

BLACK BELT DOUBLE BAHNG MAHNG EE POOME-SAE

STANCES:

Back Stance
X-Stance
Middle Stance
Combat Stance
Parallel Stance
Closed Stance
One-Legged

BASICS & TECHNIQUES:

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

Slow Techniques: Moves that are 2 seconds long.

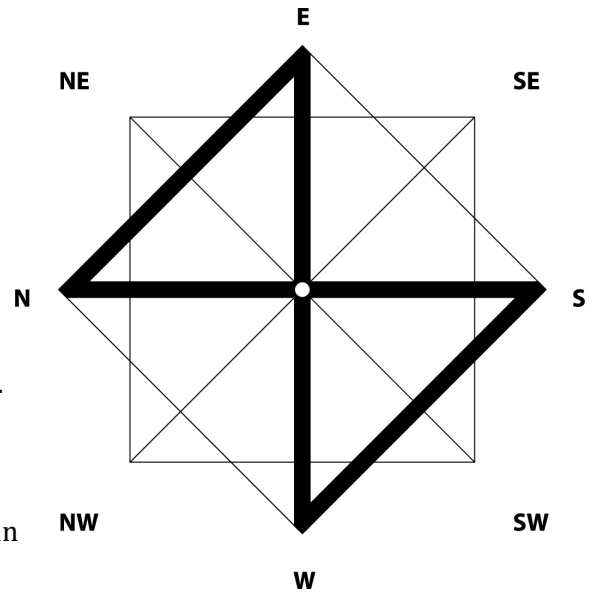
Guard: Similar to arm base, the BME's form a cross. The BME in back hand is vertical. The BME in the front hand is horizontal on the inside of the other BME.

Fan Strike Pull Through: The striking hand starts overhead, BME tip is pointing behind you & is parallel with the ground. The other hand stays in arm base position
-Rotate weapon outward, in continuous motion rotate weapon inward to high section, in continuous motion #1 Line.

Horizontal Scissor Strike: Starting in a high open position
-Both hands strike horizontally through the high section, finishing with your arms crossed around the neck. The foot that is in front is the hand that crosses on top.

Diagonal Scissor Cut: Starting in a high/low open position. The leg that is in front is the hand that starts low.
-Both hands strike diagonally through the middle section, finishing with your arms crossed in front of the torso. The foot that is in front is the hand that crosses on top.

X-Strikes: Starting in a high/low closed position
- One Long Ki-Hap the entire time.
- The low hand does an upward angle line; the high hand does a downward angle line finishing in a high/low closed position on the other side. Repeat these techniques three more times.
- Finishing in a high/low starting position on the same side that it started.



BLACK BELT DOUBLE BAHNG MAHNG EE POOME-SAE

Bahng Mahng Ee Counts:

1. **Right Offensive #3 Count:** Start in a right high/low closed position.
 - Right #1 strike then pull across to the left ear
 - Left #4 strike
 - As you pull the left hand back to arm base, right #2 strike
2. **Left Offensive #3 Count:** Start in a left high/low closed position
 - Left #1 strike then pull across to the right ear
 - Right #4 strike
 - As you pull the right hand back to arm base, left #2 strike
3. **Right Defensive #3 Count:** Start in a right high/low closed position,
 - Left intercepting strike/block, pull back to left arm base
 - Right #1 line then pull across to high/low closed position
 - Left #1 strike then pull back to high/low closed position
4. **Left Defensive Count #3 Count:** Start in a left high/low closed position
 - Right intercepting strike/block, pull back to left arm base
 - Left #1 line then pull across to high/low closed position
 - Right #1 strike pull back to high/low closed position
5. **Right #5 Count:** Start in right high closed position
 - Right #5 strike, pull back to arm base
 - Left #4 strike, pull back to right high/low closed position
 - Right #1 strike, pull across to left ear
 - Left #6 strike
 - As you pull the left hand back to arm base, right #6 strike
6. **Left #5 Count:** Start in a left high closed position
 - Left #5 strike, pull back to arm base
 - Right #4 strike, pull back to left high/low closed position
 - Left #1 strike, pull across to right ear
 - Right #6 strike
 - As you pull the right hand back to arm base, left #6 strike
7. **Right #6 Count:** Start in a right high/low closed position
 - Right #1 strike then pull across to the left ear
 - Left #4 strike
 - As you pull the left hand back to arm base, right #2 strike
 - As you pull the right hand back to left high/low closed position, left #1 strike then pull across to the right ear
 - Right #4 strike
 - As you pull the right hand back to arm base, left #2 strike

BLACK BELT DOUBLE BAHNG MAHNG EE POOME-SAE

8. **Right #7 Fan Count:** Right hand starts overhead, BME tip is pointing behind you & is parallel With the ground. Left hand is in arm base position
 - Right outward fan
 - Left low strike
 - Right inward fan
 - Left inward fan
 - Front foot picks up to one legged stance, right low strike
 - Front foot lands to combat stance, right inward fan
 - Left low strike
9. **Left #7 Fan Count:** Left hand starts overhead, BME tip is pointing behind you & is parallel With the ground. Right hand is in arm base position
 - Left outward fan
 - Right low strike
 - Left inward fan
 - Right inward fan
 - Front foot picks up to one legged stance, Left low strike
 - Front foot lands to combat stance, Left inward fan
 - Right low strike
10. **High Clearing Strike:** Arms start folded in front of chest and left hand on top. Both hands at the same time, do a twin high horizontal backhand strike towards the eyes, clearing your opponent, creating distance, and disguising your attack. Finish holding the Double Bahng Mahng Ee in a High Open Position.

BLACK BELT DOUBLE BAHNG MAHNG EE POOME-SAE

Chah-Reot: Feet together, Double Bahng Mahng Ee command stance (the weapons make an "X" in front of your chest. the left BME is closest to your body).

Kyeong-Neh: Bow

June-Bee: Left foot steps to parallel stance, Double tap rolls (the left BME taps the right BME then the right BME taps the left), the weapons make an "X" waist level & parallel with the floor.

Segment 1

1. Left foot steps north to right back stance, **Right Slow Circular Guard, KI-HAP.**
2. Right foot steps forward to right x-stance, **Right #5 Count.**
3. No step, **Right Fan Strike Pull Through.**
4. Turn counterclockwise, left foot steps south to right back stance, **Right Slow Guard.**
5. Right foot steps forward to right x-stance, **Right #5 Count.**
6. No step, **Right Fan Strike Pull Through.**
7. No step, **Right Fan Strike Pull Through.**

Segment 2

8. Left foot steps north to parallel stance (right foot on center point), **Right Block & Left #1 Line.**
9. Right foot steps east to right combat stance, **Right Offensive #3 Count.**
10. Left foot steps forward to left combat stance, **Left Offensive #3 Count.**
11. Right foot steps forward to right combat stance (right foot on east point), **Right Offensive #3 Count.**

Segment 3

12. No step, **Right #7 Count Fan Strike.**
13. In continuous motion, **Right Pull Through Strike** To east, **LONG KI-HAP...** Right foot steps on northwest line (one sparring stance length from east point)
14. In continuous motion, left foot step southeast to right back stance, **Right Slow Guard, ...KI-HAP** (left foot on east point).
15. No step, **Tap & Right Forward Roll.**
16. Left foot steps northwest to middle stance, **Left Slow Side High/Low Block.**

Segment 4

17. Right foot crosses in front of left foot to right x-stance, **Right High/Low Strike.**
18. No step, **Left High/Low Strike.**
19. Left foot steps to a parallel stance, **Left X-Strikes, LONG KI-HAP...**
20. Turn counterclockwise, left foot step southeast to parallel stance, **Left Block.**
21. Right foot crosses in front of left foot to right x-stance, **Right High/Low Strike.**
22. No step, **Left High/Low Strike.**

BLACK BELT DOUBLE BAHNG MAHNG EE POOME-SAE

Segment 5

- 23. Turn counterclockwise, right foot steps northwest to right x-stance, **High Horizontal Scissor Strike** (right hand on top).
- 24. No step, **Twin Low Strike**.
- 25. Left foot steps forward to a combat stance, **Twin Forward Roll** (tap ground).
- 26. No step, **Twin Backward Roll**.

Segment 6

- 27. Right foot steps to left to closed stance (body facing north), **Diagonal Scissor Cut** (left hand starting Low/right hand starting high) **LONG KI-HAP...**
- 28. Left foot step south to left back stance, **Slow Right #9 Strike**, high section...**KI-HAP**.
- 29. Right foot steps back to right back stance, **Left Defensive #3 Count**.
- 30. Left foot steps back on center point to left back stance, **Right Defensive #3 Count**.
- 31. Right foot crosses in front of left foot to right x-stance, **Slow Twin Low**.
- 32. In continuous motion, turn counterclockwise adjust right foot south to left back stance, (left foot is still on the center point) **Left Slow Circular Guard**.

Segment 7

- 33. Left foot steps forward to left x-stance, **Left #5 Count**.
- 34. No step, **Left Fan Strike Pull Through**.
- 35. Turn clockwise, right foot steps north to left back stance, **Left Slow Guard**.
- 36. Left foot steps forward to left x-stance, **Left #5 Count**.
- 37. No step, **Left Fan Strike Pull Through**.
- 38. No step, **Left Fan Strike Pull Through**.

Segment 8

- 39. Turn clockwise to left one-legged stance (left foot on center point, body facing south), **Left Side High/Low Block** to west.
- 40. **Left Offensive #3 Count**, time the left #1 strike as the right foot steps to a parallel stance over the center point. No step right #4 strike. Time the left #2 strike as the left foot steps forward to a combat stance.
- 41. Right foot steps forward to combat stance, **Right Offensive #3 Count**.
- 42. Left foot steps forward to combat stance, **Left Offensive #3 Count**.

Segment 9

- 43. No step, **Left #7 Count Fan Strike**.
- 44. No step, **Left Pull Through Strike**, **LONG KI-HAP...**
- 45. In continuous motion, Right foot steps on southeast line, **Left Slow Guard ...KI-HAP**, (left foot on west point).
- 46. Left foot steps together, **Tap & Left Forward Roll**.

BLACK BELT DOUBLE BAHNG MAHNG EE POOME-SAE

47. In a continuous motion, turn clockwise, right foot steps southeast to middle stance, **Right Slow Side High/Low Block**

Segment 10

48. Left foot crosses in front of right foot to left x-stance, **Left High/Low Strike**.
49. No step, **Right High/Low Strike**.
50. Right foot steps southeast to a parallel stance, **Right X-Strikes**, *LONG KI-HAP...*
51. Turn clockwise, right foot steps northwest to parallel stance, **Right Block**.
52. Left foot crosses in front of right foot to left x-stance, **Left High/Low Strike**.
53. No step, **Right High/Low Strike**.

Segment 11

54. Turn clockwise, left foot steps southeast to left x-stance, **High Horizontal Scissor Strike** (left hand on top)
55. No step, **Twin low Strike**.
56. Right foot steps forward to right combat stance, **Twin Forward Roll** (tap ground).
57. No step, **Twin Backward Roll**.

Segment 12

58. Left foot step to right closed stance (body facing south), **Diagonal Scissor Cut** (right hand starting low/left Hand starting high) *LONG KI-HAP...*
59. Right foot steps north to right back stance, **Slow Right #9 Strike**, high section...*KI-HAP*.
60. Left foot steps back to left back stance, **Right Defensive #3 Count**.
61. Right foot steps back to right back stance, **Left Defensive #3 Count**.
62. Left foot steps back to left back stance, **Right Defensive #3 Count** (right foot on center point).

Segment 13

63. No step, shift to right combat stance, **Twin High Clearing Strike**.
64. No step, **Twin Middle Reverse Figure 8**.
65. No step, **Twin Low Reverse Figure 8**.
66. No step, **Twin Forward Roll** (tap ground).
67. No step, **Twin Backward Roll**.
68. No step, **Alternating Right Forward/Left Backward Roll**.
69. No step, **Alternating Left Forward/Right Backward Roll**.

Segment 14

70. No step, **#6 Count**, *LONG KI-HAP...* (the KI-HAP is on the last strike and finishes on move #71).
71. Left foot steps east to right back stance, **Right Guard**, *...KI-HAP*.

Bah-Ro: *Left foot steps back to parallel stance, Double tap rolls (the left BME taps the right BME then the right BME taps the left), The weapons make an "X" waist level & parallel with the floor.*

Shi-Uh: *Left foot steps together, raise the weapons to Double Bahng Mahng Ee command stance (the weapons make an "X" in front of your chest. The left BME is closest to your body), Bow*

BLACK BELT DOUBLE BAHNG MAHNG EE POOME-SAE

Video Link	Segment	#	Side	Technique	Stance
Link	1	1	R	Slow Circular Guard - <i>KI-HAP</i>	Back
		2	R	#5 Count	X
		3	R	Fan Strike Pull Through	X
		4	R	Slow Guard	Back
		5	R	#5 Count	X
		6	R	Fan Strike Pull Through	X
		7	R	Fan Strike Pull Through	X
Link	2	8	B	Right Block & Left #1 Line	Parallel
		9	R	Offensive #3 Count	Combat
		10	L	Offensive #3 Count	Combat
		11	R	Offensive #3 Count	Combat
Link	3	12	R	#7 Count Fan Strike	Combat
		13	R	Pull Through Strike - <i>LONG KI-HAP...</i>	Back
		14	R	Slow Guard <i>...KI-HAP</i>	Back
		15	R	Tap & Right Forward Roll	Back
		16	L	Slow Side High/Low Block	Middle
Link	4	17	R	High/Low Strike	X
		18	L	High/Low Strike	X
		19	L	X-Strikes - <i>LONG KI-HAP...</i>	Parallel
		20	L	Block	Parallel
		21	R	High/Low Strike	X
		22	L	High/Low Strike	X
Link	5	23	B	High Horizontal Scissor Strike	X
		24	B	Twin Low Strike	X
		25	B	Twin Forward Roll	Combat
		26	B	Twin Backward Roll	Combat
Link	6	27	B	Diagonal Scissor Cut - <i>LONG KI-HAP...</i>	Combat
		28	R	Slow #9 Strike – High Section <i>...KI-HAP</i>	Back
		29	L	Defensive #3 Count	Back
		30	R	Defensive #3 Count	Back
		31	B	Slow Twin Low	X
		32	L	Slow Circular Guard	Back
Link	7	33	L	#5 Count	X
		34	L	Fan Strike Pull Through	X
		35	L	Slow Guard	Back
		36	L	#5 Count	X
		37	L	Fan Strike Pull Through	X

BLACK BELT DOUBLE BAHNG MAHNG EE POOME-SAE

Video Link	Segment	#	Side	Technique	Stance
Link	8	38	L	Fan Strike Pull Through	X
		39	L	Side High/Low Block	1-Leg
		40	L	Offensive #3 Count	Combat
Link	9	41	R	Offensive #3 Count	Combat
		42	L	Offensive #3 Count	Combat
		43	L	#7 Count Fan Strike	Combat
		44	L	Pull Through Strike - LONG KI-HAP...	Back
		45	L	Slow Guard ...KI-HAP	Back
Link	10	46	L	Tap & Left Forward Roll	Back
		47	R	Slow Side High/Low Block	Middle
		48	L	High/Low Strike	X
		49	R	High/Low Strike	X
		50	R	X-Strikes - LONG KI-HAP...	Parallel
		51	R	Block	Parallel
		52	L	High/Low Strike	X
Link	11	53	R	High/Low Strike	X
		54	B	High Horizontal Scissor Strike	X
		55	B	Twin low Strike	X
		56	B	Twin Forward Roll	Combat
		57	B	Twin Backward Roll	Combat
Link	12	58	B	Diagonal Scissor Cut - LONG KI-HAP...	Combat
		59	L	Slow #9 Strike – High Section... KI-HAP	Back
		60	R	Defensive #3 Count	Back
		61	L	Defensive #3 Count	Back
		62	R	Defensive #3 Count	Back
Link	13	63	B	Twin High Clearing Strike	Combat
		64	B	Twin Middle Reverse Figure 8	Combat
		65	B	Twin Low Reverse Figure 8	Combat
		66	B	Twin Forward Roll	Combat
		67	B	Twin Backward Roll	Combat
		68	B	Alternating Right Forward/Left Backward Roll	Combat
Link	14	69	B	Alternating Left Forward/Right Backward Roll	Combat
		70	R	#6 Count - LONG KI-HAP...	Combat
		71	R	Guard ...KI-HAP	Back
Link				Full Form Performance	

