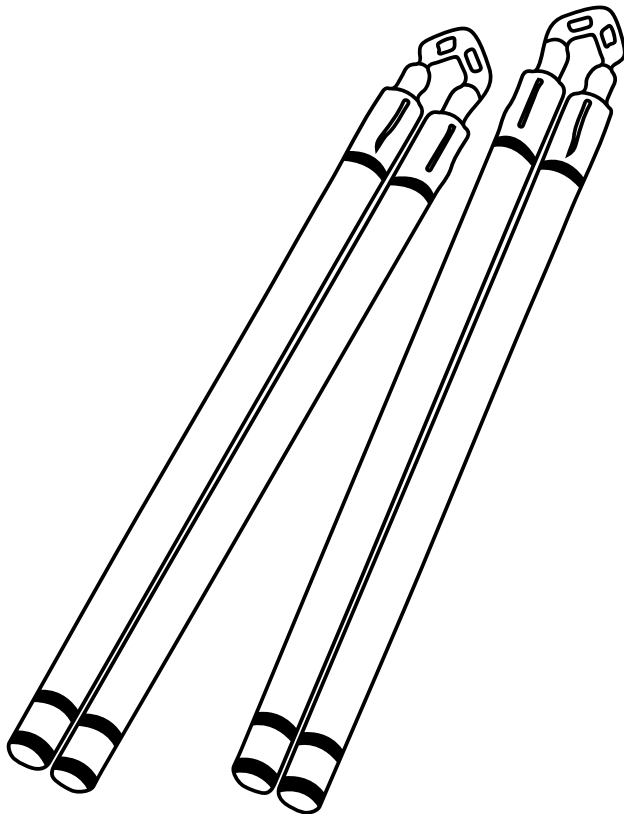




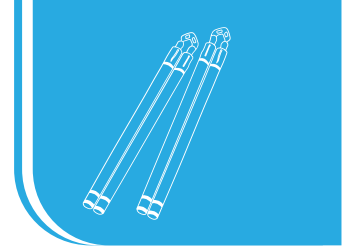
**COLOR BELT DOUBLE
SSAHNG JEOL BONG FORM**
HYUN SEOK POOME-SAE #2



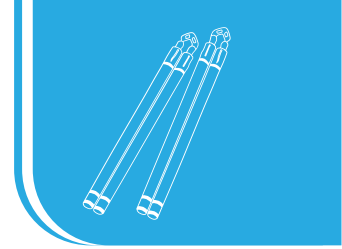
PERFORMANCE

HYUN SEOK #2(Hun-Suck)

“POSITIVE, LOGICAL, QUICK TO DECISION AND HONESTY”



- June Bee- Double Ssahng Jeol Bong Poome-Sae: Left foot steps to June Bee
1. Raise Hands up to arm base, twin #9 strike high section, circle up
 2. Look to left, left foot steps to right back stance on the Northeast Line, Scissor strike (left hand on top), Hip, circle up
 3. Slide forward back stance, Scissor strike (left hand on top), Hip, circle up
 4. Step forward into right front stance, double figure 8 (right hand on top)
 5. Double Figure 8 (right hand on top), circle up
 6. Direction Change - Turn to left, right back stance on the southwest line, one triangle left hand
 7. Right hand triangle
 8. Step forward with right foot, left back stance, scissor strike (right hand on top), Hip, circle up
 9. Slide forward with right foot, left back stance, scissor strike (right hand on top), Hip, circle up
 10. Step forward into left front stance, double figure 8 (left hand on top)
 11. Double Figure 8 (left hand on top), circle up
 12. Direction Change - Turn to right, left back stance, one triangle right hand
 13. Left hand triangle as the left leg steps to middle stance (back to the center facing East)
 14. In middle stance facing East, one DSJB #8 count (right hand to leg, left hand to leg, right hand to leg, right foot steps together left hand under arm, right hand under arm, left hand under arm)
 15. Direction Change - Step forward with right foot to the Southeast line in a left back stance, single figure 8 under arm catch
 16. Step forward with left foot to right back stance single figure 8 under arm catch
 17. Twin 8 strike Kihap, under arm, circle up
 18. Direction Change - Turn to right to the Northwest line in left back stance, one triangle circle up
 19. Step forward with left foot to right back stance, single figure 8 under arm catch



PERFORMANCE CONTINUED

20. Step forward with right foot to left back stance single figure 8 under arm catch
 21. Twin 8 strike Kihap, under arm, circle up
 22. Direction Change Turn to the left in a right back stance on the Southeast line, one triangle circle up
 23. Move right foot to middle stance back to the center point facing East, triangle circle up
 24. DSJB #1 Count
 25. DSJB #7 Count
 26. DSJB #7 Count
 27. DSJB #9 Count
- Bah-ro - Left foot steps back to parallel stance, circle under arm catch. Shi-uh
– circle finger catch & bow, At ease