

BLACK BELT SINGLE SSAHNG JEOL BONG POOME-SAE

STANCES:

Back Stance

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:

Safety Position: Hold SJB in right hand, stand at attention.

One Hand Ready Position: SJB Held at same-side shoulder in Regular Grip, open hand is in knifehand arm base (blade facing forward).

Circle Up: Starting from the same side hip, Line #7, circling back to the same side shoulder into a One Hand Ready Position.

High/Low Ready Position: SJB in each hand, above and below shoulder in both hands.

Slide Triangle Strike: Pushing off back foot, lead foot forward and adjust back leg to back stance, Line #1 to opposite hip, Line #4 to same side hip, Line #7, Circle Up.

V-Strike: Line #8 to front leg, Line #7 to opposite shoulder, Line #8 to the back leg, Line #7, Circle Up.

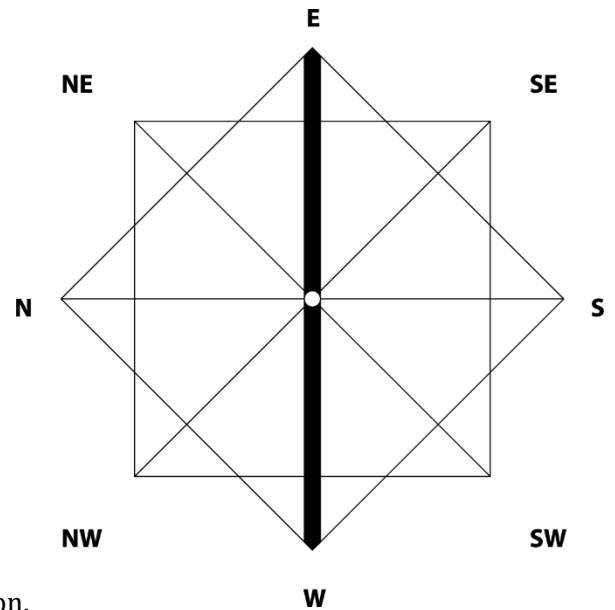
360 Hand Roll: Line #1 to opposite hip, Line #4 string goes around back of hand to other stick Inverted Grip to same-side hip, Line #3, string goes around back of hand to other stick Regular Grip to opposite hip.

Back Exchange, Neck Exchange: Line #4 to the opposite hip, then go across the waist to behind the back, exchange with opposite hand (thumbs closer together), in continuous motion exchange around the neck (catching hand on the inside).

Over/Under Exchange: From shoulder SJB forward Line #8 to opposite hand, Inverted Grip, swing under arm Line #7 SJB exchanging behind shoulder, Regular Grip.

Propeller Strike: Back foot hops up, high horizontal line strike *KI-HAP*, in continuous motion spinning around front foot lands forward to back stance, Triangle Strike (Line #1 to opposite hip, Line #4 to same side hip, Line #7), Circle up.

X-Strike: High/Low Ready Position, 'Drop the top' stick, Line #7 to opposite shoulder, catch in front of body to High/Low Ready Position opposite shoulder, 'Drop the top' stick, Line #7 to the same-side, finish in one Hand Ready Position.



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Chah-Reot: *Weapon held in safety position.*

Kyeong-Neh: *Bow*

June-Bee: *Right foot steps to parallel stance with weapon presentation, grab with left hand to Traditional Ready Position.*

Segment 1

1. Right foot steps back to right back stance, **Slow Right High/Low Position** to a **Left One Hand Ready Position** (2 seconds).

Segment 2

2. **Right Slide Triangle Strike** to right back stance.
3. **Right Slide Triangle Strike** to right back stance.
4. **Right Slide Triangle Strike** to right back stance.

Segment 3

5. No step, **Right 360 Hand Roll**, as SJB moves horizontally to same side hip double step back to right back stance, **Circle Up**.
6. No step, **Right V-Strike**.

Segment 4

7. Right foot steps forward to left back stance, **Line #1** to opposite hip,
8. No step, **Back Exchange, Neck Exchange** (catching hand on the inside).
9. Right foot steps back to right back stance, **Right Line #2, Circle Up**.

Segment 5

10. No step, **Right Over/Under Exchange**
11. **Right Slide Triangle Strike** to right back stance.

Segment 6

12. Jump spin 360 counterclockwise forward to right back stance (1 sparring stance length), **Right Propeller Strike *KI-HAP*** to **Right High/Low Position**.

Segment 7

13. Double step spin counterclockwise, forward to right back stance (1 sparring stance length), **Vertical Block** to **Left High/Low Position**.

Segment 8

14. No step, **X-Strike**.
15. **Left Slide Triangle Strike** to right back stance.
16. In continuous motion, turn clockwise to face west, adjust to left back stance, **Left High/Low Position** to a **Right One Hand Ready Position**.

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Segment 2 – Opposite Side

17. **Left Slide Triangle Strike** to a left back stance.
18. **Left Slide Triangle Strike** to a left back stance.
19. **Left Slide Triangle Strike** to a left back stance.

Segment 3 – Opposite Side

20. No step, **Left 360 Hand Roll**, as SJB moves horizontally to same side hip double step back to left back stance, **Circle Up**.
21. No step, **Left V-Strike**.

Segment 4 – Opposite Side

22. Left foot steps forward to right back stance, **Line #1** to opposite hip.
23. No step, **Back Exchange, Around Neck Exchange** (catching hand on the inside).
24. Left foot steps back to left back stance, **Left Line #2, Circle Up**.

Segment 5 – Opposite Side

25. No step, **Left Over/Under Exchange**,
26. **Left Slide Triangle Strike** to left back stance.

Segment 6 – Opposite Side

27. Jump spin 360 clockwise forward to left back stance (1 sparring stance length), **Left Propeller Strike** **KI-HAP** to **Left High/Low Position**.

Segment 7 – Opposite Side

28. Double Step Spin clockwise, forward to left back stance (1 sparring stance length), **Vertical Block** to **Right High/Low Position**.

Segment 8 – Opposite Side

29. No Step, **X-Strike**.
30. **Right Slide Triangle Strike** to left back stance.

Segment 9 – Direction Change

31. In continuous motion, turn counterclockwise to face east, adjust to right back stance, right **High/Low Position** to a **Left One Hand Ready Position**.
32. **Right Slide Triangle Strike** to a right back stance.

Bah-Ro: *Right foot steps forward to parallel stance, grab with left hand to Traditional Ready Position.*

Shi-Uh: *Right foot steps together, Weapon held in Control Position, Bow.*

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Video Link	Segment	#	Side	Technique	Stance
Link	1	1	R	Slow High/Low Position with One Hand Ready Position	Back
Link	2	2	R	Slide Triangle Strike	Back
		3	R	Slide Triangle Strike	Back
		4	R	Slide Triangle Strike	Back
		5	R	360 Hand Roll, Circle Up	Back
Link	3	6	R	V-Strike	Back
		7	R	Line #1	Back
		8	R	Back Exchange, Neck Exchange (catching hand on inside)	Back
Link	4	9	R	Line #2, Circle up	Back
		10	R	Over/Under Exchange	Back
		11	R	Slide Triangle Strike	Back
Link	5	12	L	Propeller Strike - <i>KI-HAP</i> to High/Low Position	Back
		13	B	Vertical Block, High/Low Position	Back
Link	6	14	L	X-Strike	Back
		15	L	Slide Triangle Strike	Back
		16	L	High/Low Position with One Hand Ready Position	Back
		17	L	Slide Triangle Strike	Back
Link	2opp.	18	L	Slide Triangle Strike	Back
		19	L	Slide Triangle Strike	Back
		20	L	360 Hand Roll, Circle Up	Back
Link	3opp.	21	L	V-Strike	Back
		22	L	Line #1	Back
Link	4opp.	23	L	Back Exchange, Neck Exchange (catching hand on inside)	Back
		24	L	Line #2, Circle up	Back
		25	L	Over/Under Exchange	Back
Link	5opp.	26	L	Slide Triangle Strike	Back
		27	L	Propeller Strike - <i>KI-HAP</i> to High/Low Position	Back
Link	6opp.	28	B	Vertical Block, High/Low Position	Back
Link	7opp.	29	R	X-Strike	Back
		30	R	Slide Triangle Strike	Back
Link	8opp.	31	R	High/Low Position with One Hand Ready Position	Back
		32	R	Slide Triangle Strike	Back

[Link](#) Full Form Performance

