

# BLACK BELT LONG RANGE JAHNG BONG POOME-SAE

## STANCES:

Rear Stance  
Front Stance  
Sparring Stance  
Middle Stance  
Offset Middle Stance  
One-Legged Stance  
Closed Stance  
Long Stance  
X-Stance  
Combat Stance

### Kneeling Stance

**Front Sparring Stance:** a sparring stance with more weight on the front leg and the back leg is straight.

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

**Long X-Stance:** Sparring stance length.

## GRIP:

### One-Handed Grip

**Combat Grip:** One palm up, other palm down.

**Kayak Grip:** Both palms down.

## TECHNIQUES:

**#8 Two-Handed Slam Strike**

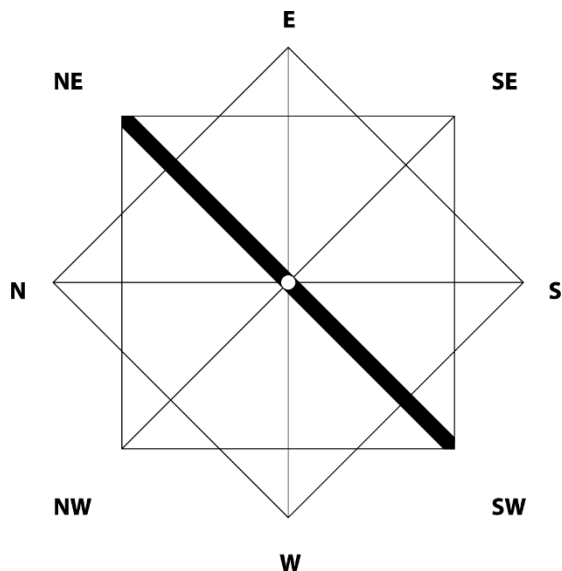
**#8 One-Handed Slam Strike**

**1-9 Long Range Strike:** When striking the opponent, using a combat or kayak grip hold one hand near the end of JB with a straight arm near the back of the hip, opposite arm held near the middle of JB with a straight arm.

**#9 long Range Thrust:** Kayak grip, push the back hand forward while curling arm inward toward chest and palm facing up, forearms and wrists connect with palms facing up, #9 long thrust at high section.

**Circular Clear:** Start from #7 Long Range Strike position, kayak grip, rotate JB clockwise stopping weapon at high section.

**Circular Black:** Kayak grip, parallel with ground, rotate weapon clockwise and return to high section.



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**Hand Slide:** Right combat grip, slide right hand down, slide left hand up, switching to left combat grip.

**Overhead #4 Strike:** Kayak grip, raise and rotate JB clockwise overhead, #4 strike (weapon stopping under right arm).

**Step Spinning Overhead High Horizontal Strike:** Left combat grip, left foot steps away from opponent ½ stance, overhead and switch left grip to kayak, step right foot clockwise away from opponent into left front stance, overhead high horizontal strike (weapon stopping under right arm).

**Spin Overhead High Horizontal Strike:** Kayak grip, turn clockwise, step right foot towards opponent into right front stance, overhead high horizontal strike (weapon stopping under right arm).

**Double Handed Figure 8:** Kayak grip, raise back hand higher, front hand tuck the weapon under the arm, continue to swing the back hand down and across the body and rotate until tucked under the opposite arm. Repeat directions on the other side for continuous double handed figure 8's.

**Low Sweep Strike:** Combat grip, start weapon low and behind, twist counterclockwise to long x-stance, low sweep strike as if to strike opponents' leg.

**Cross Waist Exchange:** One hand grip, cross the weapon on waist, opposite arm crosses on top as exchange occurs, palm facing in, exchange weapon to opposite arm in one hand grip.

**Overhead Eagle Twirl:** Right one hand grip, start on right side waist, raise and rotate weapon counterclockwise over head until right palm facing towards yourself, left hand support weapon between thumb and index finger (left hand inside, right hand outside, both palms facing yourself), exchange to left one hand grip, stop on left side waist.

**Overhead One Finger Roll:** Right trigger grip, start on right side waist, raise and rotate weapon counterclockwise over head until right index finger and left palm are together, continue to rotate weapon counterclockwise, exchange to left one hand grip.

**Back Exchange:** Left one hand grip, start on left side, rotate weapon counterclockwise until left palm facing outward when placed behind, "thumb to thumb" exchange to right one hand grip (right palm facing outward when placed behind).

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

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## BONG POOME-SAE

**Chah-Reot:** *JB held in safety position.*

**Kyeong-Neh:** *Bow*

**June-Bee:** *Left hand reaches across and grip above the right hand, raise left arm with weapon to shoulder height as right foot steps to parallel stance.*

### Segment 1

1. Right foot steps back southwest to right rear stance, left combat grip, **Circular Low Block** to northeast.
2. Left foot adjusts to left front sparring stance, **Circular #2 Strike**.

### Segment 2

3. Right foot steps forward to right front sparring stance, kayak grip, **#1 Long Range Strike**.
4. Right foot adjusts to middle stance, **Hand Slide**.
5. Right foot adjusts to front sparring stance, left combat grip, **#8 Long Range Strike** to high section.

### Segment 3

6. Move northeast, **Step Spinning Overhead High Horizontal Long Range Strike** to southwest

### Segment 4

7. Left foot adjusts southwest to left long stance, kayak grip, **#7 Long Range Strike** to low section.
8. Left foot adjusts to left sparring stance, **High Circular Clear**.
9. Left foot adjusts to left long stance, **#9 Long Range Thrust** to high section.
10. Right foot steps forward to right front sparring stance, **#8 Long Range Strike** to middle section.
11. Right foot draws back then land to right front sparring stance, **Circular #8 Long Range Strike** to middle section.

### Segment 5

12. Left foot adjusts northeast to left long stance, **#9 Long Range Thrust** to high section to northeast.
13. Right foot steps clockwise northeast right front sparring stance, **Spin Overhead High Horizontal Long Range Strike**.

### Segment 6

14. **Three Double-Handed Figure 8's** in rear stances.
15. Left foot steps northeast to right long low back stance, **Two-Handed #8 Slam Strike**.

### Segment 7

16. Right one-legged stance, **High Circular Block**.
17. Left leg lowers to middle stance, **High Horizontal #9 Strike** *KL-HAP*.

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### Segment 8

18. Right foot steps clockwise northeast to left front sparring stance, **#2 Long Range Strike** to southwest.
19. No step, adjust to combat stance (right heel up), **#1 Long Range Strike**.
20. Left foot adjusts to left long stance, **#7 Long Range Strike** to low section.
21. Left foot adjusts to left sparring stance, **High Circular Clear**.
22. Left foot adjusts to left long stance, **#9 Long Range Thrust** to high section.
23. Twist counterclockwise to left long x-stance, **#1 Long Range Strike**.

### Segment 9

24. No step, **Two Double-Handed Figure 8**.
25. Right foot steps to right front stance, **#5 Long Range Line**.
26. No step, **Double-Handed Figure 8**.
27. Left foot steps to left front stance, **#6 Long Range Line**.

### Segment 10

28. Right foot adjusts to long x-stance, right combat grip, **Low Sweep Strike**.
29. No step, **#7 Long Range Line**.
30. Right foot steps to offset middle stance, **Circular #8 Long Range Strike** to middle section,  
***KI-HAP.***

### Segment 11

31. Turn counterclockwise to left sparring stance, kayak grip, **Right Double-Handed Figure 8** to northeast.
32. Turn clockwise to right sparring stance, **Left Low Sweep Block** to southwest.
33. Right foot adjusts to left rear stance, **Right Double-Handed Figure 8**.
34. Left foot steps to right rear stance, **Left Double-Handed Figure 8**.
35. Right foot steps to left rear stance, **Right Double-Handed Figure 8**.
36. Right foot adjusts to right front stance, **Right One-Handed #8 Slam Strike**.

### Segment 12

37. **Right Roll** to southwest.
38. Kneeling stance, **One-Handed #4 Long Range Line**.
39. No step, **Overhead One-Handed #4 Long Range Line**.
40. No step, **Right Arm Stop & Left Knifehand Press Block**.

### Segment 13

41. No step, **Overhead Pass** to left.
42. No step, **Cross Waist Exchange** to right.
43. No step, **Overhead One-Finger Roll**.
44. No step, **Back Exchange**.
45. No step, **Overhead Eagle Twirl** to left.

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46. No step, **Left Waist Stop & Right Knifehand Press Block.**

## Segment 14

47. Left foot steps southwest ½ stance, right foot steps clockwise southwest to right front sparring stance, **Right Spin Cross Waist Strike** to southwest.
48. Right foot steps northeast ½ stance, left foot steps counterclockwise northeast to left front sparring stance, **Left Spin Cross Waist Strike** to northeast.

## Segment 15

49. No step, left combat grip, **#7 Strike** to high section.
50. No step, **Circular Downward #8 Long Range Strike.**

## Segment 16

51. Left foot adjusts to closed stance, right foot steps to left rear stance, kayak grip, **Right Double-Handed Figure 8.**
52. Left foot steps to right rear stance, **Left Double-Handed Figure 8.**
53. Right foot steps to left rear stance, **Right Double-Handed Figure 8.**
54. Left foot steps to right rear stance, **Left Double-Handed Figure 8.**
55. Left foot adjusts to left long stance, **Right Arm Stop and Left Knifehand Press Block.**

**Bah-Ro:** *Right foot steps forward to parallel stance, grab with left hand to Ready Position.*

**Shi-Uh:** *Right foot steps together, lower JB, Bow.*

# BLACK BELT LONG RANGE JAHNG

## BONG POOME-SAE

Video Link	Segment	#	Grip	Technique	Stance
<a href="#">Link</a>	1	1	L Combat	Circular Low Block	Rear
		2	L Combat	Circular #2 Strike	Front Spar
<a href="#">Link</a>	2	3	Kayak	#1 Long Range Strike	Front Spar
		4	R Combat	Hand Slide	Middle
		5	L Combat	#8 Long Range Strike – High Section	Front Spar
<a href="#">Link</a>	3	6	Kayak	Step Spin Overhead High Horizontal LR Strike	Front
<a href="#">Link</a>	4	7	Kayak	#7 Long Range Strike – Low Section	Long
		8	Kayak	High Circular Clear	Spar
		9	Kayak	#9 Long Range Thrust – High Section	Long
		10	Kayak	#8 Long Range Strike – Middle Section	Front Spar
		11	Kayak	Circular #8 Long Range Strike – Middle Section	Front Spar
		12	Kayak	#9 Long Range Thrust – High Section	Long
<a href="#">Link</a>	5	13	Kayak	Spin Overheard High Horizontal LR Strike	Spar
		14	Kayak	Three Double-Handed Figure 8	Rear
<a href="#">Link</a>	6	15	Kayak	Two-Handed #8 Slam Strike	Low Back
		16	Kayak	High Circular Block	Middle
<a href="#">Link</a>	7	17	Kayak	High Horizontal #9 Strike - <i>KI-HAP</i>	Middle
		18	Kayak	#2 Long Range Strike	Front Spar
<a href="#">Link</a>	8	19	Kayak	#1 Long Range Strike	Front Spar
		20	Kayak	#7 Long Range Strike – Low Section	Long
		21	Kayak	High Circular Clear	Spar
		22	Kayak	#9 Long Range Thrust – High Section	Long
		23	Kayak	#1 Long Range Strike	Long X
		24	Kayak	Two Doulbe-Handed Figure 8	Long X
<a href="#">Link</a>	9	25	Kayak	#5 Long Range Strike Line	Front
		26	Kayak	Double-Handed Figure 8	Front
		27	Kayak	#6 Long Range Strike Line	Front
		28	R Combat	Low Sweep Strike	X
<a href="#">Link</a>	10	29	R Combat	#7 Long Range Line	X
		30	R Combat	Circular #8 LR Strike – Middle Section - <i>KI-HAP</i>	Offset M
		31	Kayak	Double-Handed Figure 8	Spar
<a href="#">Link</a>	11	32	Kayak	Low Sweep Block	Spar
		33	Kayak	Double-Handed Figure 8	Rear
		34	Kayak	Double-Handed Figure 8	Rear
		35	Kayak	Double-handed Figure 8	Rear
		36	1-Hand	Right One-Handed #8 Slam Strike	Front Spar

# BLACK BELT LONG RANGE JAHNG BONG POOME-SAE

Video Link	Segment	#	Grip	Technique	Stance
<a href="#">Link</a>	12	37		Right Roll	
		38	1-Hand	One-Handed #4 Long Range Line	Kneel
		39	1-Hand	Overhead One-Handed #4 Long Range Line	Kneel
<a href="#">Link</a>	13	40	1-Hand	Right Arm Stop & Left Knifehand Press Block	Kneel
		41	1-Hand	Overhead Pass	Kneel
		42	1-Hand	Cross Waist Exchange	Kneel
		43		Overhead One-Finger Roll	Kneel
		44		Back Exchange	Kneel
		45		Overhead Eagle Twirl	Kneel
<a href="#">Link</a>	14	46	1-Hand	Left Waist Stop & R Knifehand Press Block	Kneel
		47	1-Hand	Right Spin Cross Waist Strike	Front Spar
<a href="#">Link</a>	15	48	1-Hand	Left Spin Cross Waist Strike	Front Spar
		49	L Combat	#7 Strike – High Section	Front Spar
<a href="#">Link</a>	16	50	L Combat	Circular Downward #8 Long Range Strike	Front Spar
		51	Kayak	Double-Handed Figure 8	Rear
		52	Kayak	Double-Handed Figure 8	Rear
		53	Kayak	Double-Handed Figure 8	Rear
		54	Kayak	Double-Handed Figure 8	Rear
		55	1-Hand	Right Arm Stop & Left Knifehand Press Block	Long
<a href="#">Link</a>				Full Form Performance	

