Black Belt Double Bahng Mahng Ee Form

https://youtu.be/oDnHVZTeMuE

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

Segment	Technique	Direction	Stance
Segment 1	1. Right Circular Guard (Slow) (Ki-hap)	North	Right Back
	2. Right #5 Count	North	Right X
	3. Right Overhead Fan Strike, Right #1 Line	North	Right X
	4. Right Circular Guard (Slow)	South	Right Back
	5. Right #5 Count	South	Right X
	6. Right Overhead Fan Strike, Right #1 Line	South	Right X
	7. Right Overhead Fan Strike, Right #1 Line	South	Right X
Segment 2	8. Right Block, Left #1 Line	East	Parallel
	9. Right Offensive #3 Count	East	Right Combat
	10. Left Offensive #3 Count	East	Left Combat
	11. Right Offensive #3 Count	East	Right Combat
Segment 3	12. Right #7 Count (Left One Leg Stance on Count 5)	East	Right Combat
	13. Right #1 Line (Start of Long Ki-hap)	East	Left Back
	14. Right Guard (Slow) (End of Long Ki-hap)	Southeast	Right Back
	15. Left Tap & Right Forward Roll	Southeast	Right Back
	16. Left Side High/Right Low Block (Slow)	Northwest	Middle
Segment 4	17. Right High/Low Strike	Northwest	Right X
	18. Left High/Low Strike	Northwest	Right X
	19. 4 X-Strikes (Left, Right, Left, Right) (Long Ki-hap)	Northwest	Parallel
	20. Left Block	Southwest	Parallel
	21. Right High/Low Strike	Southwest	Right X
	22. Left High/Low Strike	Southwest	Right X

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