

# BLACK BELT SINGLE BAHNG MAHNG EE POOME-SAE

## STANCES:

**Sparring Stance**

**Front Stance**

**Rear Stance**

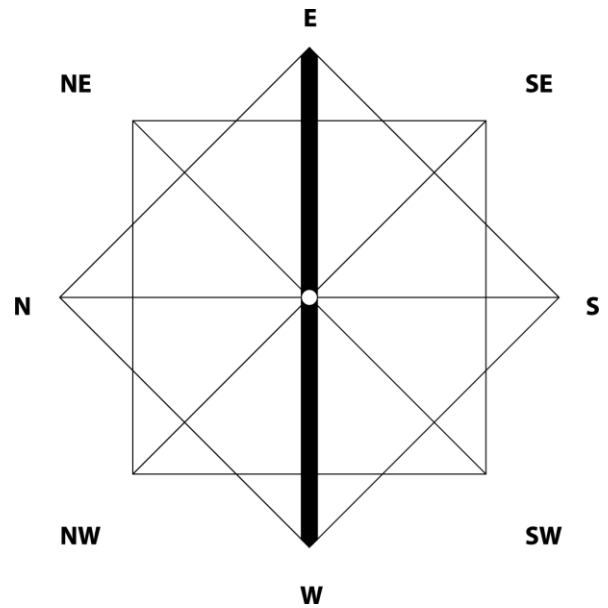
**Middle Stance**

**X-Stance**

**V-Step** - The back foot steps forward at a 45-degree angle.

**Fighting Stance** – BME is in the back hand, feet are wider than Taekwondo sparring stance, both knees bent, front foot flat, back foot heel is slightly off the floor.

**Combat Stance** – BME is in the front hand, feet are wider than Taekwondo sparring stance, both knees bent, front foot flat, back foot heel is slightly off the floor.



## TECHNIQUES:

**Control Position:** Hold BME in right hand, tucked under left arm left hand on right wrist.

**1-9 Lines:** Fluid motion that follows the line or angle without stopping.

**1-9 Strikes:** Definitive hard end to the target.

**Guard Position:** Forearm presses on BME.

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

**Slow Techniques:** Moves that are 2 seconds long.

**#9 Heel Strike Pull Through:** Sparring stance, 9 Heel Strike to high section, pull front leg back to rear stance, continuously #1 Line.

**Fan Strike Pull Through:** Hold BME overhead, rotate weapon outward, in continuous motion rotate weapon inward to high section, pull front leg back to rear stance, in continuous motion #1 Line, stop with opposite palm by waist.

**Slide Fan Strike Pull Through:** Pushing off back foot, lead foot forward and adjust back leg to combat stance, rotate weapon outward, in continuous motion rotate weapon inward to high section, pull front leg back to rear stance, in continuous motion #1 Line, stop with opposite palm by waist.

**Vertical Fan Strike:** Hold BME waist level, rotate weapon outward, in continuous motion rotate weapon inward to low section.

# BLACK BELT SINGLE BAHNG MAHNG EE POOME-SAE

**1-9 Blocks:** All blocks are advanced blocks. Stick on stick, opposite hand supports technique – hand on opponent's hand, wrist, elbow, or arm.

**Snake Disarm:** Pull front foot to rear stance, hand open across chest, low block (outside sweep) with BME continuously, circle opposite open hand until arm is across chest under arm, finish by closing open hand striking downward with the heel of BME.

**Backward Roll to Wing Block:** Backward roll up, angle stick behind shoulder, grip hand higher than tip of weapon, left hand supporting forearm.

**Dig Disarm:** Angle tip of BME downward in a circular motion, pull front foot back to rear stance, continue circular motion of both weapon and hand to disarm opponent.

# BLACK BELT SINGLE BAHNG MAHNG EE POOME-SAE

**Chah-Reot:** *Weapon held in Control Position*

**Kyeong-Neh:** *Bow*

**June-Bee:** *Right foot steps to parallel stance, slide left knifehand from grip to opposite end of the stick, parallel to the floor.*

## Segment 1

1. Right foot steps back to sparring stance, **Slow Right Guard Position** (2 seconds) to east.

## Segment 2

2. Shift weight to fighting stance, **Slow Right #1 Line** (2 seconds).
3. Shift weight to sparring stance, **Slow Right #2 Line** (2 seconds).
4. Shift weight to fighting stance, **Slow Right #3 Line** (2 seconds).
5. Shift weight to sparring stance, **Slow Right #4 Line** (2 seconds).

## Segment 3 – Direction Change

6. Turn clockwise, right foot steps forward to combat stance, **Right #6 Strike** to west.
7. Left foot steps forward to fighting stance, **Right #5 Line**.
8. Adjust to sparring stance, **Slow Right Guard Position** (2 seconds).

## Segment 4 – Direction Change

9. Turn clockwise, right foot adjusts to combat stance to east, **Right #9 Heel Strike Pull Through** to rear stance.
10. Right foot adjusts to combat stance, **Right Fan Strike Pull Through** to rear stance.
11. Left foot steps forward to sparring stance, **Slow Right Guard Position** (2 seconds).

## Segment 5

12. V-step southeast to right front stance, **Left Palm Push, Right #1 Line** *KI-HAP*.
13. In continuous motion, no step pivot to left front stance, **Slow Right #4 Line** (2 seconds).

## Segment 6

14. Right foot steps together, left foot steps northeast to middle stance, **Right #4 Block** (facing southeast).
15. No step, **Right Vertical Strike** (as if striking opponent's hand).
16. Pull left foot back to right rear stance, **Right Snake Disarm** to east.
17. In continuous motion, left foot steps to fighting stance, **Right #9 High Heel Strike**, high section.

## Segment 7

18. **Right #2 Round Kick** mid or high section.
19. Land forward to right combat stance, **Right Fan Strike Pull Through** to rear stance.

# BLACK BELT SINGLE BAHNG MAHNG EE POOME-SAE

## Segment 8

- 20. In continuous motion, **Right Vertical Fan Strike**.
- 21. In continuous motion, **Right Backward Roll to Wing Block**.
- 22. Left foot steps forward to sparring stance, **Slow Right Forward Roll to Guard Position** (2 seconds).

## Segment 9

- 23. Left foot steps back to combat stance, **Left Low Deflecting Pass**.
- 24. In continuous motion pull right foot back to left rear stance, **Right #5 Strike**.
- 25. V-step northeast to middle stance, **Right #4 Block** (facing southeast).

## Segment 10

- 26. No step, **Right Vertical Strike and Hand Check**.
- 27. Pull left foot to right rear stance, **Right Dig Disarm** to east.
- 28. Pivot counterclockwise to left x-stance, **Right #1 Line, LONG KI-HAP...**
- 29. No step, in continuous motion, **Slow Right #9 Strike**, (2 seconds) high section **...KI-HAP.**

## Segment 11 – Direction Change

- 30. Turn clockwise to west, **Right Slide Fan Strike Pull Through** to rear stance.
- 31. **Right Slide Fan Strike Pull Through** to rear stance.

## Segment 12

- 32. Right foot adjusts to combat stance, **Right #8 Block**.
- 33. No step, **Left Hand Clear**.
- 34. In continuous motion, adjust right foot to sparring stance, **Right #1 Strike KI-HAP.**

## Segment 1 – Opposite Side

- 35. No step, switch weapon hand (motion like sheathing a sword) to **Slow Left Guard Position** (2 seconds).

## Segment 2 – Opposite Side

- 36. Shift weight to fighting stance, **Slow Left #1 Line** (2 seconds).
- 37. Shift weight to sparring stance, **Slow Left #2 Line** (2 seconds).
- 38. Shift weight to fighting stance, **Slow Left #3 Line** (2 seconds).
- 39. Shift weight to sparring stance, **Slow Left #4 Line** (2 seconds).

## Segment 3 – Opposite Side, Direction Change

- 40. Turn counterclockwise, left foot adjusts to combat stance, **Left #6 Strike** to east.
- 41. Right foot steps forward to fighting stance, **Left #5 Line**.
- 42. Adjust to sparring stance, **Slow Left Guard Position** (2 seconds).

# BLACK BELT SINGLE BAHNG MAHNG EE POOME-SAE

## Segment 4 – Opposite Side, Direction Change

43. Turn counterclockwise, left foot adjusts to combat stance to west, **Left #9 Heel Strike Pull Through** to rear stance.
44. Left foot adjusts to combat stance, **Left Fan Strike Pull Through** to rear stance.
45. Right foot steps forward to sparring stance, **Slow Left Guard Position** (2 seconds).

## Segment 5 – Opposite Side

46. V-Step southwest into a left front stance, **Right Palm Push, Left #1 Line *KI-HAP***.
47. In continuous motion, no step pivot to right front stance, **Slow Left #4 Line** (2 seconds).

## Segment 6 – Opposite Side

48. Left foot steps together, right foot steps northwest to middle stance (facing southwest), **Left #4 Block**.
49. No step, **Left Vertical Strike** (as if striking opponent's hand).
50. Pull right foot back to left rear stance, **Left Snake Disarm** to west.
51. In continuous motion, right foot steps to fighting stance, **Left #9 High Heel Strike**, high section.

## Segment 7 – Opposite Side

52. **Left #2 Round Kick** mid or high section to west.
53. Land in left combat stance, **Left Fan Strike Pull Through** to rear stance.

## Segment 8 – Opposite Side

54. In continuous motion, **Left Vertical Fan Strike**.
55. In continuous motion, **Left Backward Roll to Wing Block**.
56. Right foot steps forward to sparring stance, **Slow Left Forward Roll to Guard Position** (2 seconds).

## Segment 9 – Opposite Side

57. Right foot steps back to combat stance, **Right Low Deflecting Pass**.
58. In continuous motion pull left foot back to right rear stance, **Left #5 Strike**.
59. V-step northwest to middle stance, **Left #4 Block** (facing southwest)

## Segment 10 – Opposite Side

60. No step, **Left Vertical Strike and Hand Check**.
61. Pull right foot to left rear stance, **Left Dig Disarm** to west.
62. Pivot clockwise to right x-stance, **Left #1 Line *LONG KI-HAP...***
63. No step, in continuous motion, **Slow Left #9 Thrust** (2 seconds), high section ***...KI-HAP***.

## Segment 11 – Opposite Side, Direction Change

64. Turn counterclockwise to east, **Left Slide Fan Strike Pull Through** to rear stance.
65. **Left Slide Fan Strike Pull Through** to rear stance.

# BLACK BELT SINGLE BAHNG MAHNG EE POOME-SAE

## Segment 12 – Opposite Side

- 66. Left foot adjusts to combat stance, **Left #8 Block**.
- 67. No step, **Right Hand Clear**.
- 68. In continuous motion, adjust left foot to sparring stance, **Left #1 Strike *KL-HAP***.

## Segment 13 – Opposite Side

- 69. No step, switch weapon hand (motion like sheathing a sword) to **Slow Right Guard Position** (2 seconds).

**Bah-Ro:** *Right foot steps to parallel stance, slide left knifehand from grip to opposite end of the stick, parallel to the floor.*

**Shi-Uh:** *Right foot steps together, weapon held in control position, Bow.*

# BLACK BELT SINGLE BAHNG MAHNG EE POOME-SAE

| Video Link           | Segment | #  | Side | Technique  | Stance |
|----------------------|---------|----|------|--|--------|
| <a href="#">Link</a> | 1       | 1  | R    | Slow Guard Position                              | Spar   |
| <a href="#">Link</a> | 2       | 2  | R    | Slow #1 Line                                     | Fight  |
|                      |         | 3  | R    | Slow #2 Line                                     | Spar   |
|                      |         | 4  | R    | Slow #3 Line                                     | Fight  |
|                      |         | 5  | R    | Slow #4 Line                                     | Spar   |
| <a href="#">Link</a> | 3       | 6  | R    | #6 Strike  | Combat |
|                      |         | 7  | R    | #5 Line  | Fight  |
|                      |         | 8  | R    | Slow Guard Position                              | Spar   |
| <a href="#">Link</a> | 4       | 9  | R    | #9 Heel Strike Pull Through                      | Combat |
|                      |         | 10 | R    | Fan Strike Pull Through                          | Rear   |
|                      |         | 11 | R    | Slow Guard Position                              | Spar   |
| <a href="#">Link</a> | 5       | 12 | R    | 1 Line - <b>KI-HAP</b>                           | Front  |
|                      |         | 13 | R    | Slow #4 Line                                     | Front  |
| <a href="#">Link</a> | 6       | 14 | R    | #4 Block   | Middle |
|                      |         | 15 | R    | Right Vertical Strike                            | Middle |
|                      |         | 16 | R    | Snake Disarm                                     | Rear   |
|                      |         | 17 | R    | #9 High Heel Strike – High Section               | Fight  |
| <a href="#">Link</a> | 7       | 18 | R    | #2 Round Kick                                    | Combat |
|                      |         | 19 | R    | Fan Strike Pull Through                          | Rear   |
| <a href="#">Link</a> | 8       | 20 | R    | Vertical Fan Strike                              | Rear   |
|                      |         | 21 | R    | Backward Roll to Wing Block                      | Rear   |
|                      |         | 22 | R    | Slow Forward Roll to Guard Position              | Spar   |
| <a href="#">Link</a> | 9       | 23 | L    | Low Deflecting Pass                              | Combat |
|                      |         | 24 | R    | #5 Strike  | Rear   |
|                      |         | 25 | R    | #4 Block   | Middle |
| <a href="#">Link</a> | 10      | 26 | R    | Vertical Strike and Check                        | Middle |
|                      |         | 27 | R    | Right Dig Disarm                                 | Rear   |
|                      |         | 28 | R    | #1 Line – <b>LONG KI-HAP...</b>                  | X      |
|                      |         | 29 | R    | Slow #9 Strike – High Section – <b>...KI-HAP</b> | X      |
| <a href="#">Link</a> | 11      | 30 | R    | Slide Fan Strike Pull Through                    | Rear   |
|                      |         | 31 | R    | Slide Fan Strike Pull Through                    | Rear   |
| <a href="#">Link</a> | 12      | 32 | R    | High Block with left hand reinforcement          | Combat |
|                      |         | 33 | L    | Clear  | Combat |
|                      |         | 34 | R    | #1 Strike - <b>KI-HAP</b>                        | Spar   |
| <a href="#">Link</a> | 1opp.   | 35 | L    | Switch Weapon Hand, Slow Guard Position          | Spar   |
| <a href="#">Link</a> | 2opp.   | 36 | L    | Slow #1 Line                                     | Fight  |
|                      |         | 37 | L    | Slow #2 Line                                     | Spar   |

# BLACK BELT SINGLE BAHNG MAHNG EE POOME-SAE

| Video Link           | Segment | #  | Side | Technique                                       | Stance |
|----------------------|---------|----|------|---|--------|
| <a href="#">Link</a> | 3opp.   | 38 | L    | Slow #3 Line                                    | Fight  |
|                      |         | 39 | L    | Slow #4 Line                                    | Spar   |
|                      |         | 40 | L    | #6 Strike                                       | Combat |
|                      |         | 41 | L    | #5 Line   | Fight  |
| <a href="#">Link</a> | 4opp.   | 42 | L    | Slow Guard Position                             | Spar   |
|                      |         | 43 | L    | #9 Heel Strike Pull Through                     | Combat |
|                      |         | 44 | L    | Fan Strike Pull Through                         | Rear   |
|                      |         | 45 | L    | Slow Guard Position                             | Spar   |
| <a href="#">Link</a> | 5opp.   | 46 | L    | #1 Line - <b>KI-HAP</b>                         | Front  |
| <a href="#">Link</a> | 6opp.   | 47 | L    | Slow #4 Line                                    | Front  |
|                      |         | 48 | L    | #4 Block  | Middle |
|                      |         | 49 | L    | Right Vertical Strike                           | Middle |
|                      |         | 50 | L    | Snake Disarm                                    | Rear   |
| <a href="#">Link</a> | 7opp.   | 51 | L    | #9 High Heel Strike – High Section              | Fight  |
|                      |         | 52 | L    | #2 Round Kick                                   | Combat |
|                      |         | 53 | L    | Fan Strike Pull Through                         | Rear   |
|                      |         | 54 | L    | Vertical Fan Strike                             | Rear   |
| <a href="#">Link</a> | 8opp.   | 55 | L    | Backward Roll to Wing Block                     | Rear   |
|                      |         | 56 | L    | Slow Forward Roll to Guard Position             | Spar   |
|                      |         | 57 | R    | Low Deflecting Pass                             | Combat |
|                      |         | 58 | L    | #5 Strike                                       | Rear   |
| <a href="#">Link</a> | 9opp.   | 59 | L    | #4 Block  | Middle |
|                      |         | 60 | L    | Vertical Strike and Check                       | Middle |
|                      |         | 61 | L    | Right Dig Disarm                                | Rear   |
|                      |         | 62 | L    | #1 Line – <b>LONG KI-HAP...</b>                 | X      |
| <a href="#">Link</a> | 10opp.  | 63 | L    | Slow #9 Strike – High Section–... <b>KI-HAP</b> | X      |
|                      |         | 64 | L    | Slide Fan Strike Pull Through                   | Rear   |
|                      |         | 65 | L    | Slide Fan Strike Pull Through                   | Rear   |
|                      |         | 66 | L    | High Block with right hand reinforcement        | Combat |
| <a href="#">Link</a> | 11opp.  | 67 | R    | Clear   | Combat |
|                      |         | 68 | L    | #1 Strike - <b>KI-HAP</b>                       | Spar   |
|                      |         | 69 | R    | Switch Weapon Hand, Slow Guard Position         | Spar   |
|                      |         |    |      |   |        |
| <a href="#">Link</a> |         |    |      | Full Form Performance                           |        |

