segment 1

1. No step, **Twin #9 Strikes** with under arm & circle ups.
2. Right foot steps southwest to right back stance, **Two #7 Counts** to northeast.
3. Right foot steps forward to a right front stance, **Two #7 Counts**.
4. Right foot steps back to a right back stance, **Two #7 Counts**.

Segment 2 – Direction Change

5. Left foot steps northwest to right back stance, **Two #7 Counts**.
6. Right foot steps forward to right front stance, **Two #7 Counts**.
7. Right foot steps back to right back stance (right foot on center point), **One #9 Count** & in continuous motion, **One #7 count**.

Segment 3 – Direction Change

8. Left foot steps southwest to a right back stance, **Two #7 Counts**.
9. Right foot steps forward to a right front stance, **Four #5 Counts**.
10. Right foot step back to right back stance (right foot on center point), **Four #6B Counts**.

Segment 4 – Direction Change

11. Left foot steps southeast to right back stance, **Two #7 Counts**.
12. Right foot steps forward to right front stance, **Four #5 Counts**.
13. Right foot steps back to right back stance (right foot on center point), **Four #6A Counts**.

Segment 5

14. **Right 360 Hand Roll**, Defensive step, left foot steps back on center point as SJB moves horizontally across to the right hip, right foot steps back west to right back stance, **Right Circle Up**.
15. No step, **Left Triangle Strike with Circle Up** to east.

Segment 6

16. Right foot steps forward to right x-stance, **Right Triangle Strike with Circle Up**.
17. Turn counterclockwise, left foot steps to right back stance, **Twin Circle Underarm Catch**.
18. **Left #3 Jump Front Kick KI-HAP** (*advancing one back stance length forward*).

Segment 7

19. In continuous motion, **Twin Circle Up** to ready position.
20. Right foot steps to middle stance facing east, **Three #1 Counts**.
21. Double step to left to a middle stance, **Three #1 Counts**.
22. Double step to right to a middle stance, **#8A Count**.

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Segment 8

23. Left Defensive Triple Step with **Alternating Underarm Strikes**.
24. No step, **Two Right #7 Strikes with Circle Up**.
25. No step, **Two Twin #7 Strikes with Circle Up**.
26. **Direction Change**, turn clockwise, right foot steps to left back stance, **Right Triangle Strike with a Circle Up** to west.

Segment 6 – Opposite Side

27. Left foot steps forward to left x-stance, **Left Triangle Strike with a Circle Up**.
28. Turn clockwise, right foot steps to left back stance, **Twin Circle Underarm Catch**.
29. **Right #3 Jump Front Kick *KI-HAP*** (*advancing one back stance length forward*).

Segment 7 – Opposite Side

30. In continuous motion, **Twin Circle Up** to ready position.
31. Left foot steps to middle stance facing west, **Three #1 Counts**.
32. Double step to right to a middle stance, **Three #1 Counts**.
33. Double step to left to a middle stance, **#8B Count**.

Segment 8 – Opposite Side

34. Right Defensive Triple Step with **Alternating Underarm Strikes**.
35. No step, **Two Left #7 Strikes with Circle Up**.
36. No step, **Two Twin #7 Strikes with Circle Up**.
37. **Direction Change**, turn counterclockwise, left foot steps to right back stance, **Left Triangle Strike with Circle Up** to east.

Segment 9

38. Right foot steps to middle stance facing east, **Right Triangle Strike with Circle Up**.
39. No step, **Three #1 Counts**.
40. Right foot steps to closed stance, **Two #2 Counts**.
41. Right foot steps to middle stance, **Two #3 Counts**.
42. Right foot steps to middle stance, **Two #4 Counts**.
43. Right foot steps to middle stance, **Three #7 Counts**.

Bah-Ro: *Right foot steps to a parallel stance, twin circle underarm catch.*

Shi-Uh: *Right foot steps together, twin circle finger catch, Bow.*

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Video Link	Segment	#	Side	Technique	Stance
Link	1	1	B	Twin #9 Strike with Underarm & Circle Ups	Parallel
		2	B	Two #7 Counts	Back
		3	B	Two #7 Counts	Front
		4	B	Two #7 Counts	Back
Link	2	5	B	Two #7 Counts	Back
		6	B	Two #7 Counts	Front
		7	B	One #9 Count & One #7 Count	Back
Link	3	8	B	Two #7 Counts	Back
		9	B	Four #5 Counts	Front
		10	B	Four #6B Counts	Back
Link	4	11	B	Two #7 Counts	Back
		12	B	Four #5 Counts	Front
		13	B	Four #6A Counts	Back
Link	5	14	R	360 Hand Roll with Circle Up	Back
		15	L	Triangle Strike with Circle Up	Back
Link	6	16	R	Triangle Strike with Circle Up	X
		17	B	Twin Circle Underarm Catch	Back
		18	L	#3 Jump Front Kick - <i>KL-HAP</i>	Back
Link	7	19	B	Twin Circle Up	-
		20	B	Three #1 Counts	Middle
		21	B	Three #1 Counts	Middle
		22	B	#8A Count	Middle
		23	B	Three Alternating Underarm Strikes	Triple
Link	8	24	R	Two #7 Strike with Circle Up	Back
		25	B	Two Twin #7 Strikes with Circle Ups	Back
		26	R	Triangle Strike with a Circle Up	Back
		27	L	Triangle Strike with a Circle Up	X
Link	6opp	28	B	Twin Circle Underarm Catch	Back
		29	R	#3 Jump Front Kick - <i>KL-HAP</i>	Back
		30	B	Twin Circle Up	-
Link	7opp	31	B	Three #1 Counts	Middle
		32	B	Three #1 Counts	Middle
		33	B	#8B Count	Middle
		34	B	Three Alternating Underarm Strikes	Triple
		35	L	Two #7 Strike with Circle Up	Back
Link	8opp	36	B	Two Twin #7 Strikes with Circle Ups	Back
		37	L	Triangle Strike with a Circle Up	Back

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Video Link	Segment	#	Side	Technique	Stance
Link	9	38	R	Triangle Strike with a Circle Up	Middle
		39	B	Three #1 Counts	Middle
		40	B	Two #2 Counts	Closed
		41	B	Two #3 Counts	Middle
		42	B	Two #4 Counts	Middle
		43	B	Three #7 Counts	Middle
Link			Full Form Performance		

