

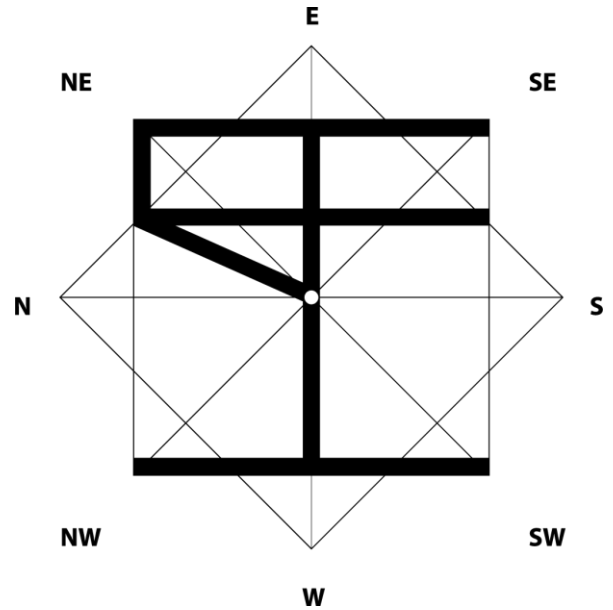
# BLACK BELT SSAHNG NAT

## POOME-SAE

### STANCES:

**Back Stance**  
**Middle Stance**  
**Front Stance**  
**One-Legged Stance**  
**Parallel Stance**  
**Rear Stance**  
**X-Stance**  
**Kneeling Stance**

**Long X-Stance** – The dominant foot is facing perpendicular to the target, other foot crosses behind dominant landing in a spot close to the ending position of a front stance facing the target with the foot pointing 180 degrees from the target with the ball of the foot on the ground. Weight distribution is 95% dominant and 5% other leg.



### GRIP:

**Regular Grip**  
**Inverted Grip**

### TECHNIQUES:

**Inverted Twin Low Block:** Hold the ssahng nat in an inverted grip and twin low block (whichever leg is in front is the hand that crosses on top).

**Advanced Twin Figure 8:** Twin forward roll, in continuous motion twin figure 8 (whichever leg is in front is the hand that crosses on top).

**Cross Arm Chamber Position:** Arms cross in front of the body and follow the trajectory of the next Move (Horizontal or 45-degree angle).

**Eagle Strike:** Twin horizontal strike shoulder height.

**Line:** A slashing motion that follows through the target.

**Strike:** A slashing motion that stops at the target.

**Stab:** A strike that hits with the point first. Angled to the sides of the neck for high section.

**C-Cut:** Horizontal line to eyes, in continuous motion horizontal line to the throat.

**Right C-Cut Combo:** Right front stance, Right C-Cut, Left C-Cut, Right C-Cut, Left C-Cut, & stomp right foot to right front stance at the same time as a Right C-Cut.

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**Left C-Cut Combo:** Left front stance, Left C-Cut, Right C-Cut, Left C-Cut, Right C-Cut, & stomp left foot to left front stance at the same time as a Left C-Cut.

**Twin C-Cut:** Twin horizontal lines to eyes, in continuous motion twin horizontal lines to the throat.

**Twin Roll Stab Combo:** Twin Forward Roll down in continuous motion, twin backward roll up, in continuous motion, twin stab high section.

**4 Way Cut:** Multiple attackers from behind and in front. A windmill motion starting on the left side of the body: Right #8 line to the right, Left #8 line to the right, right hand #5 strike to the left, Cross Arm chamber, simultaneously right upset #9 strike to right and left #5 strike to the left.

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**Chah-Reot:** *Attention, hold weapon in each hand at your side parallel with the ground. The tip of the weapon is pointing to the ground.*

**Kyeong-Neh:** *Bow*

**June-Bee:** *Step out with the right foot to parallel stance, both arms circle outside to inside with the right weapon on the inside, ending in a natural ready stance.*

### Segment 1

1. Right foot steps back to right back stance, **Eagle Strike**, high section (at 45-degree angle, northeast/southwest).
2. Left foot adjusts back, cross arm chamber position, left foot steps to left front stance, **Left #2 Strike** to east.
3. Right foot steps forward sparring stance length, **Right #1 Line** in continuous motion.
4. Turn counterclockwise, left foot steps to left front stance, **Left #2 Strike**.
5. No step, **Right #1 Strike**.

### Segment 2 – Direction Change

6. No step, **Right Forward Roll** in continuous motion.
7. Turn clockwise, right foot steps to right front stance, **Right #2 Strike** to west.
8. No step, **Left #1 Stab**.
9. No step, **Right #1 Stab**.

### Segment 3 – Direction Change

10. Raise right foot to left one-legged stance (body facing west), **Right Forward Roll Low Block**.
11. Right foot steps to right front stance, **Left #1 Stab** to north.
12. No step, **Right C-Cut Combo** *KI-HAP*.
13. No step, **Left #1 Stab**.

### Segment 4 – Direction Change

14. Right foot steps to parallel stance (body facing west), raise left foot to right one-legged stance, **Left Forward Roll Low Block**.
15. Left foot steps to left front stance, **Right #1 Stab** to south.
16. No step, **Left C-Cut Combo**.
17. No step, **Right #1 Stab**.

### Segment 5 – Direction Change

18. Left foot steps together (body facing southeast), cross arm chamber (right on top), right foot steps southwest to middle stance, **Eagle Strike** (at 45-degree angle, northeast to southwest).
19. Left foot steps behind to right x-stance, **Twin Figure 8** (right on top) to southeast.
20. In continuous motion, **Twin Stab**, high section.
21. No step, **Twin Roll Stab Combo**.
22. Left foot steps west to left back stance, **Right Figure 8 Block** to east.
23. No step, **Left #1 Stab**.
24. No step, **Right #1 Stab**.

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### Segment 6 – Direction Change

25. Right foot steps behind (body facing northeast) to left x-stance, **Twin Figure 8** (left on top).
26. In continuous motion, **Twin Stab**, high section to northeast.
27. No step, **Twin Roll Stab Combo**.
28. Right foot steps to west to right back stance, **Left Figure 8 Block** to east.
29. No step, **Right #1 Stab**.
30. No step, **Left #1 Stab**.
31. Left foot steps back to parallel stance (body facing east), cross arm chamber in X at chest level with the left weapon on the inside, full downward circle to **Natural Ready Stance**.

### Segment 7 – Direction Change

32. Left foot steps to right back stance, **Circular Double #8 Strike** to north.
33. No step, **Right Forward Roll** and 360 degree circle.
34. In continuous motion, **Right #8 Strike** (parallel with left hand).
35. No step, **Twin Roll Stab Combo**.
36. No step, **Advanced Twin Figure 8** (left on top).
37. In continuous motion, left foot stomps to left front stance, **Twin Stab**.

### Segment 8 – Direction Change

38. Left foot steps to parallel stance, right foot steps south to right back stance, **Right #7 Stab** to south.
39. Turn clockwise to left back stance, **Circular Double #8 Strike** to south.
40. No step, **Left Forward Roll** and 360 degree circle.
41. In continuous motion, **Left #8 Strike** (parallel with right hand).
42. No step, **Twin Roll Stab Combo**.
43. No step, **Advanced Twin Figure 8** (right on top).
44. In continuous motion, right foot stomps to right front stance, **Twin Stab** *KI-HAP*.

### Segment 9 – Direction Change

45. Right foot steps together, left foot steps forward to left front stance, **Left High Block** to east.
46. No step, **Right #1 Line**.
47. In continuous motion, **Right #4 Line**.
48. Right foot steps forward to right front stance, **Right High Block**.
49. No step, **Left #1 Line**.
50. In continuous motion, **Left #4 Line**.

### Segment 10

51. **Right #3 Front Kick**, land forward to right x-stance.
52. In continuous motion, **Twin Stab**.
53. Left foot steps back, right foot adjusts to left rear stance, **Twin Low Block** (right weapon starts inside).

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### Segment 11

- 54. **Right #3 Front Kick**, land back.
- 55. **Right Spin Hook Kick**.
- 56. Right foot steps forward, **Right Jump Reverse Inner Crescent Kick** (Butterfly Kick).
- 57. Turn counterclockwise to right x-stance facing west, **Twin #7 Stab** to east.

### Segment 12 – Direction Change

- 58. Cross the weapons in front, lift arms overhead, spin counterclockwise to 1-legged stance facing east, **Twin C-Cut**.
- 59. Left foot lands forward to left front stance, **Twin Stab** *KI-HAP*.

### Segment 13 – Direction Change

- 60. Right foot steps to parallel stance, left foot steps behind right foot to long x-stance, **Right #7 Stab** to south.
- 61. Turn counterclockwise to left front stance, **Left High Block** to south.
- 62. No step, **Right C-Cut**.
- 63. Left foot stomps to left front stance, **Twin Stab**.

### Segment 14 – Direction Change

- 64. Left foot steps to parallel stance, right foot steps to left long x-stance, **Left #7 Stab** to north.
- 65. Turn clockwise to right front stance, **Right High Block**, to north
- 66. No step, **Left C-Cut**.
- 67. Right foot stomps to right front stance, **Twin Stab**.

### Segment 15 – Direction Change

- 68. Left foot steps to parallel stance, **Cross Arm Chamber** (right weapon on top).
- 69. In continuous motion, left one-legged stance, **Left Side High/Low Block** to east.
- 70. **Right #1 Side Kick** (keep SN in place) to east, right foot lands together left foot steps west to kneeling stance facing east.
- 71. In continuous motion, **Right C-Cut** (keeping left high block) to east.
- 72. No step, **Twin Stab**.

### Segment 16

- 73. No step, **Advanced Twin Figure 8** (right on top).
- 74. In continuous motion, **Inverted Twin Low Block** (at 45-degree angle, southeast/northwest) while standing up to left back stance.

### Segment 17

- 75. No step, **Right Inverted #1 Line**.
- 76. In continuous motion, **Right Figure 8 Grip Switch**, (inverted to regular grip).
- 77. Right foot steps west to right back stance, **Right #2 Line**.
- 78. No step, **Left Inverted #1 Line**.
- 79. No step, **Left Figure 8 Grip Switch** (inverted to regular grip).
- 80. No step, **Cross Arm Chamber** (left weapon on top).

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### Segment 18 – Direction Change

81. In continuous motion, right one-legged stance, **Right Side High/Low Block** to northeast.
82. **Left #1 Side Kick** to northeast, land left foot southwest (one parallel stance width).
83. Turn clockwise, **Right Upset Cross Arm Chamber** (left hand on top).
84. Right foot steps southwest to right front stance, **Side High/Low Strike** (right upset #9 stab high section to southwest and simultaneous left #5 Strike to northeast) eye contact to the southwest.

### Segment 19 – Direction Change

85. Right one-legged stance, **Twin C-Cut** to northeast.
86. Land left foot northeast to left front stance, **Twin Stab**.
87. No step, **Twin Forward Roll Down**.
88. **4 Way Cut** ending in a right back stance - ***KI-HAP***.

**Bah-Ro:** *Right foot steps to parallel stance facing East, both arms circle inside with the right weapon on the inside ending, in a natural ready stance.*

**Shi-Uh:** *Right foot steps to left foot, attention stance, and Bow.*

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Video Link	Segment	#	Side	Technique	Stance
<a href="#">Link</a>	1	1	B	Eagle Strike	Back
		2	L	#2 Strike	Front
		3	R	#1 Strike	Sparring
		4	L	#2 Strike	Front
		5	R	#1 Strike	Front
<a href="#">Link</a>	2	6	R	Forward Roll	Front
		7	R	#2 Strike	Front
		8	L	#1 Stab	Front
		9	R	#1 Stab	Front
<a href="#">Link</a>	3	10	R	Forward Roll Low Block	1-Leg
		11	L	#1 Stab	Front
		12	R	C-Cut Combat <i>KI-HAP</i>	Front
		13	L	#1 Stab	Front
<a href="#">Link</a>	4	14	L	Forward Roll Low Block	1-Leg
		15	R	#1 Stab	Front
		16	L	C-Cut Combat	Front
		17	R	#1 Stab	Front
<a href="#">Link</a>	5	18	B	Eagle Strike	Middle
		19	B	Twin Figure 8	X
		20	B	Twin Stab	X
		21	B	Twin Roll Stab Combo	X
		22	R	Figure 8 Block	Back
		23	L	#1 Stab	Back
		24	R	#1 Stab	Back
		25	B	Twin Figure 8	X
<a href="#">Link</a>	6	26	B	Twin Stab	X
		27	B	Twin Roll Stab Combo	X
		28	L	Figure 8 Block	Back
		29	R	#1 Stab	Back
		30	L	#1 Stab	Back
		31	B	Natural Ready Stance	Parallel
		32	B	Circular Double #8 Strike	Back
<a href="#">Link</a>	7	33	R	Forward Roll	Back
		34	R	#8 Strike	Back
		35	B	Twin Roll Stab Combo	Back
		36	B	Advanced Twin Figure 8	Back
		37	B	Twin Stab	Front

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Video Link	Segment	#	Side	Technique	Stance
<a href="#">Link</a>	8	38	R	#7 Stab	Back
		39	B	Circular Double #8 Strike	Back
		40	L	Forward Roll	Back
		41	R	#8 Strike	Back
		42	B	Twin Roll Stab Combo	Back
		43	B	Advanced Twin Figure 8	Back
		44	B	Twin Stab <i>KL-HAP</i>	Front
<a href="#">Link</a>	9	45	L	High Block	Front
		46	R	#1 Line	Front
		47	R	#4 Line	Front
		48	R	High Block	Front
		49	L	#1 Line	Front
		50	L	#4 Line	Front
<a href="#">Link</a>	10	51	R	#3 Front Kick	X
		52	B	Twin Stab	X
		53	B	Twin Low Block	Rear
<a href="#">Link</a>	11	54	R	#3 Front Kick	-
		55	R	Spin Hook Kick	-
		56	R	Jump Reverse Inner Crescent Kick	X
		57	B	Twin #7 Stab	X
<a href="#">Link</a>	12	58	B	Twin C-Cut	1-Leg
		59	B	Twin Stab <i>KL-HAP</i>	Front
<a href="#">Link</a>	13	60	R	#7 Stab	X
		61	L	High Block	Front
		62	R	C-Cut	Front
		63	B	Twin Stab	Front
<a href="#">Link</a>	14	64	L	#7 Stab	Long X
		65	R	High Block	Front
		66	L	C-Cut	Front
		67	B	Twin Stab	Front
<a href="#">Link</a>	15	68	B	Cross Arm Chamber	Parallel
		69	L	Side High/Low Block	1-Leg
		70	R	#1 Side Kick	1-Leg
		71	R	C-Cut	Kneel
		72	B	Twin Stab	Kneel
<a href="#">Link</a>	16	73	B	Advanced Twin Figure 8	Kneel
		74	B	Inverted Twin Low Block	Back



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Video Link	Segment	#	Side	Technique	Stance
<a href="#">Link</a>	17	75	R	Inverted #1 Line	Back
		76	R	Figure 8 Grip Switch	Back
		77	R	#2 Line	Back
		78	L	Inverted #1 Line	Back
		79	L	Figure 8 Grip Switch	Back
		80	B	Cross Arm Chamber	Back
<a href="#">Link</a>	18	81	R	Side High/Low Block	1-Leg
		82	L	#1 Side Kick	1-Leg
		83	R	Upset Cross Arm Chamber	Parallel
		84	B	Side High/Low Strike	Front
<a href="#">Link</a>	19	85	B	Twin C-Cut	1-Leg
		86	B	Twin Stab	Front
		87	B	Twin Forward Roll Down	Front
		88	B	4 Way Cut <i>KI-HAP</i>	Back
<a href="#">Link</a>				Full Form Performance	

