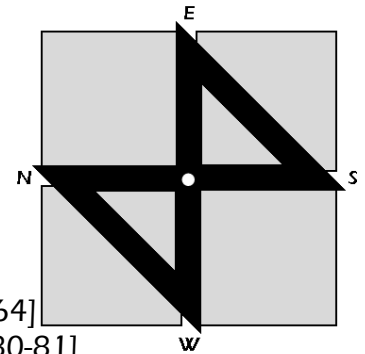


4TH DEGREE BLACK BELT FORM



NEW STRIKES: Bow Wrist Strike. [42, 84]

NEW KICKS: Jump Spin Hook Kick. [2, 44]
Twist Kick. [11, 53]
Step Jump Outer Crescent Kick. [14, 56]
Forward Spin Sweep. [33, 75]
Stomp Kick. [34, 76]
Combo: Front Kick/Hook Kick/Round Kick. [20-22, 62-64]
Combo: Jump Front Kick/(Conc.) Round Kick. [38-39, 80-81]

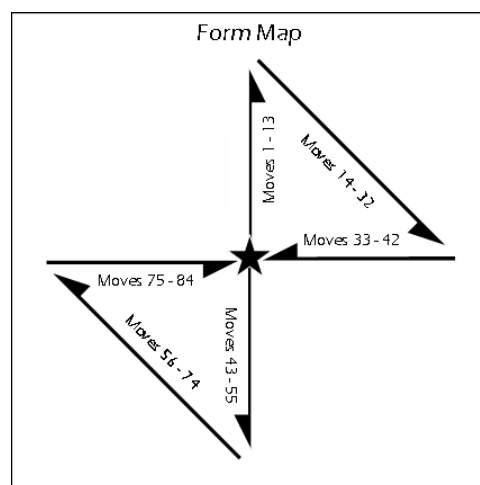


NEW BLOCKS: (Conc.) Knifehand High Block/Knifehand Low Block. [13, 55]
Knifehand Block/Knifehand Low Block. [27, 69]
Ridgehand Block/Ridgehand Low Block. [28, 70]
Inward Ridgehand Low Block. [29, 71]
Knifehand Block/Ridgehand Low Block. [35, 77]
Circular (Comp.) Square Block. [37, 79]

NEW STANCES: One-Legged Stance. [13, 55]

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

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



4TH DEGREE BLACK BELT FORM



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

- 2 | 1. Left foot jumps one stance length to Left X-Stance facing East, Left Punch to high-section.
2. Right Jump Spin Hook Kick, land in Left Sparring Stance facing East.
3. Right foot steps even with Left foot, Left #3 Jump Front Kick.
4. Land in Left Twisted Stance facing East, Right Reverse Upset Knifehand Block.
- 6 | 5. No step, Left Punch to high-section.
6. Right #2 Side Kick to East. And...
7. In continuous motion, Right Front Kick to West.
8. Land in Right Back Stance facing West, Left Advanced Double Knifehand Block.
9. Left foot steps back to Right X-Stance facing West, Right Knifehand High Block.
10. No step, Left Reverse Arc Hand Strike to high-section.
- 5 | 11. Left #2 Twist Kick, land in Right X-Stance facing West.
12. Left #4 Side Kick. And...
13. Holding rechamber in a Right One-Legged Stance facing Southwest, Concentration Right Knifehand High Block/Left Knifehand Low Block.
- (*Direction Change on Line Corner*) –
- 3 | 14. Left foot steps to Southwest, then Left Jump 180° Outer Crescent Kick to Northeast, land in Right Sparring Stance facing Northeast.
15. Right Jump Reverse Side Kick to Southwest.
16. Land in Left Back Stance facing Southwest, Right Advanced Double Outer Forearm Block.
17. Adjust Right foot to Right Front Stance facing Southwest, Left Reverse Horizontal Elbow Strike to high-section.
- 3 | 18. No step, Right Upset Punch to high-section.
19. No step, Left Reverse Downward Ridgehand Strike (45° downward angle) to high-section.
20. Left #2 Front Kick. And...
21. In continuous motion, Left Hook Kick. And...
- 6 | 22. In continuous motion, Left Round Kick.
23. Left #3 Hook Kick. And...
24. In continuous motion, Left Round Kick. **Kihap.**
25. Land in Right Back Stance facing Southwest, Left Advanced Double Knifehand Block.
26. Right #2 Axe Kick.
- 3 | 27. Land in Right Front Stance facing Southwest, Left Knifehand Block/Right Knifehand Low Block.
28. No step, Right Ridgehand Block/Left Ridgehand Low Block.
29. Retract Right foot to Closed Stance facing Southeast (eyes to Southwest), Right Inward Ridgehand Low Block to Southwest.
- 4 | 30. Left Reverse Hook Kick. And...
31. In continuous motion, Left Round Kick.
32. Land in Left Back Stance facing Northwest, Left Vertical Back Elbow to mid-section.

4TH DEGREE BLACK BELT FORM



— (Direction Change on Line Corner) —

- 5 33. Right foot steps North, Left Forward Spin Sweep, finishing in Right Sparring Stance facing North.
- 34. Right Stomp Kick to Middle Stance facing West (eyes to North).
- 35. Retract Left foot to Right Rear Stance facing South, Left Knifehand Block/Right Ridgehand Low Block.
- 36. Left #1 Side Kick, land foot to foot.
- 37. Right foot steps North to Left Back Stance facing North, Right Circular Compound Square Block.

- 5 38. Right #3 Jump Front Kick. And...
- 39. In continuous motion, Right Concentration Round Kick (with the instep).
- 40. Land in Right Front Stance facing North, Left Reverse C-Block.
- 41. No step, Right Upset Knifehand Strike to high-section.
- 42. No step, Right Bow Wrist Strike to high-section (stance shift to west).

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

— (Direction Change on Line Corner) —

- 2 43. Right foot jumps one stance length to Right X-Stance facing West, Right Punch to high-section.
 - 44. Left Jump Spin Hook Kick, land in Right Sparring Stance facing West. **Kihap.**

 - 6 45. Left foot steps even with Right foot, Right #3 Jump Front Kick.
 - 46. Land in Right Twisted Stance facing West, Left Reverse Upset Knifehand Block.
 - 47. No step, Right Punch to high-section.
 - 48. Left #2 Side Kick to West. And...
 - 49. In continuous motion, Left Front Kick to East.
 - 50. Land in Left Back Stance facing East, Right Advanced Double Knifehand Block.

 - 5 51. Right foot steps back to Left X-Stance facing East, Left Knifehand High Block.
 - 52. No step, Right Reverse Arc Hand Strike to high-section.
 - 53. Right #2 Twist Kick, land in Left X-Stance facing East.
 - 54. Right #4 Side Kick. And...
 - 55. Holding rechamber in a Left One-Legged Stance facing Northeast, Concentration Left Knifehand High Block/Right Knifehand Low Block.
- (Direction Change on Line Corner) —
- 3 56. Right foot steps to Northeast, then Right Jump 180° Outer Crescent Kick to Southwest, land in Left Sparring Stance facing Southwest.
 - 57. Left Jump Reverse Side Kick to Northeast.
 - 58. Land in Right Back Stance facing Northeast, Left Advanced Double Outer Forearm Block.

 - 3 59. Adjust Left foot to Left Front Stance facing Northeast, Right Reverse Horizontal Elbow Strike to high-section.
 - 60. No step, Left Upset Punch to high-section.
 - 61. No step, Right Reverse Downward Ridgehand Strike (45° downward angle) to high-section.

4TH DEGREE BLACK BELT FORM



62. Right #2 Front Kick. And...
63. In continuous motion, Right Hook Kick. And...
64. In continuous motion, Right Round Kick. **Kihap.**
65. Right #3 Hook Kick. And...
66. In continuous motion, Right Round Kick.
67. Land in Left Back Stance facing Northeast, Right Advanced Double Knifehand Block.
68. Left #2 Axe Kick.
69. Land in Left Front Stance facing Northeast, Right Knifehand Block/Left Knifehand Low Block.
70. No step, Left Ridgehand Block/Right Ridgehand Low Block.
71. Retract Left foot to Closed Stance facing Southeast (eyes to Northeast), Left Inward Ridgehand Low Block to Northeast.
72. Right Reverse Hook Kick. And...
73. In continuous motion, Right Round Kick.
74. Land in Right Back Stance facing Northwest, Right Vertical Back Elbow to mid-section.
— *(Direction Change on Line Corner)* —
75. Left foot steps South, Right Forward Spin Sweep, finishing in Left Sparring Stance facing South.
76. Left Stomp Kick to Middle Stance facing West (eyes to South).
77. Retract Right foot to Left Rear Stance facing North, Right Knifehand Block/Left Ridgehand Low Block.
78. Right #1 Side Kick, land foot to foot.
79. Left foot steps South to Right Back Stance facing South, Left Circular Compound Square Block.
80. Left #3 Jump Front Kick. And...
81. In continuous motion, Left Concentration Round Kick (with the instep).
82. Land in Left Front Stance facing South, Right Reverse C-Block.
83. No step, Left Upset Knifehand Strike to high-section.
84. No step, Left Bow Wrist Strike to high-section (stance shift to west).

Bah-ro – Left foot steps to Right Half Command Ready Stance.
Shi-uh – 'At Ease' position.

4TH DEGREE BLACK BELT FORM



☆ June Bee - Half Command Ready Position

| | | STANCE | SECTION | | | STANCE | SECTION |
|---|---|--------|---------|---|---|--------|---------|
| 2 | 1. L Punch | X | H | 2 | 43. R Punch | X | H |
| | 2. R Jump Spin Hook Kick | - | M/H | | 44. L Jump Spin Hook Kick - Kihap | - | M/H |
| 6 | 3. L Step up, #3 Jump Front Kick | - | M/H | 6 | 45. R Step up, #3 Jump Front Kick | - | M/H |
| | 4. R Reverse Upset Knifehand Block | T | H | | 46. L Reverse Upset Knifehand Block | T | H |
| | 5. L Punch | T | H | | 47. R Punch | T | H |
| | 6. R #2 Side Kick | - | M/H | | 48. L #2 Side Kick | - | M/H |
| | 7. R Front Kick | - | M/H | | 49. L Front Kick | - | M/H |
| | 8. L Advanced Double Knifehand Block | B | H | | 50. R Advanced Double Knifehand Block | B | H |
| 5 | 9. R Knifehand High Block | X | H | 5 | 51. L Knifehand High Block | X | H |
| | 10. L Reverse Arc Hand Strike | X | H | | 52. R Reverse Arc Hand Strike | X | H |
| | 11. L #2 Twist Kick | - | M/H | | 53. R #2 Twist Kick | - | M/H |
| | 12. L #4 Side Kick | - | M/H | | 54. R #4 Side Kick | - | M/H |
| | 13. B R Conc Knifehand High Blk/Knifehand Low Blk | OL | H&L | | 55. B L Conc Knifehand High Blk/Knifehand Low Blk | OL | H&L |
| 3 | 14. L Step Jump 180° Outer Crescent Kick | - | M/H | 3 | 56. R Step Jump 180° Outer Crescent Kick | - | M/H |
| | 15. R Jump Reverse Side Kick | - | M/H | | 57. L Jump Reverse Side Kick | - | M/H |
| | 16. R Advanced Double Outer Forearm Block | B | H | | 58. L Advanced Double Outer Forearm Block | B | H |
| 3 | 17. L Reverse Horizontal Elbow Strike | F | H | 3 | 59. R Reverse Horizontal Elbow Strike | F | H |
| | 18. R Upset Punch | F | H | | 60. L Upset Punch | F | H |
| | 19. L Reverse Downward Ridgehand Strike (45°) | F | H | | 61. R Reverse Downward Ridgehand Strike (45°) | F | H |
| 6 | 20. L #2 Front Kick | - | M/H | 6 | 62. R #2 Front Kick | - | M/H |
| | 21. L Hook Kick | - | M/H | | 63. R Hook Kick | - | M/H |
| | 22. L Round Kick | - | M/H | | 64. R Round Kick - Kihap | - | M/H |
| | 23. L #3 Hook Kick | - | M/H | | 65. R #3 Hook Kick | - | M/H |
| | 24. L Round Kick - Kihap | - | M/H | | 66. R Round Kick | - | M/H |
| | 25. L Advanced Double Knifehand Block | B | H | | 67. R Advanced Double Knifehand Block | B | H |
| 3 | 26. R #2 Axe Kick | - | M/H | 3 | 68. L #2 Axe Kick | - | M/H |
| | 27. B L Knifehand Block/Knifehand Low Block | F | H&L | | 69. B R Knifehand Block/Knifehand Low Block | F | H&L |
| | 28. B R Ridgehand Block/Ridgehand Low Block | F | H&L | | 70. B L Ridgehand Block/Ridgehand Low Block | F | H&L |
| 4 | 29. R Inward Ridgehand Low Block | C | L | 4 | 71. L Inward Ridgehand Low Block | C | L |
| | 30. L Reverse Hook Kick | - | M/H | | 72. R Reverse Hook Kick | - | M/H |
| | 31. L Round Kick | - | M/H | | 73. R Round Kick | - | M/H |
| | 32. L Vertical Back Elbow Strike | B | H | | 74. R Vertical Back Elbow Strike | B | H |
| 5 | 33. L Step, Forward Spin Sweep | - | L | 5 | 75. R Step, Forward Spin Sweep | - | L |
| | 34. R Stomp Kick | M | L | | 76. L Stomp Kick | M | L |
| | 35. B L Knifehand Block/Ridgehand Low Block | R | M/H | | 77. B R Knifehand Block/Ridgehand Low Block | R | M/H |
| | 36. L #1 Side Kick | - | M/H | | 78. R #1 Side Kick | - | M/H |
| | 37. R Circular Compound Square Block | B | H | | 79. L Circular Compound Square Block | B | H |
| 5 | 38. R #3 Jump Front Kick | - | M/H | 5 | 80. L #3 Jump Front Kick | - | M/H |
| | 39. R Concentration Round Kick (instep) | - | M/H | | 81. L Concentration Round Kick (instep) | - | M/H |
| | 40. L Reverse Circular C-Block | F | H | | 82. R Reverse Circular C-Block | F | H |
| | 41. R Upset Knifehand Strike | F | H | | 83. L Upset Knifehand Strike | F | H |
| | 42. R Bow Wrist Strike (shift) | F | H | | 84. L Bow Wrist Strike (shift) | F | H |