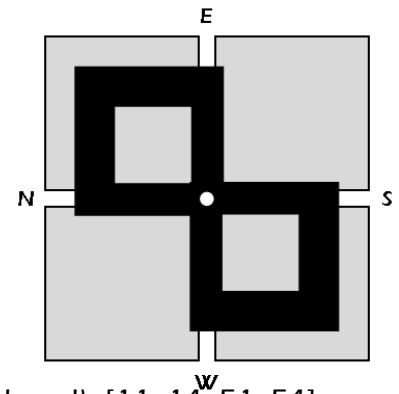


1ST DEGREE BLACK BELT FORM



NEW STRIKES: Twin Palm Heel Strike. [1, 41]
 Twin Upset Knifehand Strike. [3, 43]
 Circular Double Knifehand Strike. [15, 55]
 Horizontal Back Elbow Strike. [36, 76]
 Upward Elbow Strike. [40, 80]
 Downward Circular Double Knifehand Strike. [81]

NEW BLOCKS: Twin Knifehand Block. [2, 42]
 Advanced Double Knifehand Block. [26, 66]
Compound Blocks: Knifehand (front hand), Fist (back hand). [11, 14, 51, 54]



TYPE OF MOVEMENT:

Concentration: 5 seconds in duration. [11, 51]

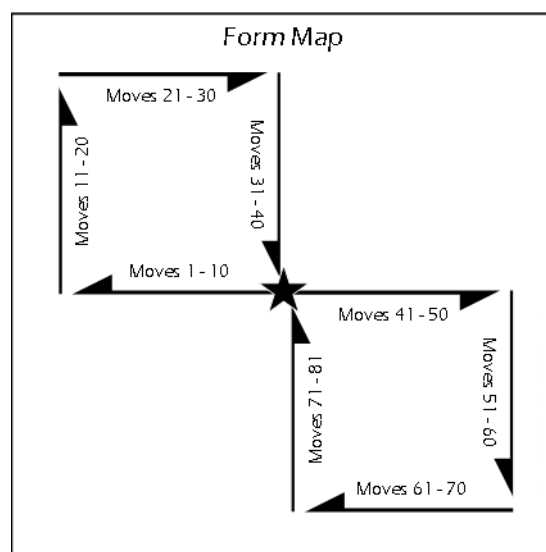
Closed to Open: All advanced open-hand techniques begin in a closed-hand position. * 1st Degree Form exception (open to open). [3, 43]

Circular: Applies to Double Blocks and Double Strikes. [14, 15, 54, 55]

Single-hand Blocks and Strikes: Opposite arm remains at side. [7, 8, 9, 16, 17, 18, 19, 21, 22, 23, 28, 29, 30, 33, 34, 35, 36, 37, 38, 39, 40, 47, 48, 49, 56, 57, 58, 59, 61, 62, 63, 68, 69, 70, 73, 74, 75, 76, 77, 78, 79, 80]

READY STANCE: Left Half Command Stance – Left fist high, Right at side; Parallel Stance.

Form should take about 1:50 to 2:00 minutes from attention to final bow.



1ST DEGREE BLACK BELT FORM



June Bee – Left foot steps to Half Command Ready Stance.

- 4 | 1. Left foot steps to Left Front Stance facing North, Twin Palm Heel Strike to mid-section.
- 4 | 2. No step, Twin Knifehand Block.
- 4 | 3. No step, Twin Upset Knifehand Strike to high-section.
- 4 | 4. Right #2 Knee Strike (hands pull head downward), land foot-to-foot.

- 3 | 5. Left Front Kick to North. And...
- 3 | 6. In continuous motion, Left Side Kick to South.
- 3 | 7. Retracting leg, turn Clockwise 180° to land in Middle Stance facing East (eyes to North), Left Punch to mid-section.

- 3 | 8. Right foot steps Clockwise 180° to Right Back Stance facing South, Left Upset Knifehand Strike to high-section.
- 3 | 9. No step, Right Reverse Punch to mid-section.
- 3 | 10. Right #4 Jump Front Kick, land foot-to-foot.
- *(Direction Change on Line Corner)* —
- 5 | 11. Left foot steps to Right Back Stance facing East, Left Concentration Compound Square Block.
- 5 | 12. Left #3 Front Kick. And...
- 5 | 13. In continuous motion, Left Round Kick.
- 5 | 14. Land in Right Back Stance facing East, Left Circular Compound Double Low Block.
- 5 | 15. Double step East to Middle Stance facing South (eyes to East), Left Circular Double Knifehand Strike to mid-section.

- 5 | 16. Right foot steps Clockwise 180° to Right Back Stance facing West, Left Upset Hammerfist Block.
- 5 | 17. No step, Left Low Block.
- 5 | 18. No step, Right Reverse Punch to high-section.
- 5 | 19. No step, Right Knifehand Strike to East to high-section.
- 5 | 20. Right #1 Side Kick to East, land foot-to-foot.
- *(Direction Change on Line Corner)* —
- 6 | 21. While turning Counterclockwise 90°, Left foot steps to Right Rear Stance facing South, Left Low Block to South. **Kihap.**
- 6 | 22. No step, Right Reverse Punch to mid-section.
- 6 | 23. No step, Left Punch to high-section.
- 6 | 24. Right #4 Jump Side Kick, land foot-to-foot.
- 6 | 25. Right Step Spin Hook Kick.
- 6 | 26. Land in Right Back Stance facing South, Left Advanced Double Knifehand Block.

- 4 | 27. Left #3 Jump Front Kick, land foot-to-foot.
- 4 | 28. Right foot steps Clockwise 180° to Left Back Stance facing South, Right Spinning Backfist Strike to high-section.
- 4 | 29. No step, Left Reverse Punch to mid-section.
- 4 | 30. No step, Right Ridgehand Strike to high-section.

1ST DEGREE BLACK BELT FORM



— (*Direction Change on Line Corner*) —

- 5 | 31. While turning Counterclockwise 90°, Left Reverse Outer Crescent Kick (Block) to West, land in Left Sparring Stance facing West.
- 5 | 32. Left #3 Jump Round Kick.
- 5 | 33. Land in Right Back Stance facing West, Left High Block.
- 5 | 34. Retract Left foot to Right Rear Stance facing West, Left Low Block.
- 5 | 35. Adjust Left foot to Middle Stance facing North (eyes to West), Left Punch to mid-section.

- 5 | 36. Right foot steps Clockwise 180° to Right Front Stance facing West, Right Spinning Horizontal Back Elbow Strike to high-section.
- 5 | 37. No step, Left Reverse Horizontal Elbow Strike to high-section.
- 5 | 38. No step, Left Reverse Knifehand Strike to high-section.
- 5 | 39. No step, Right Punch to mid-section.
- 5 | 40. No step, Left Reverse Upward Elbow Strike to high-section.

----- *2nd Half of Form* -----

— (*Direction Change on Line Corner*) —

- 4 | 41. Left foot steps to Right foot while turning Clockwise 270°, then Right foot steps to Right Front Stance facing South, Twin Palm Heel Strike to mid-section. **Kihap**.
- 4 | 42. No step, Twin Knifehand Block.
- 4 | 43. No step, Twin Upset Knifehand Strike to high-section.
- 4 | 44. Left #2 Knee Strike (hands pull head downward), land foot-to-foot.

- 3 | 45. Right Front Kick to South. And...
- 3 | 46. In continuous motion, Right Side Kick to North.
- 3 | 47. Retracting leg, turn Counterclockwise 180° to land in Middle Stance facing East (eyes to South), Right Punch to mid-section.

- 3 | 48. Left foot steps Counterclockwise 180° to Left Back Stance facing North, Right Upset Knifehand Strike to high-section.
- 3 | 49. No step, Left Reverse Punch to mid-section.
- 3 | 50. Left #4 Jump Front Kick, land foot-to-foot.

— (*Direction Change on Line Corner*) —

- 5 | 51. Right foot steps Clockwise 180° to Left Back Stance facing West, Right Concentration Compound Square Block.
- 5 | 52. Right #3 Front Kick. And...
- 5 | 53. In continuous motion, Right Round Kick.
- 5 | 54. Land in Left Back Stance facing West, Right Circular Compound Double Low Block.
- 5 | 55. Double step West to Middle Stance facing South (eyes to West), Right Circular Double Knifehand Strike to mid-section.

1ST DEGREE BLACK BELT FORM



56. Left foot steps Counterclockwise 180° to Left Back Stance facing East, Right Upset Hammerfist Block.
- 5 57. No step, Right Low Block.
58. No step, Left Reverse Punch to high-section.
59. No step, Left Knifehand Strike to West to high-section.
60. Left #1 Side Kick to West, land foot-to-foot.
- (Direction Change on Line Corner) —
61. Right foot steps to Left Rear Stance facing North, Right Low Block. **Kihap**.
62. No step, Left Reverse Punch to mid-section.
- 6 63. No step, Right Punch to high-section.
64. Left #4 Jump Side Kick, land foot-to-foot.
65. Left Step Spin Hook Kick.
66. Land in Left Back Stance facing North, Right Advanced Double Knifehand Block.
67. Right #3 Jump Front Kick, land foot-to-foot.
68. Left foot steps Counterclockwise 180° to Right Back Stance facing North, Left Spinning Backfist Strike to high-section.
- 4 69. No step, Right Reverse Punch to mid-section.
70. No step, Left Ridgehand Strike to high-section.
- (Direction Change on Line Corner) —
71. While turning Clockwise 90°, #2 Right Outer Crescent Kick (Block) to East, land in Right Sparring Stance facing East.
- 5 72. Right #3 Jump Round Kick.
73. Land in Left Back Stance facing East, Right High Block.
74. Retract Right foot to Left Rear Stance facing East, Right Low Block.
75. Adjust Right foot to Middle Stance facing North (eyes to East), Right Punch to mid-section.
76. Left foot steps Counterclockwise 180° to Left Front Stance facing East, Left Spinning Horizontal Back Elbow Strike to high-section.
77. No step, Right Reverse Horizontal Elbow Strike to high-section.
- 6 78. No step, Right Reverse Knifehand Strike to high-section.
79. No step, Left Punch to mid-section.
80. No step, Right Reverse Upward Elbow Strike to high-section.
81. Adjust Left foot to Left Sparring Stance facing East, Downward Circular Double Knifehand Strike to high-section.

Bah-ro – Left foot steps to Half Command Ready Stance.

Shi-uh – 'At Ease' position.

1ST DEGREE BLACK BELT FORM



☆ June Bee - Half Command Ready Position

		STANCE	SECTION			STANCE	SECTION
4	1. B Twin Palm Heel Strike	F	M	4	41. B Twin Palm Heel Strike - Kihap	F	M
	2. B Twin Knifehand Block	F	H		42. B Twin Knifehand Block	F	H
	3. B Twin Upset Knifehand Strike	F	H		43. B Twin Upset Knifehand Strike	F	H
	4. R #2 Knee Strike (through hands)	-	M		44. L #2 Knee Strike (through hands)	-	M
3	5. L Front Kick	-	M/H	3	45. R Front Kick	-	M/H
	6. L Side Kick	-	M/H		46. R Side Kick	-	M/H
3	7. L Punch	M	M	3	47. R Punch	M	M
	8. L Upset Knifehand Strike	B	H		48. R Upset Knifehand Strike	B	H
	9. R Reverse Punch	B	M		49. L Reverse Punch	B	M
5	10. R #4 Jump Front Kick	-	M/H	5	50. L #4 Jump Front Kick	-	M/H
	11. L Concentration Cmpnd Square Block	B	H		51. R Concentration Cmpnd Square Block	B	H
	12. L #3 Front Kick	-	M/H		52. R #3 Front Kick	-	M/H
	13. L Round Kick	-	M/H		53. R Round Kick	-	M/H
	14. L Circular Cmpnd Double Low Block	B	L		54. R Circular Cmpnd Double Low Block	B	L
5	15. L Circular Double Knifehand Strike	M	M	5	55. R Circular Double Knifehand Strike	M	M
	16. L Inward Outer Forearm Block	B	H		56. R Inward Outer Forearm Block	B	H
	17. L Low Block	B	L		57. R Low Block	B	L
	18. R Reverse Punch	B	H		58. L Reverse Punch	B	H
	19. R Knifehand Strike	B	H		59. L Knifehand Strike	B	H
6	20. R #1 Side Kick	-	M/H	6	60. L #1 Side Kick	-	M/H
	21. L Low Block - Kihap	R	L		61. R Low Block - Kihap	R	L
	22. R Reverse Punch	R	M		62. L Reverse Punch	R	M
	23. L Punch	R	H		63. R Punch	R	H
	24. R #4 Jump Side Kick	-	M/H		64. L #4 Jump Side Kick	-	M/H
	25. R Step Spin Hook Kick	-	M/H		65. L Step Spin Hook Kick	-	M/H
4	26. L Advanced Double Knifehand Block	B	H	4	66. R Advanced Double Knifehand Block	B	H
	27. L #3 Jump Front Kick	-	M/H		67. R #3 Jump Front Kick	-	M/H
	28. R Spinning Backfist Strike	B	H		68. L Spinning Backfist Strike	B	H
	29. L Reverse Punch	B	M		69. R Reverse Punch	B	M
5	30. R Ridgehand Strike	B	H	5	70. L Ridgehand Strike	B	H
	31. L Reverse Outer Crescent Kick (block)	-	M/H		71. R #2 Outer Crescent Kick (block)	-	M/H
	32. L #3 Jump Round Kick	-	M/H		72. R #3 Jump Round Kick	-	M/H
	33. L High Block	B	H		73. R High Block	B	H
	34. L Low Block	R	L		74. R Low Block	R	L
5	35. L Punch	M	M	6	75. R Punch	M	M
	36. R Spinning Horizontal Back Elbow Strike	F	H		76. L Spinning Horizontal Back Elbow Strike	F	H
	37. L Reverse Horizontal Elbow Strike	F	H		77. R Reverse Horizontal Elbow Strike	F	H
	38. L Reverse Knifehand Strike	F	H		78. R Reverse Knifehand Strike	F	H
	39. R Punch	F	M		79. L Punch	F	M
	40. L Reverse Upward Elbow Strike	F	H		80. R Reverse Upward Elbow Strike	F	H
					81. L Downward Circ Dbl Knifehand Strike	S	H