



Color Belt Single Bahng Mahng Ee Form

<https://youtu.be/lkEHef2tTQo>

So Woong 1 - Indomitable spirit, great leadership, high integrity

June-bee - Left foot steps to Bahng Mahng Ee Ready Position

Section	Technique	Direction	Stance
Section 1	https://youtu.be/N3JVeDdBkYU		
	1. Right Sweeping Block	East	Sparring
	2. Right #2 Line	East	Combat
	3. Right Backward Roll, Right #8 Line to BME Arm Base	East	Combat
Section 2	https://youtu.be/pyj_94pvp8s		
	4. Right #3 Line	East	Closed
	5. Right #4 Strike	East	Combat
	6. Right #9 Thrust (Kachunga) (Ki-hap)	East	Fighting
	7. Right Wing Block	East	Fighting
	8. Right #6 Strike	East	Sparring
Section 3	https://youtu.be/5svnlA3LrSE		
	9. Right Rooftop Block	East	Combat
	10. Right Overhead Fan Strike, Right #1 Line	East	Combat, Sparring
	11. Right Reinforced Heel Strike	East	Combat
	12. Right #7 Line (Disarm)	East	Raised Heels
	13. Right #8 Strike	East	Sparring
Section 1 Opposite	14. Left Sweeping Block	West	Sparring
	15. Left #2 Line	West	Combat
	16. Left Backward Roll, Left #8 Line to BME Arm Base	West	Combat
Section 2 Opposite	17. Left #3 Line	West	Closed
	18. Left #4 Strike	West	Combat
	19. Left #9 Thrust (Kachunga) (Ki-hap)	West	Fighting
	20. Left Wing Block	West	Fighting
	21. Left #6 Strike	West	Sparring
Section 3 Opposite	22. Left Rooftop Block	West	Combat
	23. Left Overhead Fan Strike, Left #1 Line	West	Combat, Sparring
	24. Left Reinforced Heel Strike	West	Combat
	25. Left #7 Line (Disarm)	West	Raised Heels
	26. Left #8 Strike	West	Sparring
	27. Right #5 Line, Right #2 Line (Lightning Strike) (Long Ki-hap)	East	Combat

Bah-ro - Left foot steps to Bahng Mahng Ee Ready Position