

# BLACK BELT MIDDLE RANGE JAHNG BONG POOME-SAE

## STANCES:

**One-Legged Stance**

**Front Stance**

**Middle Stance**

**Back Stance**

**Combat Stance**

**Closed Stance**

**Sparring Stance**

**Long Stance**

**X-Stance**

**Long Low Back Stance:** Long stance length, front leg straight, back leg bent, lower hips over back foot.

## GRIP:

**One-Handed Grip**

**Right Combat Grip:** Right palm up, left palm down.

**Left Combat Grip:** Left palm up, right palm down.

## TECHNIQUES:

**Vertical Sweep Block**

**Rooftop Block**

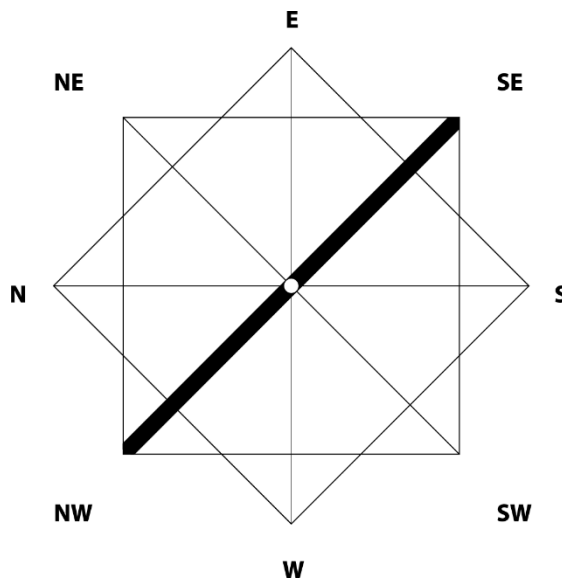
**#8 Two-handed Slam Strike**

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

**Safety Position:** Hold JB in your right hand, right hand should be down by thigh level, stand at attention.

**Horizontal #9 Strike:** Left combat grip, #9 strike to high section (weapon parallel to ground).

**Step Over Exchange:** No step, press left tip of weapon to ground, support on right leg, left foot steps over weapon, right foot steps beside bracing the Jahng Bong (staff supported on left leg), switch grip to left combat (left hand, right hand low).



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## BONG POOME-SAE

**Chah-Reot:** *JB held in safety position (right hand holds JB straight up & down alongside your body).*

**Kyeong-Neh:** *Bow*

**June-Bee:** *Left foot steps to parallel stance, right hand goes to left shoulder and left hand is under right arm. Right hand extends Jahng Bong at a 45 degree angle to the right side while the left hand pulls back to left side.*

### Segment 1

1. Left foot picks up to right one-legged stance, right combat grip, **Vertical Block**.
2. Left foot steps down to middle stance, **Overhead #4 Strike**.
3. Right foot adjusts together and back to middle stance, **Circular #7 Strike**, high section

### Segment 2 – Direction Change

4. Right foot steps behind left foot to left x-stance, **Overhead #6 Block** to southeast.
5. Left foot steps back to left rear stance, **Circular #7 Strike**, high section.
6. Adjust right foot to left back stance, **Circular #7 Strike**, high section.

### Segment 3

7. Right foot shift to right front stance, **#6 Strike**.
8. No step, **#3 Strike**.
9. No step, **#2 Strike**.

### Segment 4

10. Left foot steps to parallel stance, **#8 Strike**, high section.
11. No step, **#7 Strike**, high section.
12. Right foot steps to right front stance, **#1 Strike**.

### Segment 5

13. No step, **#9 Strike**, high section.
14. Adjust right foot to right long stance, **#9 Strike** *KI-HAP*, high section.
15. Adjust right foot to left rear stance, **Slow Circular #7 Strike**, high section.

### Segment 6

16. Right foot steps to right combat stance, **Overhead #6 Strike**.
17. Left foot steps to left combat stance, **Vertical Block**.
18. Right foot steps to right front stance, **Overhead #6 Strike**.

### Segment 7

19. Right foot picks up to left one leg stance, **Vertical Sweep Block**.
20. In continuous motion, right foot steps to right front stance, **#1 Strike**.
21. Adjust right foot to right long stance, **#9 Strike** *KI-HAP*, high section.
22. Adjust right foot to left rear stance, **Slow Circular #7 Strike**, high section.

### Segment 8 – Direction Change

23. Turn counterclockwise, left foot steps back to right x-stance, **#5 Block** to northwest.
24. Right foot steps back to left sparring stance, **#6 Block**.

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- 25. Left foot steps back to right x-stance, **#5 Block**.

## Segment 9

- 26. No step, **#6 Strike**.
- 27. No step, **#3 Strike**.
- 28. No step, **#2 Strike**.

## Segment 10

- 29. No step, **Downward Press**.
- 30. No step, **#5 Strike**.
- 31. No step, **#6 Strike**.

## Segment 11

- 32. Raise weapon to prepare, rotate clockwise 90 degrees (body facing northeast), **#9 Strike** to low section to downed opponent.
- 33. Place tip of Jahng Bong on ground, hop left foot then right foot clockwise northwest over downed opponent to middle stance, **#7 Strike**, (JB horizontal) middle section.

## Segment 12

- 34. Adjust right foot to closed stance, **Vertical Block** (JB vertical, close to right side, JB clears past your eyes).
- 35. Right foot steps to left back stance, **Rooftop Block**.
- 36. Right foot steps to right front stance, **Overhead High #4 Strike**.

## Segment 13

- 37. Double step to right front stance, and spin the Jahng Bong overhead 360 degrees counterclockwise, left one hand grip, **#1 Line with Knifehand Press Block**.
- 38. Turn counterclockwise, Right foot steps together, change to left combat grip, left foot steps forward to left front stance to northwest, **#9 Strike KI-HAP**, high section.
- 39. Adjust left foot to right rear stance, **#8 Strike**, low section.
- 40. Turn counterclockwise to left x-stance, reverse figure 8 motion to **#7 Strike**, middle section.

## Segment 14

- 41. Right foot picks up and lands forward to middle stance, **Horizontal #9 Strike**, middle section.
- 42. Right foot crosses in front of left foot to right x-stance, **Horizontal #9 Strike**, middle section.

## Segment 15

- 43. **Slow Step Over Exchange**.
- 44. Right foot steps back to closed stance, **#8 Line**, low section.
- 45. Raise JB to chest level (parallel with floor), rotate counterclockwise 90 degrees (body facing northwest), **Long-Range #9 Strike**, high section.

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### Segment 16

- 46. Change grip to right combat grip, Right foot steps forward to sparring stance, right combat grip, **Baseball Swing Strike**, low section.
- 47. **Direction Change:** Turn counterclockwise, right foot steps southeast to sparring stance, **Baseball Swing Strike**, low section.
- 48. Right foot steps back to left front stance, left combat grip, **#2 Strike**.

### Segment 17

- 49. No step, **Left Hand Roll** (rotate clockwise), into right combat grip.
- 50. Right foot steps forward to right front stance, **#1 Strike**.
- 51. Right foot steps back to right back stance, **Low Sweep Strike**, (finish with right hand by right shoulder).

### Segment 18

- 52. Right foot steps to right combat stance, right one hand grip, **Figure 8**.
- 53. No step, **Figure 8**.
- 54. Slide forward half stance length to right combat stance, **Figure 8 Strike**.
- 55. Slide forward half stance length to right combat stance, **Figure 8 Strike**.
- 56. Slide forward half stance length to right combat stance, **Figure 8 Strike**.
- 57. Adjust right foot to right front stance, **Left Knifehand Press Block**.

### Segment 19 – Direction Change

- 58. Turn clockwise, right foot steps northwest to combat stance, **#2 Line**.
- 59. Right combat stance, **Figure 8**.
- 60. No step, **Figure 8**.
- 61. Slide forward half stance length to right combat stance, **Figure 8 Strike**.
- 62. Slide forward half stance length to right combat stance, **Figure 8 Strike**.
- 63. Slide forward half stance length to right combat stance, **Figure 8 Strike**.
- 64. Adjust right foot to right front stance, right one hand grip, **Left Knifehand Press Block**.

### Segment 20

- 65. Left hand grab first then right hand grabs under left, right foot stepping back into a long right back stance, left combat grip, **#8 Slam Strike** to ground.
- 66. **Direction Change:** Change to right combat grip, adjust to right front stance to southeast, **#9 Strike KI-HAP**, high section.

**Bah-Ro:** Left foot steps to parallel stance, right hand goes to left shoulder and left hand is under right arm. Right hand extends Jahng Bong at a 45 degree angle to right side while left hand pulls back to left side.

**Shi-Uh:** Left foot steps together, rotate Jahng Bong clockwise, stop into right elbow (Jahng Bong straight up alongside your body), Bow.

# BLACK BELT MIDDLE RANGE JAHNG

## BONG POOME-SAE

Video Link	Segment	#	Grip	Technique	Stance
<a href="#">Link</a>	1	1	R Combat	Vertical Block	1-Leg
		2	R Combat	Overhead #4 Strike	Middle
		3	R Combat	Circular #7 Strike – High Section	Middle
<a href="#">Link</a>	2	4	R Combat	Overhead #6 Block	X
		5	R Combat	Circular #7 Strike – High Section	Rear
		6	R Combat	Circular #7 Strike – High Section	Back
<a href="#">Link</a>	3	7	R Combat	#6 Strike	Front
		8	R Combat	#3 Strike	Front
		9	R Combat	#2 Strike	Front
<a href="#">Link</a>	4	10	R Combat	#8 Strike – High Section	Parallel
		11	R Combat	#7 Strike – High Section	Parallel
		12	R Combat	#1 Strike	Front
<a href="#">Link</a>	5	13	R Combat	#9 Strike – High Section	Front
		14	R Combat	#9 Strike – High Section - <i>KI-HAP</i>	Long
		15	R Combat	Slow Circular #7 Strike – High Section	Rear
<a href="#">Link</a>	6	16	R Combat	Overhead #6 Strike	Combat
		17	R Combat	Vertical Block	Combat
		18	R Combat	Overhead #6 Strike	Front
<a href="#">Link</a>	7	19	R Combat	Vertical Sweep Block	1-Leg
		20	R Combat	#1 Strike	Front
		21	R Combat	#9 Strike – High Section - <i>KI-HAP</i>	Long
		22	R Combat	Slow Circular #7 Strike – High Section	Rear
<a href="#">Link</a>	8	23	R Combat	#5 Block	X
		24	R Combat	#6 Block	Spar
		25	R Combat	#5 Block	X
<a href="#">Link</a>	9	26	R Combat	#6 Block	X
		27	R Combat	#3 Strike	X
		28	R Combat	#2 Strike	X
<a href="#">Link</a>	10	29	R Combat	Downward Press	X
		30	R Combat	#5 Strike	X
		31	R Combat	#6 Strike	X
<a href="#">Link</a>	11	32	R Combat	#9 Strike - Low Section	X
		33	R Combat	#7 Strike - Middle Section	Middle
<a href="#">Link</a>	12	34	R Combat	Vertical Block	Closed
		35	R Combat	Rooftop Block	Back
		36	R Combat	Overhead #4 Strike	Front
<a href="#">Link</a>	13	37	L 1-Hand	#1 Line with Knifehand Press Block	Front

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Video Link	Segment	#	Grip	Technique	Stance
		38	L Combat	#9 Strike - <i>KI-HAP</i>	Front
		39	L Combat	#8 Strike - Low Section	Rear
		40	L Combat	#7 Strike - Middle Section	X
<a href="#">Link</a>	14	41	L Combat	Horizontal #9 Strike - Middle Section	Middle
		42	L Combat	Horizontal #9 Strike - Middle Section	X
<a href="#">Link</a>	15	43	L Combat	Slow Step Over Exchange	
		44	L Combat	#8 Line Low Section	Closed
		45	L Combat	#9 Strike – High Section	Closed
<a href="#">Link</a>	16	46	R Combat	Baseball Swing Strike	Spar
		47	R Combat	Baseball Swing Strike	Spar
		48	L Combat	#2 Strike	Front
<a href="#">Link</a>	17	49	L 1-Hand	Hand Roll	Front
		50	R Combat	#1 Strike	Front
		51	R Combat	Sweep Strike	Back
<a href="#">Link</a>	18	52	R 1-Hand	Figure 8	Combat
		53	R 1-Hand	Figure 8	Combat
		54	R 1-Hand	Figure 8 Strike	Combat
		55	R 1-Hand	Figure 8 Strike	Combat
		56	R 1-Hand	Figure 8 Strike	Combat
		57	R 1-Hand	Knifehand press Block	Front
<a href="#">Link</a>	19	58	R 1-Hand	#2 Line	Combat
		59	R 1-Hand	Figure 8	Combat
		60	R 1-Hand	Figure 8	Combat
		61	R 1-Hand	Figure 8 Strike	Combat
		62	R 1-Hand	Figure 8 Strike	Combat
		63	R 1-Hand	Figure 8 Strike	Combat
		64	R 1-Hand	Knifehand Press Block	Front
<a href="#">Link</a>	20	65	L Combat	#8 Slam Strike – low section	Long Back
		66	R Combat	#9 Strike – High Section - <i>KI-HAP</i>	Front

[Link](#)

Full Form Performance

