

Shimsan Yuk Jahng

Red Belt Form



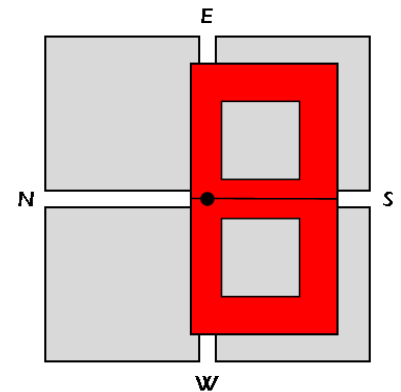
NEW STRIKES: Horizontal Spearhand Strike. [23, 54]

NEW KICKS: Combo: Rvs Hook Kick/Round Kick. [19-20, 50-51]
#1-2-3-4 Jump Round Kick. [10, 41]
#1-2-3-4 Knee Strike. [6, 37]

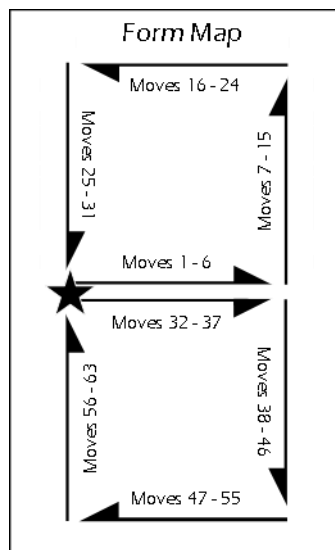
NEW BLOCKS: Knifehand High X-Block. [11, 42]
Knifehand Square Block. [16, 47]
Upset Hammerfist Block. [22, 53]

NEW STANCE: Rear Stance. [21, 52]

READY STANCE: Right Advanced Ready Stance – Arms form a 'circle' with hands one fist distance away from belt knot; Parallel Stance.



Form should take about 1:20 to 1:25 minutes from attention to final bow.



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June Bee – Right foot steps to Advanced Ready Stance.

- 3 | 1. Right #1 Side Kick to South.
- 3 | 2. Land in Middle Stance facing East (eyes to South), Right Low Block.
- 3 | 3. No step, Right Punch to mid-section.

- 3 | 4. Left foot steps to Right Back Stance facing South, Left Double Knifehand Block.
- 3 | 5. Adjust Left foot to Left Front Stance facing South, Right Reverse Palm Heel Strike to high-section.
- 3 | 6. Right #2 Knee Strike to mid-section (Right hand slaps Right Knee), land foot-to-foot.
– *(Direction Change on Line Corner)* –

- 5 | 7. Left foot steps to Right Back Stance facing East, Left High Block.
- 5 | 8. No step, Right Reverse Punch to mid-section.
- 5 | 9. No step, Left Punch to high-section.
- 5 | 10. Left #3 Jump Round Kick.
- 5 | 11. Land in Left Front Stance facing East, Knifehand High X-Block.

- 4 | 12. Right #2 Front Kick.
- 4 | 13. Land in Right Front Stance facing East, Left Reverse Upset Knifehand Strike to high-section.
- 4 | 14. No step, Right Punch to mid-section. **Kihap.**
- 4 | 15. No step, Left Reverse Horizontal Elbow Strike to high-section.
– *(Direction Change on Line Corner)* –

- 6 | 16. Left foot steps to Right Back Stance facing North, Left Knifehand Square Block.
- 6 | 17. Retract Left foot to Closed Stance facing East (eyes to North), Left Knifehand Low Block.
- 6 | 18. Left #1 Side Kick, land in Middle Stance facing East (eyes to North).
- 6 | 19. Right Reverse Hook Kick. And...
- 6 | 20. In continuous motion, Right Round Kick.
- 6 | 21. Land in Left Rear Stance facing North, Right Punch to mid-section.

- 3 | 22. Adjust Right foot to Right Front Stance facing North, Left Reverse Upset Hammerfist Block.
- 3 | 23. No step, Right Horizontal Spearhand Strike to high-section.
- 3 | 24. No step, Left Reverse Ridgehand Strike to high-section. **Kihap.**
– *(Direction Change on Line Corner)* –

- 4 | 25. Left foot steps to Right Back Stance facing West, Left Outer Forearm Block.
- 4 | 26. Right #2 Inner Crescent Kick, land in Middle Stance facing South (eyes to West).
- 4 | 27. Left Reverse Side Kick.
- 4 | 28. Land in Right Back Stance facing West, Left Double Knifehand Block.

- 3 | 29. Right #2 Jump Front Kick.
- 3 | 30. Land in Right Front Stance facing West, Right Low Block.
- 3 | 31. No step, Right High/Low Block.

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

— (Direction Change on Line Corner) —

- 32. Left #2 Side Kick to South.
- 3 33. Land in Middle Stance facing West (eyes to South), Left Low Block.
- 34. No step, Left Punch to mid-section. **Kihap.**

- 35. Right foot steps to Left Back Stance facing South, Right Double Knifehand Block.
- 3 36. Adjust Right foot to Right Front Stance facing South, Left Reverse Palm Heel Strike to high-section.
- 37. Left #2 Knee Strike to mid-section (Left hand slaps Left Knee), land foot-to-foot.

— (Direction Change on Line Corner) —

- 38. Right foot steps to Left Back Stance facing West, Right High Block.
- 39. No step, Left Reverse Punch to mid-section.
- 5 40. No step, Right Punch to high-section.
- 41. Right #3 Jump Round Kick.
- 42. Land in Right Front Stance facing West, Knifehand High X-Block.

- 43. Left #2 Front Kick.
- 44. Land in Left Front Stance facing West, Right Reverse Upset Knifehand Strike to high-section.
- 4 45. No step, Left Punch to mid-section.
- 46. No step, Right Reverse Horizontal Elbow Strike to high section.

— (Direction Change on Line Corner) —

- 47. Right foot steps to Left Back Stance facing North, Right Knifehand Square Block.
- 48. Retract Right foot to Closed Stance facing West (eyes to North), Right Knifehand Low Block.
- 49. Right #1 Side Kick, land in Middle Stance facing West (eyes to North).
- 6 50. Left Reverse Hook Kick. And...
- 51. In continuous motion, Left Round Kick.
- 52. Land in Right Rear Stance facing North, Left Punch to mid-section.

- 53. Adjust Left foot to Left Front Stance North, Right Reverse Upset Hammerfist Block.
- 3 54. No step, Left Horizontal Spearhand Strike to high-section.
- 55. No step, Right Reverse Ridgehand Strike to high-section.

— (Direction Change on Line Corner) —

- 56. Right foot steps to Left Back Stance facing East, Right Outer Forearm Block.
- 4 57. Left #2 Inner Crescent Kick, land in Middle Stance facing South (eyes to East).
- 58. Right Reverse Side Kick.
- 59. Land in Left Back Stance facing East, Right Double Knifehand Block.

- 60. Left #2 Jump Front Kick.
- 4 61. Land in Left Front Stance facing East, Left Low Block.
- 62. No step, Left High/Low Block.
- 63. No step, Right High/Low Block.

Bah-ro – Right foot steps to Advanced Ready Stance.

Shi-uh – 'At Ease' position.

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☆ June Bee - Advanced Ready Position

		STANCE	SECTION			STANCE	SECTION
3	1. R #1 Side Kick	-	M/H	3	32. L #2 Side Kick	-	M/H
	2. R Low Block	M	L		33. L Low Block	M	L
	3. R Punch	M	M		34. L Punch - Kihap	M	M
3	4. L Double Knifehand Block	B	H	3	35. R Double Knifehand Block	B	H
	5. R Reverse Palm Heel Strike	F	H		36. L Reverse Palm Heel Strike	F	H
	6. R #2 Knee Strike (right hand slaps knee)	-	M		37. L #2 Knee Strike (left hand slaps knee)	-	M
5	7. L High Block	B	H	5	38. R High Block	B	H
	8. R Reverse Punch	B	M		39. L Reverse Punch	B	M
	9. L Punch	B	H		40. R Punch	B	H
4	10. L #3 Jump Round Kick	-	M/H	4	41. R #3 Jump Round Kick	-	M/H
	11. B Knifehand High X-Block	F	H		42. B Knifehand High X-Block	F	H
	12. R #2 Front Kick	-	M/H		43. L #2 Front Kick	-	M/H
4	13. L Reverse Upset Knifehand Strike	F	H	4	44. R Reverse Upset Knifehand Strike	F	H
	14. R Punch - Kihap	F	M		45. L Punch	F	M
	15. L Reverse Horizontal Elbow Strike	F	H		46. R Reverse Horizontal Elbow Strike	F	H
6	16. L Knifehand Square Block	B	H	6	47. R Knifehand Square Block	B	H
	17. L Knifehand Low Block	C	L		48. R Knifehand Low Block	C	L
	18. L #1 Side Kick	-	M/H		49. R #1 Side Kick	-	M/H
3	19. R Reverse Hook Kick	-	M/H	3	50. L Reverse Hook Kick	-	M/H
	20. R Round Kick	-	M/H		51. L Round Kick	-	M/H
	21. R Punch	R	M		52. L Punch	R	M
4	22. L Reverse Upset Hammerfist Block	F	H	4	53. R Reverse Upset Hammerfist Block	F	H
	23. R Horizontal Spearhand Strike	F	H		54. L Horizontal Spearhand Strike	F	H
	24. L Reverse Ridgehand Strike - Kihap	F	H		55. R Reverse Ridgehand Strike	F	H
4	25. L Outer Forearm Block	B	H	4	56. R Outer Forearm Block	B	H
	26. R #2 Inner Crescent Kick	-	H		57. L #2 Inner Crescent Kick	-	H
	27. L Reverse Side Kick	-	M/H		58. R Reverse Side Kick	-	M/H
3	28. L Double Knifehand Block	B	H	4	59. R Double Knifehand Block	B	H
	29. R #2 Jump Front Kick	-	M/H		60. L #2 Jump Front Kick	-	M/H
	30. R Low Block	F	L		61. L Low Block	F	L
	31. B Right High/Low Block	F	H&L		62. B Left High/Low Block	F	H&L
					63. B Right High/Low Block	F	H&L