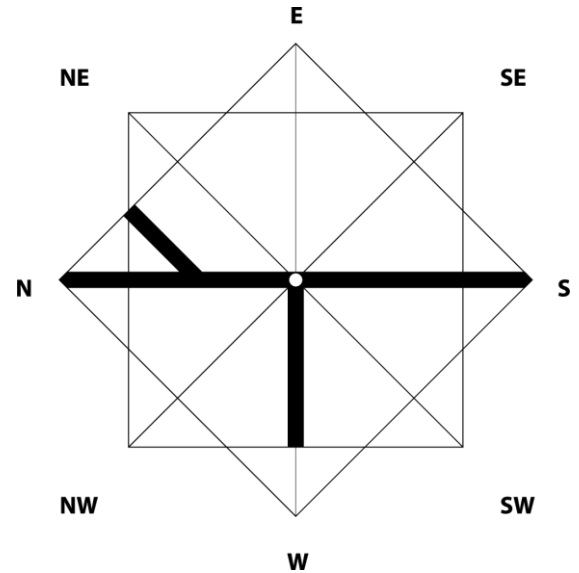


BLACK BELT SAM DAN BONG POOME-SAE

STANCES:

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



GRIP:

U-shape
Inverted
Combat: One palm up, other palm down on the middle section.

Kayak: Both palms down on the middle section.

TECHNIQUES:

U-Block
Overhead Exchange
Rooftop Block: Block over your head, the weapon is straight like a Jahng Bong and at a 45-degree angle with the floor.

Clearing Block: Start in a U-shape grip in guard position, the right hand goes across the body from the right to the left. The SDB is vertical and sweeps across the head blocking and clearing the attack.

Dragon Catch: Start with the weapon in your right hand and the rest of the weapon on the ground behind you. Drag the weapon forward beside your body, then pull back your right hand to your right hip (like reaction force), the other end of the weapon should snap up #7 line creating space, in continuous motion catch that end with your left hand, finishing in a U-shape grip and guard position

Long Ki-Hap: The Ki-Hap continues through to the next move.

Slow Techniques: Moves that are 2 seconds long.

3-Count: Start with U-shape grip on the left side, right #2 strike, left #1 strike, & right #1 strike (left hand finishes under the right arm, the tip of the left stick is facing forward).

Z-Strike: Start with U-shape grip on the left side, right #6 strike, left #5 strike, right inward high fan strike.

BLACK BELT SAM DAN BONG

POOME-SAE

High-low strike - 1 strike and #6 strike with the same hand.

Throwing Strike:

- Horizontal
- One Handed Slam Strike
- Two Handed Slam Strike

X-Exchange – Start in a right one-handed grip on the middle section with the weapon on the right hip, bring the weapon in front of you toward your left shoulder, switch to a right combat grip as you bring your right hand toward your right shoulder, right #1 line (pull both hands down to your left hip).

Left X-Strike – Start at the end of the X-Exchange, bring your right hand up toward your right shoulder then across to your left shoulder, as the left hand goes across to the opposite hip, right #2 line (finishing like a TKD low block). The left hand should finish under your right arm.

Right X-Strike – Start at the end of the Left X-Strike, bring your right hand up toward your left shoulder then across to your right shoulder, as the left hand goes across to the opposite hip, right #1 line (pull both hands to your left hip).

BLACK BELT SAM DAN BONG

POOME-SAE

Chah-Reot: *SDB is collapsed in the right arm in control position.*

Kyeong-Neh: *Bow*

June-Bee: *Right stick taps the left stick 2 times, left foot steps to parallel stance and twin punch to ready stance.*

Segment 1

1. Left foot stomps on the center point, right foot picks up, **3-Count** to a left rear stance to the east.
2. Left foot steps to the west to a left front stance, **Right Low Block** (SDB is straight like a Jahng Bong).

Segment 2

3. Double step (left foot steps to center & right foot steps to south) to a right front stance **Z-Strike**.
4. Double step (right foot steps to center & left foot steps to west) to sparring stance length, **Right #9 Strike**, middle section.
5. In continuous motion, double step forward to a front sparring stance, **Left #9 Strike**, middle section **KI-HAP**.

Segment 3

6. Left foot stomps, right foot picks up, **3-Count** to a left one-legged stance to the east.
7. Right foot steps forward, left foot crosses behind to a right x-stance, **Digging Low X-Block**.
8. No step, **Twin Strike**.

Segment 4

9. Turn counterclockwise to south, to a parallel stance over the center point, **Right High Clearing Block**.
10. Right foot picks up, left one legged stance, **Over Head Rooftop Block**.
11. Two steps then jump to right x-stance to the south, **Low X-Block** body facing east.
12. No step, **Twin Strike** body facing east.

Segment 5

13. Rotate in place, **Right Inward Fan Strike** to south.
14. Left foot steps to south to left back stance, **Right Throwing Slam Strike** to north.
15. Shift weight to front leg, **Two handed Throwing Slam Strike**.
16. Turn counterclockwise to south to a right back stance, **Dragon Catch**.

Segment 6

17. No step, **Left #2 Strike**.
18. In continuous motion, right foot steps south to parallel stance, **Right #1 Line LONG KI-HAP...**
19. In continuous motion, left foot steps back to south to left back stance, **Slow #8 Strike** to north. **...KI-HAP**

Segment 7

20. Left foot steps forward to left one-legged stance, **Overhead Rooftop Block**.
21. Right foot lands to combat stance, **Right Throwing Slam Strike**.
22. Right foot **Kick Catch**, in continuous motion, right foot steps back to right back stance, to **Inverted U-Shape Guard** position.

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POOME-SAE

Segment 8

23. Right foot steps to parallel stance to north, **U-Block**.
24. In continuous motion, turn left foot steps back to north to a left back stance, **U-Block** to the south.
25. Left foot steps to parallel stance to south, **U-Block**.
26. In continuous motion, turn right foot steps back to the south to a right back stance, **U-Block** to the north.

Segment 9

27. Right foot steps to parallel stance to north bringing the weapon around your head, then **Right Low Throwing Horizontal Line**, left foot hurdles the weapon, right foot hurdles the weapon and lands back.
28. In continuous motion, right foot steps forward sparring stance length, **Right High Horizontal Line**.
29. In continuous motion, turn, left foot steps forward to sparring stance length, **Right Low Horizontal Line**.
30. In continuous motion, safety roll to kneeling stance, **Around the Back Catch**.
31. No step, **Right #9 Strike** to the north.
32. No step, **Left #9 Strike** to the west *KI-HAP*.

Segment 10

33. Right foot crosses in front to right x-stance, **Twin Low Strike** body facing west.
34. Turn to middle stance, **Twin Stab** (floor) body facing east.
35. No step. **Twin Strike**.
36. Shift weight to left leg (right heel is up), **Right High-Low Strike**.
37. Shift weight to right leg (left heel is up), **Left High-Low Strike**.

Segment 11

38. No step, **Right Throwing Strike** to the south.
39. In continuous motion, triple step to the north ending facing west in middle stance, **Overhead Exchange**.

Segment 12

40. Turn right foot steps south to middle stance body facing east, **High Swinging Strike**.
41. No step, **X-Exchange**.
42. In continuous motion, **Left X-Strike**.
43. In continuous motion, **Right X-Strike**.
44. In continuous motion, **Left X-Strike**.

Segment 13

45. Right foot 360 double step to the north landing in a left back stance facing south, **Overhead Exchange**.

Segment 14

46. Left foot 360 double step to the south, **Throwing Strike** landing in a front sparring stance.
47. In continuous motion, **Around the Back Catch**.
48. Right foot stomps, left picks up and landing to a left front sparring stance to the northeast, **Right Inverted #9 Strike**, high section *KI-HAP*.

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Segment 15

49. Right foot steps forward to the northeast to a combat stance, right hand switches grip to the middle section, **Right Forward Figure 8**.
50. In continuous motion, **Right Forward Figure 8**.
51. Right foot steps back to a sparring stance, **Right Forward Roll**.
52. In continuous motion, **Right Forward Roll**.
53. In continuous motion, **Right Kick Backward Roll Catch**, landing into sparring stance.
54. Left foot 360 double step (right foot lands in the center) to a front sparring stance to the west, **Z-Strike** to the east, ***KI-HAP***.

Bah-Ro: *Right stick taps the left stick 2 times, Left foot steps to parallel stance and twin punch to ready stance.*

Shi-Uh: *Left foot steps together, collapse SDB in the right arm in control position & Bow.*

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Video Link	Segment	#	Side	Technique	Stance
Link	1	1	B	3-Count	Rear
		2	R	Low Block	Front
Link	2	3	B	Z-Strike	Front
		4	R	#9 Strike – Middle Section	Spar
		5	L	#9 Strike – Middle Section - <i>KI-HAP</i>	Front Spar
Link	3	6	B	3-Count	1-Leg
		7	B	Digging Low X-Block	X
		8	B	Twin Strike	X
Link	4	9	R	High Clearing Block	Parallel
		10	B	Overhead Rooftop Block	1-Leg
		11	B	Low X-Block	X
		12	B	Twin Strike	X
Link	5	13	R	Inward Fan Strike	X
		14	R	Throwing Slam Strike	Back
		15	B	Two Handed Throwing Slam Strike	Back
		16	B	Dragon Catch	Back
Link	6	17	L	#2 Strike	Back
		18	R	#1 Line - <i>LONG KI-HAP...</i>	Parallel
		19	R	Slow #8 Strike - <i>...KI-HAP</i>	Back
Link	7	20	B	Overhead Rooftop Block	1-Leg
		21	R	Throwing Slam Strike	Combat
		22	B	Kick Catch	Back
Link	8	23	B	U-Block	Parallel
		24	B	U-Block	Back
		25	B	U-Block	Parallel
		26	B	U-Block	Back
Link	9	27	R	Low Throwing Horizontal Line	Parallel
		28	R	High Horizontal Line	Spar
		29	R	Low Horizontal Line	Spar
		30	B	Around the Back Catch	Kneel
		31	R	#9 Strike	Kneel
Link	10	32	L	#9 Strike - <i>KI-HAP</i>	Kneel
		33	B	Twin Low Strike	X
		34	B	Twin Stab	Middle
		35	B	Twin Strike	Middle
		36	R	High-Low Strike	Middle
		37	L	High-Low Strike	Middle

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Video Link	Segment	#	Side	Technique	Stance
Link	11	38	R	Throwing Strike	Middle
		39	B	Overhead Exchange	Middle
Link	12	40	B	High Swinging Strike	Middle
		41	B	X-Exchange	Middle
		42	B	Left X-Strike	Middle
		43	B	Right X-Strike	Middle
		44	B	Left X-Strike	Middle
Link	13	45	B	Overhead Exchange	Back
Link	14	46	L	Throwing Strike	Front Spar
		47	B	Around the Back Catch	Front Spar
Link	15	48	R	Inverted #9 Strike – High Section - <i>KI-HAP</i>	Front Spar
		49	R	Forward Figure 8	Combat
		50	R	Forward Figure 8	Combat
		51	R	Forward Roll	Spar
		52	R	Forward Roll	Spar
		53	R	Kick Backward Roll Catch	Spar
		54	B	Z-Strike - <i>KI-HAP</i>	Front Spar
Link			Full Form Performance		

