

3RD DEGREE BLACK BELT FORM



NEW STRIKES: Longfist Strike (Knuckle Punch). [1, 42]
Horizontal Side Elbow. [2, 43]
First Finger Eye Gouge. [8, 49]
Arm Break. [14, 55]
Horizontal Palm Heel Strike. [19, 60]
Upset Punch. [25, 66]

NEW KICKS: Jump 360° Spin Hook Kick. [4, 45]
Step Jump Spin Outer Crescent Kick. [5, 46]
Jump Reverse Side Kick. [16, 57]
Spin Heel Kick. [17, 58]
Combo: Rvs Hook Kick/Round Kick/Side Kick. [36-38, 77-79]

NEW BLOCKS: Circular Double Ridgehand Block. [24, 65]
Circular Downward Double Knifehand Block. [31, 72]
Vertical Twin Knifehand Block. [27, 68]
Double Inner Forearm Block. [32, 73]

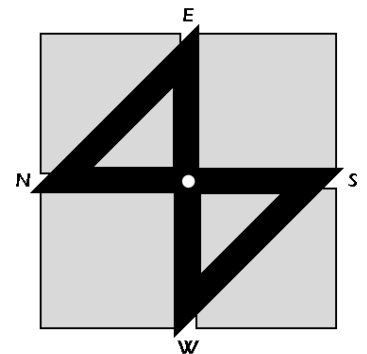
NEW STANCES: Parallel Stance. [1, 2]
Front/Rear Stance. [12, 13, 53, 54]
X-Stance. [14, 15, 55, 56]

TYPES OF MOVEMENT:

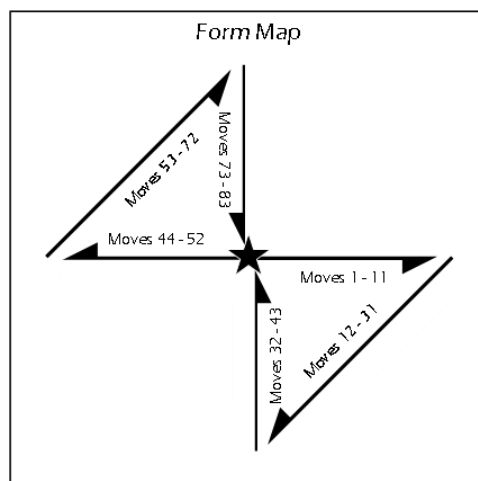
Switch: Changing foot position by jumping slightly and switching the back foot with the front foot. [10, 29, 51, 70]

Diagonal Lines: At 3rd degree black belt, form patterns begin to follow additional lines in the Northwest, Southwest, Northeast, Southeast directions.

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



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



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

1. From Parallel Stance facing East, Right Longfist Strike to high-section.
2. No step, Right Horizontal Side Elbow Strike to South to high-section.
- 6 3. Right foot steps to Right Front Stance facing South, Left Reverse Vertical Punch to mid-section.
4. Right 360° Jump Spin Hook Kick, land in Left Sparring Stance facing South.
5. Left Step Jump Spin Outer Crescent Kick.
6. Land in Left Back Stance facing South, Right Advance Double Knifehand Block.

7. Adjust Right foot to Right Front Stance facing South, Left Reverse Punch to mid-section.
8. No step, Right First Finger Eye Gouge to high-section.
- 5 9. No step, Left Reverse Arc Hand Strike to high-section.
10. Switch, Right #2 Axe Kick.
11. Land in Middle Stance facing East (eyes to South), Right Punch to mid-section.

- *(Direction Change on Line Corner)* –
12. Left foot steps Counterclockwise 45° to Right Front/Rear Stance facing Northwest, Right Reverse Inward Palm Heel Block.
13. No step, Left Punch to high-section.
14. Shift stance to Left X-Stance facing Northwest, Right Arm Break (Right fist, Left palm) to high-section.
- 7 15. No step, Right Knifehand Strike to high-section.
16. Right Jump Reverse Side Kick to Northwest, land in front.
17. Left Spin Heel Kick.
18. Left foot lands in Left Back Stance facing Northwest, Right Advanced Double Outer Forearm Block.

19. Adjust Right foot to Right Front Stance facing Northwest, Left Reverse Horizontal Palm Heel Strike to mid-section.
20. No step, Right Palm Heel Strike to high-section.
- 6 21. No step, Left Reverse Palm Heel Strike to high-section.
22. Right #1 Front Kick, land in front.
23. Left #2 Side Kick. **Kihap.**
24. Land in Right Back Stance facing Northwest, Left Circular Double Ridgehand Block.

25. No step, Right Reverse Upset Punch to high-section.
- 2 26. No step, Left Punch to mid-section.

27. Right foot steps to Right Sparring Stance facing Northwest (eyes to West), Vertical Twin Knifehand Block (wedge block) to West.
28. No step, Right Knifehand Strike to Northwest to high-section.
- 5 29. Switch, Right #2 Knee Strike (Right hand slaps Right Knee). And...
30. In continuous motion, Right Side Kick to low-section, land in Right Sparring Stance facing Northwest.
31. While turning Counterclockwise 180°, shift stance to Left Sparring Stance facing Southeast, Left Concentration Circular Downward Double Knifehand Block.

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— (Direction Change on Line Corner) —

- 3 32. Retract Left foot to Right Rear Stance facing East, Left Double Inner Forearm Block.
33. Adjust Left foot to Right Back Stance facing East, Right Reverse Punch to mid-section.
34. No step, Left Punch to high-section.

- 7 35. Left #1 Round Kick, land foot-to-foot.
36. Right Reverse Hook Kick. And...
37. In continuous motion, Right Round Kick. And...
38. In continuous motion, Right Side Kick.
39. Land in Left Back Stance facing East, Right Hammerfist Strike to high-section.
40. No step, Left Reverse Punch to mid-section.
41. No step, Right Ridgehand Strike to high-section.

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

42. Stance shifts to a Right Twisted Stance facing East, Left Longfist Strike to high-section
43. No step, Left Horizontal Side Elbow Strike to North to high-section. **Kihap.**

— (Direction Change on Line Corner) —

- 6 44. Left foot steps to Left Front Stance facing North, Right Reverse Vertical Punch to mid-section.
45. Left 360° Jump Spin Hook Kick, land in Right Sparring Stance facing North.
46. Right Step Jump Spin Outer Crescent Kick.
47. Land in Right Back Stance facing North, Left Advance Double Knifehand Block.

- 5 48. Adjust Left foot to Left Front Stance facing North, Right Reverse Punch to mid-section.
49. No step, Left First Finger Eye Gouge to high-section.
50. No step, Right Reverse Arc Hand Strike to high-section.
51. Switch, Left #2 Axe Kick.
52. Land in Middle Stance facing East (eyes to North), Left Punch to mid-section.

— (Direction Change on Line Corner) —

- 7 53. Right foot steps Counterclockwise 45° to Left Front/Rear Stance facing Southeast, Left Reverse Inward Palm Heel Block.
54. No step, Right Punch to high-section.
55. Shift stance to Right X-Stance facing Southeast, Left Arm Break (Left fist, Right palm) to high-section.
56. No step, Left Knifehand Strike to high-section.
57. Left Jump Reverse Side Kick to Southeast, land in front.
58. Right Spin Heel Kick.
59. Right foot lands in Right Back Stance facing Southeast, Left Advanced Double Outer Forearm Block.

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60. Adjust Left foot to Left Front Stance facing Southeast, Right Reverse Horizontal Palm Heel Strike to mid-section.
61. No step, Left Palm Heel Strike to high-section.
- 6 | 62. No step, Right Reverse Palm Heel Strike to high-section.
63. Left #1 Front Kick, land in front. **Kihap.**
64. Right #2 Side Kick.
65. Land in Left Back Stance facing Southeast, Right Circular Double Ridgehand Block.

- 2 | 66. No step, Left Reverse Upset Punch to high-section.
67. No step, Right Punch to mid-section.

- 5 | 68. Left foot steps to Left Sparring Stance facing Southeast (eyes to South), Vertical Twin Knifehand Block (wedge block) to South.
69. No step, Left Knifehand Strike to high-section (eyes to Southeast).
70. Switch, Left #2 Knee Strike (Left hand slaps Left Knee). And...
71. In continuous motion, Left Side Kick to low-section, land in Left Sparring Stance facing Southeast.
72. While turning Clockwise 180°, adjust stance to Right Sparring Stance facing Northwest, Right Concentration Circular Downward Double Knifehand Block.

- (*Direction Change on Line Corner*) —
- 3 | 73. Retract Right foot to Left Rear Stance facing West, Right Double Inner Forearm Block.
74. Adjust Right foot to Left Back Stance facing West, Left Reverse Punch to mid-section.
75. No step, Right Punch to high-section.

76. Right #1 Round Kick, land foot-to-foot.
77. Left Reverse Hook Kick. And...
78. In continuous motion, Left Round Kick. And...
79. In continuous motion, Left Side Kick, land in front.
- 8 | 80. Right steps to West while turning 180° Counterclockwise to Right Back Stance facing East, Left Hammerfist Strike to high-section.
81. No step, Right Reverse Punch to mid-section.
82. No step, Left Ridgehand Strike to high-section.
83. Shift Stance to Left Twisted Stance facing East, Right Reverse Vertical Punch to mid-section.

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

Shi-uh – 'At Ease' position.

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☆ June Bee - Half Command Ready Position

		STANCE	SECTION			STANCE	SECTION		
6	1.	R Longfist Strike (knuckle punch)	P	H	6	42.	L Longfist Strike (knuckle punch)	T	H
	2.	R Horizontal Side Elbow Strike	P	H		43.	L Horizontal Side Elbow Strike - Kihap	T	H
	3.	L Reverse Vertical Punch	F	M		44.	R Reverse Vertical Punch	F	M
	4.	R Jump 360° Spin Hook Kick	-	M/H		45.	L Jump 360° Spin Hook Kick	-	M/H
	5.	L Step Jump Spin Outer Crescent Kick	-	M/H		46.	R Step Jump Spin Outer Crescent Kick	-	M/H
	6.	R Advanced Double Knifehand Block	B	H		47.	L Advanced Double Knifehand Block	B	H
5	7.	L Reverse Punch	F	M	48.	R Reverse Punch	F	M	
	8.	R First Finger Eye Gouge	F	H	49.	L First Finger Eye Gouge	F	H	
	9.	L Reverse Arc Hand Strike	F	H	50.	R Reverse Arc Hand Strike	F	H	
	10.	R Switch, #2 Axe Kick	-	H	51.	L Switch, #2 Axe Kick	-	H	
	11.	R Punch	M	M	52.	L Punch	M	M	
7	12.	R Reverse Inward Palm Heel Block	F/R	M	53.	L Reverse Inward Palm Heel Block	F/R	M	
	13.	L Punch	F/R	H	54.	R Punch	F/R	H	
	14.	B Right Arm Break	X	H	55.	B Right Arm Break	X	H	
	15.	R Knifehand Strike	X	H	56.	L Knifehand Strike	X	H	
	16.	R Jump Reverse Side Kick	-	M	57.	L Jump Reverse Side Kick	-	M	
	17.	L Spin Heel Kick	-	M/H	58.	R Spin Heel Kick	-	M/H	
	18.	R Advanced Double Outer Forearm Block	B	H	59.	L Advanced Double Outer Forearm Block	B	H	
6	19.	L Reverse Horizontal Palm Heel Strike	F	M	60.	R Reverse Horizontal Palm Heel Strike	F	M	
	20.	R Palm Heel Strike	F	H	61.	L Palm Heel Strike	F	H	
	21.	L Reverse Palm Heel Strike	F	H	62.	R Reverse Palm Heel Strike	F	H	
	22.	R #1 Front Kick	-	M/H	63.	L #1 Front Kick - Kihap	-	M/H	
	23.	L #2 Side Kick - Kihap	-	M/H	64.	R #2 Side Kick	-	M/H	
	24.	L Circular Double Ridgehand Block	B	H	65.	R Circular Double Ridgehand Block	B	H	
2	25.	R Reverse Upset Punch	B	H	66.	L Reverse Upset Punch	B	H	
	26.	L Punch	B	M	67.	R Punch	B	M	
5	27.	B Vertical Twin Knifehand Block	S	H	68.	B Vertical Twin Knifehand Block	S	H	
	28.	R Knifehand Strike	S	H	69.	L Knifehand Strike	S	H	
	29.	R Switch, #2 Knee Strike (right hand slaps knee)	-	M	70.	L Switch, #2 Knee Strike (left hand slaps knee)	-	M	
	30.	R #1 Side Kick	-	L	71.	L #1 Side Kick	-	L	
	31.	L Concentration Circ Dwd Dbl Knifehand Block	S	H	72.	R Concentration Circ Dwd Dbl Knifehand Block	S	H	
3	32.	L Double Inner Forearm Block	R	H	73.	R Double Inner Forearm Block	R	H	
	33.	R Reverse Punch	B	M	74.	L Reverse Punch	B	M	
	34.	L Punch	B	H	75.	R Punch	B	H	
7	35.	L #1 Round Kick	-	M/H	76.	R #1 Round Kick	-	M/H	
	36.	R Reverse Hook Kick	-	M/H	77.	L Reverse Hook Kick	-	M/H	
	37.	R Round Kick	-	M/H	78.	L Round Kick	-	M/H	
	38.	R Side Kick	-	M/H	79.	L Side Kick	-	M/H	
	39.	R Hammerfist Strike	B	H	80.	L Hammerfist Strike	B	H	
	40.	L Reverse Punch	B	M	81.	R Reverse Punch	B	M	
	41.	R Ridgehand Strike	B	H	82.	L Ridgehand Strike	B	H	
					83.	R Reverse Vertical Punch	T	M	