

# JAHNGSOO POOME-SAE SIXTH DEGREE BLACK BELT

3/6/08 3:36 pm

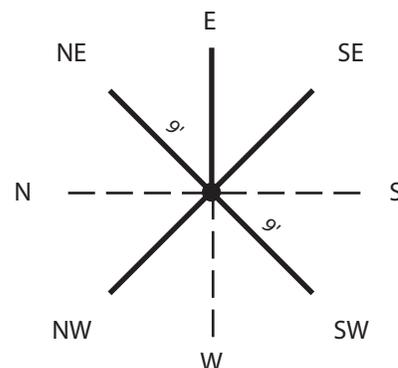
*Translates as "Long life."*

## NEW STRIKES:

- Slow reverse reinforced punch. [17, 45]
- Circular low upset palm heel strike. [22, 26, 50, 54]

## NEW BLOCKS:

- Fist side high nine block. [8, 36]
- Knifehand side high nine block. [11, 39]
- Slow downward double circular palm block. [12, 40]
- Upward double circular back hand block. [28, 56]
- Upward double circular palm upset block. [95]



## NEW TECHNIQUES:

- Slow circular one finger palm push. [9, 37]
- Hand twist/grab. [21, 25, 49, 53]

*Form should take about 2:10 to 2:15 minutes from attention to final bow  
All advanced open hand techniques begin in a closed hand position (fist)*

I June Bee - Full command stance. *(right foot steps to parallel stance, right arm is inside left; hands are in knifehand position. Bring hands up and apart to form a circle with your hands (as if holding a ball, face size), palms facing away from you.*

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|---|--|
| 3 | <ol style="list-style-type: none"> <li>1. 3 running steps toward southeast, right foot first, then make right X-stance, right punch to high section (single hand technique), (right foot on southeast point).</li> <li>2. No step, left reverse punch to middle section.</li> <li>3. No step, right knifehand strike to middle section.</li> </ol>   |
| 3 | <ol style="list-style-type: none"> <li>4. Turn counterclockwise 360 degrees, facing southeast change to left X-stance, left knife-hand blind strike to high section (single hand technique).</li> <li>5. No step, right reverse punch to middle section.</li> <li>6. No step, left punch to middle section.</li> </ol>   |
| 3 | <ol style="list-style-type: none"> <li>7. Move right foot one middle stance length to northwest, left #1 side kick to southeast.</li> <li>8. Right one leg stance, left fist side high nine block (low block to southeast, high block to southwest).</li> <li>9. Turn clockwise, set down left foot to northwest forming left long stance, right slow circular one finger palm push to southeast.</li> </ol> |

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|---|---|
| 3 | <ul style="list-style-type: none"> <li>10. Right #1 side kick to southeast.</li> <li>11. Left one leg stance, right knifehand side high nine block (high block to northeast, low block toward southeast).</li> <li>12. Set down right foot to northwest past center point, turning counterclockwise forming left sparring stance, facing southeast, left slow downward double circular palm block (palms facing down).</li> </ul>   |
| 5 | <ul style="list-style-type: none"> <li>13. Turn counterclockwise moving left foot to right foot and then twist, facing northwest, left X-stance, left high block (single hand technique).</li> <li>14. Move left foot to northwest, left sparring stance, right reverse punch to middle section.</li> <li>15. No step (lift right heel up), right backfist (knuckles facing northeast), to high section (single hand technique).</li> <li>16. Move right foot in front of left foot ½ stance length, turn counterclockwise, left X-stance, left backfist (knuckles facing southwest), to northwest, high section.</li> <li>17. Move left foot to northwest (left foot on northwest point), left sparring stance, slow right reverse reinforced punch, while putting left palm on top of right elbow.</li> </ul> |
| 5 | <ul style="list-style-type: none"> <li>18. Pivot left foot and put weight on left foot, lift right heel up, right square block (right outer forearm block to northwest, left knifehand high block to southwest).</li> <li>19. Right stretch kick to northwest.</li> <li>20. Right foot steps back one front stance length, left foot steps back forming right front stance, left reverse palm heel strike to northwest, middle section.</li> <li>21. No step, left hand twist/grab counterclockwise (like turning a knob).</li> <li>22. No step, left circular low upset palm heel strike to low section (single hand technique).</li> </ul>  |
| 6 | <ul style="list-style-type: none"> <li>23. Left #2 front kick to northwest.</li> <li>24. Left foot steps back one front stance length, right foot steps back forming left front stance, right reverse palm heel strike to northwest, middle section.</li> <li>25. No step, right hand twist/grab clockwise (like turning a knob).</li> <li>26. No step, right circular low upset palm heel strike to low section, (single hand technique).<br/><u>Kihap.</u></li> <li>27. Right #2 front kick to northwest.</li> <li>28. Right foot steps back forming left sparring stance, left upward double circular back hand block (palms facing down), (right foot on center point).</li> </ul>  |
| 3 | <ul style="list-style-type: none"> <li>29. 3 running steps toward northeast, left foot first, then make left X-stance, left punch to high section (left foot on northeast point), (single hand technique).</li> <li>30. No step, right reverse punch to middle section.</li> <li>31. No step, left knifehand strike to middle section.</li> </ul>   |
| 3 | <ul style="list-style-type: none"> <li>32. Turn clockwise 360 degrees, facing northeast, change to right X-stance, right knifehand blind strike to high section (single hand technique).</li> </ul>   |

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- 3 [ 33. No step, left reverse punch to middle section.  
34. No step, right punch to middle section.
- 3 [ 35. Move left foot one middle stance length to southwest, right #1 side kick to northeast.  
36. Left one leg stance, right fist side high nine block (low block to northeast, high block to northwest).  
37. Turn counterclockwise, drop right foot to southwest forming right long stance, left slow circular one finger palm push to northeast.
- 3 [ 38. Left #1 side kick to northeast.  
39. Right one leg stance, left knifehand side high nine block (low block to northeast, high block to southeast).  
40. Set down left foot to southwest past center point, turning clockwise forming right sparring stance, and facing northeast, right slow downward double circular palm block (palms facing down).
- 5 [ 41. Turn clockwise moving right foot to left foot and then twist, facing southwest, right X-stance, right high block (single hand technique).  
42. Move right foot to southwest, right sparring stance, left reverse punch to middle section.  
43. No step (lift left heel), left backfist (knuckles facing southeast), to high section (single hand technique).  
44. Move left foot in front of right foot  $\frac{1}{2}$  stance length, turn clockwise, right X-stance, right backfist (knuckles facing northwest), to southwest, high section.  
45. Move right foot to southwest (right foot on southwest point), right sparring stance, slow left reverse reinforced punch, while putting right palm on top of left elbow.
- 5 [ 46. Pivot right foot and put weight on right foot, lift left heel up, left square block (left outer forearm block, right knifehand high block) to southwest. Kihap.  
47. Left stretch kick to southwest.  
48. Left foot steps back one front stance length, right foot steps back forming left front stance, right reverse palm heel strike to southwest, middle section.  
49. No step, right hand twist/grab clockwise (like turning a knob).  
50. No step, right circular low upset palm heel strike to low section (single hand technique).
- 6 [ 51. Right #2 front kick to southwest.  
52. Right foot steps back one front stance length, left foot steps back forming right front stance, left reverse palm heel strike to southwest, middle section.  
53. No step, left hand twist/grab counterclockwise (like turning a knob).  
54. No step, left circular low upset palm heel strike to low section (single hand technique).  
55. Left #2 front kick to southwest.  
56. Left foot steps back forming right sparring stance, right upward double circular back hand block (palms facing down), (left foot on center point).

# JAHNGSOO POOME-SAE

## SIXTH DEGREE BLACK BELT

Moves 57 to 86 must be created by each 6th degree black belt.

Direction regulations state that movement #57 must move toward the south creating line 1, then moving back to the center and continuing north, creating line 2, then moving back to center and moving west then back to center, creating line 3 (see form diagram) .

57. Begin with right foot moving to south....

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66. Kihap.

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86. Kihap.

(Your right foot should be back on the center point)

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87. Facing east, step to the east in a left front stance, left low block.

88. No step, right reverse punch to middle section.

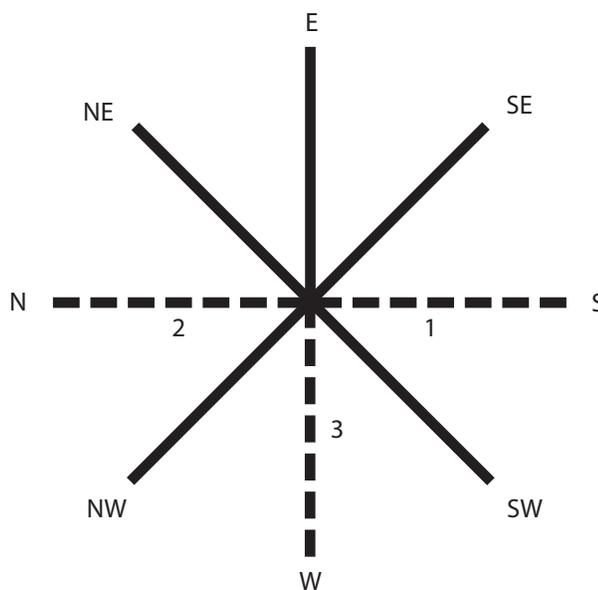
89. Left #3 jump front kick to east (gain 6 feet).

90. Land in left sparring stance, right outer forearm block to east (left foot on east point), (lift up right heel).

## JAHNGSOO POOME-SAE SIXTH DEGREE BLACK BELT

- 6
91. Right #2 side kick to east.
  92. Place right foot in front of left foot forming right X-stance, right knifehand strike to middle section.
  93. Left foot steps back one stance length to west forming left back stance, double knifehand block to east.
  94. Move right foot one stance length to west, turning counterclockwise, forming right back stance, left inner forearm block.
  95. Move left foot one stance length to west, turning counterclockwise, forming right sparing stance, right upward double circular palm upset block (palms facing up), (left foot on center point).
  96. Pivot right foot, placing weight on right foot while lifting up left heel, left reverse reinforced arch hand strike

Bah-ro - Right foot steps back to end position.



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# JAHNGSOO

I June Bee - Full Command Ready Position

		STANCE	SECTION		STANCE	SECTION
1 - 12 Mirror 29 - 40	3	1. R Punch (right X)	X H	5	49. R Hand Twist/Grab	F H
		2. L Reverse Punch	X M		50. R Circular Low Upset Palm Heel Strike	F L
		3. R Knifehand Strike	X M	6	51. R #2 Front Kick	-- M/H
	3	4. L Knifehand Blind Strike (left X)	X H		52. L Reverse Palm Heel Strike	F M
		5. R Reverse Punch	X M		53. L Hand Twist/Grab	F H
		6. L Punch	X M		54. L Circular Low Upset Palm Heel Strike	F L
		7. L #1 Side Kick	-- M/H		55. L #2 Front Kick	-- M/H
	3	8. L Fist Side High Nine Block (Rt. 1 leg)	1 L&H		56. R Upward Dbl Circular Back Hand Block	S M
		9. R Slow Circ. One Finger Palm Push (Lf. long)	L M	57.		
		10. R #1 Side Kick	-- M/H	58.		
	3	11. R Knifehand Side High Nine Block	1 L&H	59.		
		12. L Slow Dwnwrld. Dbl Circ. Palm Block (spar)	S M	60.		
13 - 28 Mirror 41 - 56		13. L High Block (turn left X)	X H	61.		
		14. R Reverse Punch (step sparring)	S M	62.		
	5	15. R Backfist	S H	63.		
		16. L Backfist (1/2 step turn left X)	X H	64.		
		17. R Slow Rev. Reinforced Punch (step sparring)	S H	65.		
		18. R Square Block (shift weight left, right heel up)	S M&H	66.	- Kihap	
	5	19. R Stretch Kick	-- H	67.		
		20. L Reverse Palm Heel Strike (front stance)	F M	68.		
		21. L Hand Twist/Grab	F H	69.		
		22. L Circular Low Upset Palm Heel Strike	F L	70.		
		23. L #2 Front Kick	-- M/H	71.		
		24. R Reverse Palm Heel Strike	F M	72.		
	6	25. R Hand Twist/Grab	F H	73.		
		26. R Circular Low Upset Palm Heel Strike - Kihap	F L	74.		
		27. R #2 Front Kick	-- M/H	75.		
		28. L Upward Dbl Circular Back Hand Block	S M	76.		
29 - 40 Mirror 1 - 12	3	29. L Punch (left X)	X H	77.		
		30. R Reverse Punch	X M	78.		
		31. L Knifehand Strike	X M	79.		
	3	32. R Knifehand Blind Strike (right X)	X H	80.		
		33. L Reverse Punch	X M	81.		
		34. R Punch	X M	82.		
		35. R #1 Side Kick	-- M/H	83.		
	3	36. R Fist Side High Nine Block (Lf. 1 leg)	1 L&H	84.		
		37. L Slow Circ. One Finger Palm Push (Rt. long)	L M	85.		
		38. L #1 Side Kick	-- M/H	86.	- Kihap	
41 - 56 Mirror 13 - 28	3	39. L Knifehand Side High Nine Block	1 L&H	87. L Low Block	F L	
		40. R Slow Dwnwrld. Dbl Circ. Palm Block (spar)	S M	88. R Reverse Punch	F M	
		41. R High Block (turn right X)	X H	4	89. L #3 Jump Front Kick	-- M/H
		42. L Reverse Punch (step sparring)	S M		90. R Outer Forearm Block	S M
	5	43. L Backfist	S H		91. R #2 Side Kick	-- M/H
		44. R Backfist (1/2 step right left X)	X H	6	92. R Knifehand Strike	X M
		45. R Slow Rev. Reinforced Punch (step sparring)	S H		93. R Double Knifehand Block	B M
		46. L Square Block - Kihap	S M&H		94. L Inner Forearm Block	B M
		47. L Stretch Kick	-- H		95. R Upward Dbl Circular Palm Upset Block	S M
	5	48. R Reverse Palm Heel Strike (front stance)	F M		96. L Reverse Reinforced Arch Hand Strike	S M